The Irish Orienteer

No. 98 June 2001 IR£1.50/EUR 1.90

INSIDE

World Champs 2001 Preview

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The Irish Orienteer is available from all Irish orienteering clubs or by direct subscription from the Editor: John McCullough, 9 Arran Road, Dublin 9

e-mail johnmcculloughe@bigfoot.com

Annual subscription costs IR£7.50/EUR 9.50 for 6 issues.

Cover: Andrew Quin celebrates the restart of orienteering in Dublin's Phoenix Park on May 20th.

NEXT COPY DATE
20th August 2001

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Printed by Denton Print, Dundrum, Dublin 14.

Results and articles are particularly welcome on disk or by e-mail with a printed version as back up. Please keep the formatting simple! No responsibility is accepted for errors or omissions, or their consequences.

ISSN 0790-1194

the Irish orienteer

No. 98 June 2001

READY, STEADY, O

While the recent foot and mouth disease outbreak has caused major hardship to farmers and people in the wider economy, we only suffered the cancellation of many events between February and May, but it was only an inconvenience. We didn't lose our livelihoods, nobody saw their years of work going down the drain. Undoubtedly those of you involved in tourism and the outdoors suffered because of the access restrictions and regulations governing movement: professional mappers, for example, can't have had an easy time. The cancellation of major events like the JK and the Irish and British Championships was a nuisance, particularly as all three were to be selection events for the World Championships in the summer. Maybe we missed hearing the first cuckoo at the Irish Championships, but we will bounce back, once land access restrictions are eased. The attitude of the IOA, to shut down orienteering for the duration of the alert and to abide by the Dept. of Agriculture's rulings, was a responsible one and one which I hope will gain us goodwill in future.

A blessing in disguise may be the second chance given to Leinster to organise an Irish Relay Championships to tie in with the Irish Individual Championships and a chance for IOA to capitalise on the crowds we hope will come to the British Championships next May in the North.

Whether orienteering will start again in earnest before September is another question. Orienteering is like a steam engine: it requires lengthy stoking and preparation before it's ready to roll. The mappers, planners and controllers have been prevented from doing their work for the past three months or so, so don't expect a full scale resumption at short notice.

There are lights at the end of the tunnel, though: mountain bike orienteering is starting off with a series of National Events; there's the World Championships in Finland; the British Championships in Anglesea in October; the squad fund-raising series and the international events in places like Scotland, France, Finland, Lithuania and Scandinavia to look forward to.

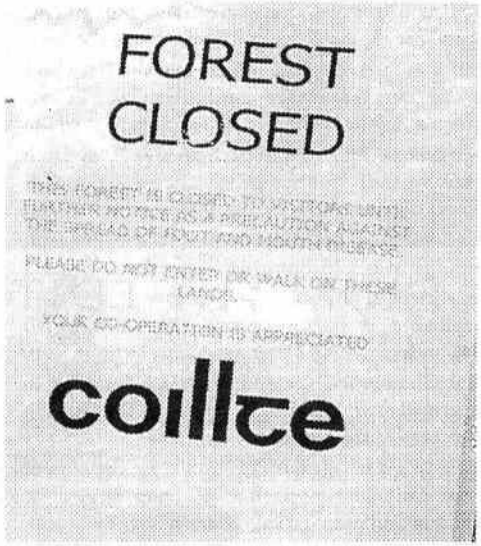
Every World Championships year, we wonder whether Eileen Loughman will make the Irish team again. If she does, she will have competed at every World Championships over the past 26 years - an extraordinary achievement by anybody's standards. Whether or not she does, good luck to the Irish team in Finland and congratulations again, Eileen.

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

FMD PRECAUTIONS

The IOA has requested event organisers to take precautions against the spread of foot and mouth disease: to have disinfectant baths available at events for all entering or leaving the competition area. Competitors are also asked to clean their O-shoes before and after competition.

And remember, Dettol won't do: you need a particular type of disinfectant to kill off the FMD. Virkon, for example.



CASUALTY LIST

What a lot of casualties we sustained in the past three months: major events postponed or cancelled due to Foot and Mouth disease included the inaugural Irish Night Championships, the Connacht , Leinster and Irish Championships, the JK, the National event at Newborough, the British Championships in Northern Ireland, the Ballyhoura 3-Day, possibly the Cappanalea National Adventure Marathon, most of the hill races, the first bike-O events of the year, not to mention the World Cross-Country Championships at Leopardstown.

The fixtures list will be reconstructed gradually. Cork clubs were, as usual, the first off the mark, with street-O and events in animal-free parks and forests. CNOC's summer evening series and the squad fundraisers are going ahead as planned and the rest of the events will be slotted in.

Two of the places featuring in the FMD news were Meigh in Co. Armagh, at the foot of Slieve Gullion, and Carlingford. It may be some time before we know when full access will be restored to these areas.

The foot & mouth crisis did bring home how dependent we all are on land access. Orienteers behaved very responsibly, cancelling or postponing all events in risk areas and obeying the Department of Agriculture's regulations to the letter. Let's hope that landowners will recognise our efforts and reward us in due course will full land access.

How many orienteers managed to keep training through the whole thing? With a World Championships in August, the squad must have kept up the effort, though running on the roads instead of in the terrain isn't much fun. As for the rest of us, well ...

FOOT AND MOUTH

The message that started it all:
Date: Wed, 28 Feb 2001 18:42:35 +0000
From: Gerry.Brady@cso.ie
Subject: Postponement of all orienteering events until further notice

I got a copy of the Press Release below from the Department of Agriculture and Food. The Minister is recommending that all sporting events be postponed. Accordingly the IOA Executive is asking all organisers to respect this and cancel events until further notice.

Gerry Brady
P.R.O.

NEWBOROUGH ON AGAIN

If you planned to go to the sand dunes of Newborough the day before the Leinster Championships, you'll get another chance. The event (now including the British and Welsh Champs) has been set for October 21st.

Here are the details: Deeside Orienteers national event, incorporating BOC Individual Championships 2001 & Welsh Championships. Newborough Forest, Newborough, Anglesea. Grid Ref SH/416653.

Organiser: David Beattie, 01244 373185. beattie@davidjane.u-net.com

Entries: Robin Tilston, Whitegates, 69 Liverpool Road, Chester, CH2 1AW, 0044-1244 380057. robintilston@talk21.com CD: 20/09/01 (see below) £9.00/£4.50. No EOD. Chq: Deeside OC. Closing date for new entries (subject to availability) is 20/09/01 (this is date of receipt, not postmark, and has no tolerance). For details of re-authentication of existing entries and data on availability of slots per course, please see Deeside website after 1 Sept - www.deeside-orienteering-club.org.uk

REMEMBERING EDDIE NILAND

The Wild West Show...Take me up to Monto...How I love her baldy head...and a multitude of others: all songs that will forever bring Eddie's face and mischievous smile to my mind. All songs that will remind me of great evenings away at events across Ireland and England throughout the 1980's. And all songs that will bring those times back to so many AJAX members and many others - good memories for most, not so good for those who were trying to get some sleep while we continued singing!

As a group, AJAX members are planning to meet up together to honour and remember our great friend in a way that he would have approved of. What better than a post-event session in a pub near to the venue? We had earmarked the next AJAX event in Raven's Rock for this gathering of friends and family, hopefully including Loretta, Edward, Eugene, Stephen, Helena and David. However, due to the Foot and Mouth crisis, this event will more than likely not be going ahead. Therefore, we have postponed our 'Remembering Eddie' session until the next AJAX event that takes place.

At this event we will honour the people who looked after Eddie so well in St Luke's Hospital by organising a collection for The Friends of St Luke's.

We will follow the orienteering part of the day with a good session in the best pub in the locality of the event and we will make sure that Eddie is remembered as he lived with laughter and cheer and maybe even a few awful jokes. (I can just hear that infectious laugh of his).

Tara Horan
(former AJAX secretary/'one of the girls')

PARK WORLD TOUR RESULTS

Park World Tour, Czech Republic.

B Final. Men: 1. S Ambrazas (Lit) 9.44; 2. L Hommen (Ger) 9.52; 3. U Muller(Swi) 9.59.

Irish placings: 7. C Rothery 10.08; 18. P Nolan 10.56; 28. P. Mahon 11.32; 29. R Wallace 11.57.

Women: 1. A Gornicka-Antonowicz (Pol)11.40; 2. M Romanens (Swi) 11.45; 3. L Scaravonati (Ita) 12.26.

Irish placings: 12. M Feehan 15.54; 13. D O'Neill 15.54.

Date: Tue, 8 May 2001

Ireland was 15th in relay, good runs from Colm Rothery and Miriam Feehan. In the individual qualifying races, Paul Nolan was 8th. All Irish in the B finals.

See www.pwt.org for maps

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O-BITS

The Squad fund raiser to be held in Barnaslingan Wood, Kilternan, Co. Dublin on June 10th will be a sprint event on a new 1:5000 scale map which is guaranteed to be more accurate then the existing Carrickgollogan map.

NEVER A CROSS WORD

A clue from The Times crossword recently: On E, perhaps, always briefly run outdoors? (9). I'm sure you can guess the answer ...

HEATHER'S CROSSING POINT

Heather Ervine has taken over the production of the NIOA newsletter, Crossing Point, following Jonny Scott's move to England. Heather, a member of LVO, can be contacted at 19 Fernbank, Lisburn, Co. Antrim, BT27 4JD. Phone 048-92666173, e-mail ervine@genic.co.uk.
Welcome to the treadmill, Heather!

WORLD O- MARATHON TROPHY 2001

On behalf of the organizational committee and Checkpoint, I cordially invite you to enter your team in the 2001 World Orienteering Marathon Trophy. The Event will take place at the la Cerdanya, Catalonia, Spain, August 31, September 1 and 2. All licensed teams are guaranteed to participate in the event if entry is confirmed before August 15, 2001. Our Staff of Experienced event organizers have dedicated themselves to ensuring an enjoyable experience and well organize competition for you and your teams. Please pass dates and information of the event to other teams from your area.
You can enter online as well as find more information about he event in our web page: www.checkpoint-o.com.
Juan Gonzalez, Checkpoint President & Founder

IMRA RACES

These races have been and gone, but are included to recognise the efforts of the IMRA to keep the sport going despite the FMD crisis.

Relay Race: 18/4/01 Killiney Hill
25/4/01 Circuit of Dollymount Strand
2/5/01 Stepaside to Johnnie Foxes
9/5/01 Enniskerry to Curtlestown, via Knockree
16/5/01 Circuit of Glenasmole

As soon as crisis is over league reverts to published calendar. See elsewhere in this issue ...

TRAIL ORIENTEERING CHAMPIONSHIPS

The World Cup and European Championships in trail orienteering are being held in Tampere, Finland between July 28-31. For the championships, competitors must be of impaired mobility. These rules are probably on www.trailo.org and/or www.orienteering.org .
Entries must be made by the National Federation. For the World Cup (up to three persons of either sex) and the Europeans (any number) may be entered.
There are also open competitions for everyone so this is an ideal chance to partake in an elite standard course.
(Entries closed April 27).

FRENCH 5-DAY 2001

"Five Days 2001 of France" which will take place from July 16th to 20th, at one of the most beautiful forests of France, which gave its name to FONTAINEBLEAU, royal and imperial city. You will compete for five days of very exciting orienteering races, visit www.multimania.com/fivedays2001/ for more information.
For accommodation, contact :
Office de Tourisme de FONTAINEBLEAU
4, Rue Royale BP 24 77300 FONTAINEBLEAU FRANCE
Phone : 33 (1) 60 74 99 99
Fax : 33 (1) 60 74 80 22
E-mail : fontainebleau.tourisme@wanadoo.fr

NATIONAL ADVENTURE MARATHON

Cappanalea OEC is again running the National Adventure Marathon. This gruelling "Outdoor Team Challenge" will take place on the last weekend of August 2001.

Date :- 24th - 26th August 2001
Venue :- Co. Kerry's Outdoor Wilderness
The format of the competition will involve a team event, with each team participating in 10 Stages, covering approximately 50 miles over the full two and a half days (Friday lunch time to Sunday afternoon). Teams will be made up of four members, which may compete in one of three categories :-
Females only; Male only and Mixed Teams

Unlike relay events, all team members must compete in all stages. There will be strict cut off times for completing each stage, so teams must work hard throughout the event. Each stage on average runs for approximately 3 hours.

The 10 scheduled stages will demand a strong commitment to :-
Teamwork; Navigation and Prolonged Endurance / Stamina and an ability to work in a remote wilderness environment.
Activities will include night navigation; hill running; water sports / canoeing; cycling; orienteering and initiative exercises. All team members must have a good general sporting aptitude and have confidence on water. Beyond two team members having good map-reading and navigational skills - no further specialist skills are required.

The all inclusive cost per team is £440 for the weekend. This fee covers :-
Accommodation (full board); Event Transport; Specialist Equipment; Event Materials and Insurance

To ensure your team's place, a deposit of £100 accompanied by the completed Booking Form (available from Cappanalea O.E.C.), must be received by Cappanalea OEC, Oulagh West, Caragh Lake, Killorglin, Co. Kerry before the 01/06/2001. The organisers reserve the right to vet all applicants. Late applications will not be accepted.
(This event may be in doubt due to Foot & Mouth. Check with Cappanalea).

CONTROLLERS WANTED

IOA's Technical Officer, Aonghus OCléirigh, wrote: The deadline for submission of controllers to the 2001 list passed on 01-March and was been extended to 10-March. To date I've recived applications from individuals/club secs of eight clubs. The IOA Technical sub-committee drawn from all regions ratifies the final list.
A controllers course will be run by the IOA in Autumn so anyone who has organised/planned events and now wants certification can achieve it. Attending a controllers course will fill any gaps anyone might have in terms of event management. Just because someone is an elite orienteer doesn't mean that he/she automatically has all the skills and experience needed of a competent controller. And likewise someone who has been in the sport for 10+ years might not necessarily have picked-up the required skills without completing a controllers course.
The pathway to becoming a controller is in existence for many years both in Ireland and abroad and is well proven.
All this will help to ensure quality in Irish orienteering.
The controllers list will be updated again early in 2002.

IOA MAPPING INCENTIVES

The Strategic Plan provides for incentives to encourage clubs to produce orienteering maps. The incentives are for three kinds of maps;

School Maps : Max size A4, to be produced in OCAD using the default symbol set. The IOA may pay up to £100 to the club for certain maps approved.
On receipt of the OCAD map file print 1000 copies at no cost to the club. Printing will be CYMK

Maps in or close to urban areas: These maps should not exceed A4 size. The default OCAD symbol set should be used. The IOA may pay up to £100 towards survey expenses for certain maps.
On receipt of the map file in OCAD will print 1000 copies of the map at no cost to the club.
Printing will be CYMK.

Championship Maps: These should be not more than A3 size. The default OCAD symbol set should be used. The IOA will participate by part funding survey, plot and printing costs. The exact level of participation will be decided on the receipt of replies from clubs. The applications from clubs should preferably be for new areas. Revisions of existing areas may be considered. Clubs are requested to make proposals through their Provincial Association for maps for the following events.

(1). Irish Championships 2003. (Munster) 2004 (Connacht) 2005 (Leinster)

(2). Munster/Leinster/Connacht Championships 2002.

(3) Munster/Leinster/Connacht Championships 2003.

Applications for the incentives for map production a & b above should reach the IOA Mapping Officer by April 27th 2001.

Applications should have attached a photocopy from a map of the proposed area together with the co-ordinates.

Decisions on the applications will be made within two weeks of the closing date (April 27th 2001)

Applications for the incentives for Championship maps should be made by May 11th 2001.

The application should be forwarded from the Provincial Association to the IOA Mapping Officer.

These will he high quality maps produced from plots and will have consistent surveying standards.

The printing arrangements will be made between the club and the IOA.

Funding will be decided after May 11th 2001 on receipt of all applications.

Clubs should give full estimate of all costs with application.

Dates for completion of maps, printing etc will be fixed with each accepted application.

Closing date for map printing School and Urban/Local maps.

OCAD files must be returned to the IOA Mapping Officer by October 30th 2001.

Printing will be arranged as soon as practicable after that date.

Please note the closing dates for these incentives. No consideration will be given to applications after the closing dates.

There is a limit to the funding for these incentive schemes and the number approved is dependent on the number of applications made. It may not be possible to approve all applications.

Note on OCAD files- because these maps will be combined with others on plates for printing all OCAD files must use the default symbol set. The default symbol set will be imported into each map file to ensure uniformity.

Noel Donagh, Barrybeg Lodge, Barrybeg, Athlone

NO SECS PLEASE

Following the spring spate of AGM's several clubs are boasting new secretaries.

Setanta's new Sec. is Mick Mangan, Chapel, Redcross, Co. Wicklow.

3ROC's new Sec. is David Brennan, 25 Ferndale Avenue, Glasnevin, Dublin 11 (01-836 1214).

Another new contact is the Irish Orienteering Student Association:

Susan Healy, 11 Belmont Grove Galloping Green, Blackrock, Co. Dublin (01 2885798)

BIKE-O ROUND UP

The first national event at Broasdford, Co. Limerick on May 19th was won by John Casey, covering the 31.7 km course in 90.15. The next event should be at Kilsheelan on June 9th.

There's a (free) new Irishmountain bike orienteering newsgroup on the internet. To join up, send a blank e-mail to mtbo-subscribe@yahoogroups.com

Long course, 31.7 k, 19 controls

1	John Casey, CorkO	90.15
2	Justin May, 3ROC	94.47
3	Martin Flynn, Ajax	97.50
4	Paul Mahon, Set	98.35

Women:

1	Nina Phillips, Set	144.46

Short course, 21.1k, 9 controls

1	Carmel Feehan, BVOC	94.50
2	Fiona O'Brien, Ajax	96.07
3	Emma Sokell, Set	108.15
4	Nora Lalor, GEN	148.35

Men:

1	Seamus O'Boyle, CNOC	148.59

FINLAND HOSTS WORLD CHAMPIONSHIPS AGAIN

The Irish team is in its final phase of preparation for the World Championships at Tampere in Finland at the end of July. Some of the team are already there, training, and others will arrive in the weeks before the Championships. The team will run selection races in Finland in early July. Last summer they attended a training camp there.

Never before has an Irish team had so much exposure to the terrain for a World Championships - even last time in Scotland, the team didn't spebd a smuch time training in the local terrain as for Finland.

The information below was sent to squad members and it may interest you.

WORLD CHAMPIONSHIPS UPDATE

Details on final trial and selection

A two day trial, to select five men and three women to represent Ireland at WOC 2001 will be held in Finland on 6-7 July 2001, with a short race on Day 1 and classic race on Day 2.

We have had a limited response to a request for information regarding race preferences - forwarded to panel members last December. If you wish to participate in the trial and have an opportunity to compete at WOC 2001, you must respond to this communication.

All carded athletes have been selected for the trial and are listed below.

Men	Women
Colm Rothery	Toni Donovan
John Feehan	Aislinn Austin
Marcus Pinker	

The following non-carded athletes have been selected for the trial.

Men	Women
James Logue	Ailbhe Creedon
Bill Edwards	Eileen Loughman
Colm O'Halloran	Ruth Lynam
Steve Linton	Eadaoin Morrish
Brendan O'Brien	Nuala Higgins
Paul Nolan	Faye Pinker
Andrew Quin	Susan Bell
Shane Lynch	Deirdre O'Neill
Conor Creedon	Julie Cleary
Ian Lockington	Darina Cunnane
Rory Morrish	
Brian Corbett	
Patrick Casey	
Conor Barry	
Alan Barry	
Brendan Delaney	
Niall Bourke	
Brian Jones	
Neil Dobbs	

Funding. Due to the cancellation of the three pre-selection races (IOC, BOC & JK - ed.) we had difficulty finalising a restricted panel of orienteers for the trial, who would receive significant part-funding. Therefore all non-carded orienteers listed above have been selected for funding should they compete in the trial in Finland. Carded athletes will not receive squad funding to attend the trial.

A total of £2000 will be divided equally among all non-carded members on the above lists, who enter and participate in the trial. Each trial participant from the list will receive a minimum of £100 in funding towards trial expenses.

An additional fund of £1000 will be divided on a pro-rata basis among those listed above, whether carded or not, who train in the Tampere area prior to the trial and who compete in the trial.

Other orienteers who qualify to compete for Ireland, may enter and compete in the trial at their own expense - and qualify for selection at WOC.

The trial will be run over two days. A short trial race will be held on Friday 6th July - with a winning time of 25 minutes for both men and women.

A classic trial race will be held on Saturday 7th July with a 90 minute winning time for men and a 70-minute winning time for women.
Originally the classic race was scheduled for Friday but the order was reversed to facilitate a competitor, with the potential to make the team but having difficulty making the trial scheduled for Friday.

Five men and three women will be selected to run for Ireland at WOC 2001, based on the results of the trial.

For men, the first three in the classic trial and the first two in the short trial will constitute the Irish men's team. In the event of overlap (i.e. a person qualifying from both trials) the person with the best next combined time in both trial races will be selected.

For women, the first two finishers in the classic trial race and the winner of the short trial race will constitute the Irish women's team. In the event of overlap the person with the best next combined time in both trial races will be selected.

On selection to the Irish Team for WOC 2001 Team Management will discuss race preferences with team members. Entries to specific races at WOC will then be completed - with the final decision in this regard resting with management. No women's relay team will be entered because of a current lack of depth in the women's panel. It is hoped that this situation will resolve itself by 2003.

Men: At WOC, four orienteers can compete in the short and classic qualification races, the relay and one in the sprint final. This makes 13 runs in total. The Irish men's team will race as follows:

3 members to run a minimum of 3 races; 2 members to run a minimum of 2 raceS.

The selection for this process will be based on trial results and preferences by individuals. The first three finishers in the classic trial will have first option on the classic race qualification places and the first two finishers in the short trial will have first option on the short race qualification places. First option for selection to the sprint final will depend on Trial results and individual preferences".

Women: At WOC each team member will compete in the Short and Classic qualification races and one person will compete in the Sprint final. The Irish Women's team will race as follows:

1 member a minimum of 3 races; 2 members a minimum of 2 races

First option for selection to the classic and short qualification races and also to the sprint final will depend on trial results and individual preference.

The following areas near Tampere are reserved for the trials on 06/07 July and are hereby declared out of bounds to all Irish orienteers until after the trials.
a. Kivijärvi (Official training area 2 - which no Irish have visited).
b. The map used for Euromeeting '99 (We don't have the map name but it is near Siitama and official training area 8. No Irish have visited the area).

Those entering the trial are responsible for their travel arrangements to Tampere so book now. Further details will be issued later in regard to trial location and meeting points.

Wally Young, Gerry Brady, Aonghus O'Cleirigh

WOC 2001 programme

Thursday, July 26
Opening of the WOC Event Centre

Saturday, July 28
WOC 2001 Model Event
WOC 2001 Opening Ceremony, Central Square

Sunday, 29 July
Tampere Games 2001, 1st Day
WOC 2001 Model Event
WOC 2001 Sprint

Monday, 30 July
WOC 2001 Classic Distance Qualification
Tampere Games 2001, 2nd Day

Tuesday, 31 July
WOC 2001 Classic Distance Final
Prize Giving Ceremony

Wednesday, 1 August
IOF, Media and VIP –race
Tampere Games 2001, 3rd Day

Thuesday, 2 August *
WOC 2001 Relay
Prize Giving Ceremony

Friday, 3 August
WOC 2001, Short Distance Qualification
Tampere Games 2001, 4th Day

Saturday, 4 August
WOC 2001 Short Distance Final
Closing Ceremony
Prize Giving Ceremony
Banquet

RACE DETAILS

SPRINT
Sprint competition has a nature of very fast orienteering which is run in the range of vision of spectators. There is a possibility of full speed along all the course. Spectators in terrain use special marked-out spectator areas which are also drawn on the map. There will be a special coaches' area along the course. The terrain consists of forest, park like forest and built-up or open areas.
Participants: about. 60 men, 60 women.
FIN, NOR, SUI, SWE, 3 participants, DEN, CZE, EST, GBR, LIT, RUS, 2 participants, all others1 participant
The terrain consists of a relatively flat spruce forest with 10-15 m internal height differences. There are a lot of natural paths and roads as a result of several and different outdoor recreation activities; a large slope with mixed forest beginning from a lake with a total height difference of 40-50 m. and an area with houses, open fields and gardens and with a lot of roads and paths.
Map:- scale 1:5000, contour interval 2 metres with no form lines
Start interval is 1 minute, timing to 0.1 second.

Approximate length, climb and winning times of the WOC sprint
Women 1.9 -2.2 km 40 m 12 min
Men 2.3 -2.6 km 60 m 12 min

The length of courses is 12 min in order to get sufficient difference between sprint and short distance as disciplines. The time is enough for finding out physically and technically best competitors.
Courses are set in forest and in urban or man made terrain so that the share of real forest is at the most 40-50 % of the course. Legs with route choice have been planned so that route choices which seem to be best are equal also in reality. Runnability of all areas between controls can be estimated from the map. Control placements and descriptions will be simple. There will be no need to reduce speed when approaching a control and a competitor approaching or leaving a control will not make the control significantly easier.

LIVE TRACKING
The intention is to use a GPS based tracking system for real-time competitor tracking. The main purpose of the system is to provide tracking data for TV broadcasting.
The tracking system was developed in co-operation with a tracking device partner, a tracking system software partner, a network operator, the

Finnish Broadcasting company and the organising committee.
Competitors will be carrying a tracking device weighing less than 200 g in their number vest. The device is placed at the back of the vest in a small specially made pocket. The tracking device includes a GPS antenna placed inside the vest on the shoulder.
The system will be used in the classic final and/or the relay. In the classic final, all men and women competitors will be carrying the equipment. In the relay, it might be used only in certain legs.
The main purpose of the tracking system is to provide input for TV broadcasting.

CLASSIC FINAL COURSES

A forking system will be used in the men's classic distance final. It consists of two short legs (2 x 400 m), near the middle of the course, which are run in the opposite order by alternate competitorS

Approximate length, climb and winning times of the WOC courses are:

Classic Distance, Qualification:
Women: 5,7 km 210 m 45 min
Men: 9,0 km 320 m 60 min

Classic Distance, Final:
Women: 10,0 km 400 m 70 min
Men: 14,5 km 500 m 90 min

Short distance, Qualification:
Women: 3,4 km 110 m 25 min
Men: 4,1 km 120 m 25 min

Short Distance, Final:
Women: 3,6 km 150 m 25 min
Men: 4,1 km 170 m 25 min

Relay: Women:
Leg 1 – 2 4,8 km 180 m 33 min
Leg 3 – 4 5,9 km 200 m 42 min
Total time 150 min

Men:
Leg 1 – 2 8,5 km 280 m 52 min
Leg 3 – 4 5,8 km 200 m 36 min
Total time 175 min

TERRAIN DESCRIPTION

Classic Qualification and Final Races: Terrain consists of some large hills and slopes with a lot of detail on them and quite even areas between them. Internal height differences are mainly 5 - 60 metres. Vegetation is mixed forest, mostly spruce and pine, age 0 - 80 years, on average 30 - 50 years. Amount of slow run areas (dense forest or areas with brashings and grass) is less than 10 %. Yellow area (open or rough open land) is about 10 - 15 % of map area. Ground is mossy, partly soft, rocky or stony ground. A lot of bushes and young trees, but for the most not much grass or heather. Bare rock covers 15 - 20 % of the map area. Marshes cover 10 - 15 % of the map area. Some forest roads, a few paths.

Relay and Short Distance: Terrain consists of rocky, detailed small hills and quite even and partly dense areas with limited visibility between and around them. Internal height differences are mainly 2 - 30 metres. Vegetation is mixed forest, mostly spruce and pine, age 0 - 60 years, on average 30 - 40 years. Slow run areas (dense forest) 5 - 10 %. Yellow areas (open land, rough open land) are very few. *Ground: rocky, uneven areas, partly also stony ground. Not much grass or heather. Bare rock is 40 - 50 % of the map area. Marshes are 0 - 5 % of the map area. * R o a d s and paths. Very few vehicle tracks or paths.

COMPLETE ORIENTEERING WEEK

The WOC 2001 week includes also other forms of orienteering events. The Trail O World Cup, Bike Orienteering Events, Diving Orienteering Events, the European Championships of Shooting Orienteering, and the Orienteering Championships of the Finnish Defence Forces, will be arranged in the Tampere area.
Combining the prize giving ceremonies and other activities in the city with normal summer highlights, such as the Tampere Floral Festival, will mean that orienteering enthusiasts will enjoy more than just the excitement of competition itself.

PARK WORLD TOUR 2001

Learning the hard way

by Paul Nolan

Wednesday April 18th - 5 k road race, Dublin North city centre.
Good hard race, felt breathless after sprinting for the line. Chatted to those just ahead of me in the finish chute then put on a bouncy pair of trainers and ran a comfy 20 minute cool down.

Saturday April 28th - 4 mile cross country race, Lucan.
Hard workout, jogged for 10 minutes afterwards in the rain and did an easy 4 mile run later in the day.

Monday May 7th - PWT Qualification race, Slatinany, Czech Republic
Stumbled off the finish ramp, walked 50 metres towards the changing area gasping for air, collapsed onto the ground. My pulse is never coming back down; my lungs can never fill again. Janusz Porzycz, you're some man.

16 minutes 34 seconds earlier, map in hand, I leap from the start ramp at good speed. For 6 controls I run fast and accurate, perhaps going the long side of a pond but generally not aware of losing time. Control 7, run/slow-run forest with undergrowth impairing visibility, rough compass aiming to hit a track.....track appears, plan disappears, were is the expected earthbank? Stop, were am I? 50 metres too far to the left that's where. Full ahead, this control is going to need more care then the earlier ones. Next path comes up, use it for a bit then nip back to pick up the control. Red Streak comes in from my left, direct to the control.

Ahhhhh, his number is black, the same colour as mine. 10 minutes 11 seconds into the course and I've been caught. Part one of the Qualification race is over. My hopes of making the A final are gone. My whole assessment of what Park Orienteering involves is about to be blown to smithereens. Control 8, tempo increased we race for it - Red Streak wins. Same for the next one, a slight gap opens, easy control then a long leg, mostly on road. There are other runners on other courses coming back to us. I see them but they hardly register, my world is code 112, North most vegetation corner south
side, down this road, through the gate, turn left, around some vegetation and between two single trees. 570 metres - 1 minute 36 seconds. Next code 113, field, path, dip, punch, accelerate. Next code 106, around the pond, through a gap in the hedges, drop, climb, punch, accelerate. Red Streak is getting away. One eye on the map now becomes two. He's messed one - I've the straighter line. Code 104. Two to go, now is the critical time, they turn out to be straightforward, sprint for the line and leap onto the ramp to finish. PAIN. Sudden onrush of awareness. Legs shaking, temples pounding, lungs failing. Heap on the ground time.

Qualification race part two - 9 controls were found, 1700 metres covered, 6 minutes 23 seconds endured. Now I know what it takes to be a Park Orienteer'. A 6 minute lesson from a Pole I had never spoken to and may never see again. He would win the heat and

go on to finish 9th in the A-final. I went back to the hotel and pondered what had happened. Next day I did it again, this time alone. One fastest split, 3 splits only one second off fastest. Lots of good work but undone by choosing to go the wrong way around Zamek Castle. Life!

So I owe a debt of thanks to Janusz for opening my eyes a little more and showing me what can be done. There'll be many more Zamek Castles in the future but I'm better placed now then ever before to pick the faster route next time, and the time after.

Park World Tour Champions' week

Rory Wallace looks back on his first experience of international orienteering.

Here's a few thoughts on my first experience of international orienteering, which took place at the start of May in the Czech Republic, in Pardubice near Prague.
It started with a conversation after training, where I heard that there were spare places on the invitation and that entries were closing the following day, Why not? 3 days orienteering abroad - at a time when it didn't look like we would get any orienteering in Ireland until the end of the summer.

Fast forward a few weeks, to Prague International Airport. Arrived on a flight with a dozen guys over for a stag weekend, get in to beautiful 26 degrees sunshine. Bit of confusion with transport arrangements, end up getting bus into the city centre and finding a hostel. Used the day in Prague to check out the local sights, went for a long run to get used to the heat, all that running makes for a good thirst which was duly satisfied with the local brew - at 40p a pint you can't complain.
Next day the other non-elite Irish orienteers arrive, spent an interesting evening sampling the local cuisine - one thing's for sure they like pork and sauerkraut, not too many vegeterians here I think. After washing down the meal with a few more beers, pay the bill of a fiver a head, end up wandering the back streets in lashing rain. Finally found shelter in a bunker - no it was an underground bar with a few interesting locals.

Next day the real work started, our map-reading skills and speed tested in a dash for the train to the event centre, made it with seconds to spare. Got there and met the organizers to find our accommodation. Two surprises - we had been relegated to a hostel without hot water, and we had misread the cost - next time we'll know the difference between Czech and Swedish Krowns!!. Everyone else was wandering round in team tracksuits, so we had to let them know the Irish had arrived, out come the big tricolours out of the backpacks and onto the windows. Had the option of some individual training here - were going to take a lift to the forest and jog the 5k back, luckily we took the easy option of 'technical training' (i.e. sitting down talking about maps) instead as an hour later it really started spilling.

Next day the Irish contingent up to full strength with the arrival of Paul Nolan and Colm Rothery, had a training day in the local forest which would be used for the qualification races later. On a 1:15000 map, this was not as straightforward as expected - good runnable forest, but lots of tricky veg changes, and 'shooting platforms' which turned out to be wooden ladders stacked against trees - easy once you see them, tricky until you do. Nice to get out into the forest again - first time in months for most of us.

The fun started with the relays, great atmosphere here as 30 or so in a mass start, crouching for maps, whistle goes and all dash round the corner into the forest, short uphill stretch to the first controls, the sudden hill is a real shock. By the third control I had lost the pack, and started to overshoot on the 1:5000 map. Eventually relocated - which shouldn't have been needed at all - got back down to the spectator controls, another short loop through the forest with much better navigation, made it back to handover just as the leaders were onto their third runner. The terrain wasn't that different from typical Leinster terrain, open forest with lots of tracks. The main Irish team did OK here, some good runs to come in in 16th place. The home team of Czech Republic were just beaten into second place by the Swiss, ony 30 seconds in the difference.

The qualification races next day brought a new focus, some aiming for the A finals, the rest of us aiming for reasonable times. The courses were around 3.3k/150m with 15 controls. This time we knew who else would be in our heat so had something to aim for. Here Paul came in 8th in his heat in a good time of 16:34 - 27 seconds faster and he would have made it into the A final.

The qualification results meant we all made it into the B final. This was off before the A final so we had a full morning in the town. As we were walking from the bus to the start, we could see the local students hovering around on bicycles with controls hidden in their backpacks so could guess the likely sites. After warming up around the town square - beautiful buildings - no time to check out the view on the race itself. 2K course on cobbled streets and castle grounds, lightning fast. 30 second start intervals meant the aim was not to get passed (or to catch the guy in front!), as it happened there was very little passing - nice, straightforward course, but with some scope for route choice (sometime's it wasn't obvious until comparing routes afterwards), just keep running fast without hesitation. Some all-out runs here, and the results showed this, seconds made a big difference at the top (or at the bottom!) - Miriam Feehan beat Deirdre O'Neill by only 0.4 of a second. In the women's A race Vroni Konig-Salmi followed up her relay win to beat the world champion Hanne Staff from Norway by 5 seconds. Allan Mogensen from Denmark took the men's A race. In the B race, Colm was best of the Irish in 7th place, only 24 seconds behind the winning time of 9:44.

After the prizegiving, got back into Pardubice, sun comes out again and a relaxing afternoon in the beer garden, followed by a disco in the basement of the local museum. Great evening here, the 'Chief' and other organisers leading the dancing again. Don't know what time I left here, but made it up in time for the bus the next morning - turns out it was 8 instead of 8.30, so again made it at the last minute. Back into Ireland and find that the hills and forests are open again - great.

Anyway that's one view of this years Park World Tour, thanks to the organisers and everyone who competed, a well-run event. If the same opporunity comes up next year, I'd reccomend anyone to go for it and see what the top-level orienteers can do. Who knows maybe we could even get a stage to be held in Ireland?

Note : The Irish orienteers at PWT were: Deirdre O'Neill, Miriam Feehan, Colm Rothery, Paul Nolan, Paul Mahon, Rory Wallace.

A RUNNER'S-EYE VIEW

Toni O'Donovan gives us an insight into her mental and physical preparation for WOC 2001 ...

I was inspired to write this article after reading Paul Nolan's description of the PWT races in the Czech Republic. When he mentioned having his eyes opened I had to smile - it took a very long time for this to happen to me!!

I started orienteering seriously when I was about 15 and very quickly got on the junior team. I was doing well - I must be quite good (or at least that is what I thought until I went to the Scottish 6 day that year - see TIO 91- ed.) But the memories of

that disaster went away quite quickly when I got back to Ireland and started winning some races and I thought I was good again. I continued through the junior ranks thinking like this and even thought like this when I reached senior level - I won the womens' elite Irish Champs as a W20. In 1999 I was 48th at the World Champs after illness ensured I missed 4 months training. I was lucky again with results. I didn't realise what work was needed and the phrase 'eyes wide shut' comes to mind. Everything seemed very easy and really that is part of the problem I faced last year - I needed to have my eyes opened like Paul had in Czech. 1999 over and a bad year's training - suddenly there is a lot of serious training needed and I didn't do it.

2000:

After a winter of only average training I went to the first UK Cup race and finished right down the field (approx. 30th behind Una May who was at this stage expecting baby Cian). I went home disgusted but knowing that I had to do some more serious training. Four weeks later I finished 10th in the next UK Cup races - much happier but knowing that I still wasn't that fit. At the JK I hit green (and lots of it) 23rd on Day 1 and 9th on Day 2 with a field that was very weak - I was disappointed again but my training continued - I was going to run in the Finnish World Cup in July.

So the time came for Finland (and what a disaster it was) Again I was right down at the bottom of the field - I don't know in what position because I literally tried to forget it as soon as it was over. However I still had the World Universities at the end of August to aim for. So I continued my training and went to France. Needless to say I had another disaster. The areas were hilly and towards the end of the courses I began making stupid mistakes, losing a lot of time.

Basically 2000 was a write off and I finished the season with eyes wide open and very disillusioned with orienteering!

I know this sounds hard to believe but one of the problems I faced was knowing I would be selected for the World Champs in 2001. But did I have what it takes? Why should I think that I would train hard this winter when I didn't last year? Do I want to go to serious competitions if I will finish near the end of the field?

I had an answer to this final question - NO!! - but that was all I had.

I needed to spend some time deciding what my ambitions were for orienteering and if I really wanted to give it a go. I was also afraid that I would say 'yes I want to give it a go' and then when it got cold and wet over the winter I would stay inside and not put in the work. I suppose I was lucky in that shortly after the World Universities I had a complete change of environment and moved to Loughborough, England. The move was just what I needed. I was away from Limerick where I had got used to not training hard. Here in Loughborough I only know people who run - sad but true - my life began to revolve around getting out training. However I made up my mind that I was not going to the World Champs unless I reached certain goals. And so my training began.

Training Diary starts

September 20th I began my training diary.
October 20th I was in Scotland for the Senior Home International (31 training sessions done in 31 days). However I still did badly and got a chest infection which knocked me out for the next week (only 3 runs).

3,8,7,6,7,7 (sessions per week) This brought me to December 3rd and my first National Event. I was 2nd behind Kristin Hall but not a strong field (time was only average but I was a little happier)

7,7,7,6,6,7. Forest of Dean event. Back navigating and I began to feel happy about my orienteering for the first time in ages.

6,6,11,4 Obviously the 11 sessions per week tells you that I did something special that week. I injured my foot on the Wednesday but there was a GB training camp that weekend so I continued to run on it and did all the sessions - bad idea - my foot only got worse but I was orienteering really well - I was second in the competition at the end of day 2 even with an injured foot.

7,4,1, things weren't going well. I was a bit annoyed about my foot and got another chest infection. But I was determined not to let my average fall so I got back running as soon as possible even though I still found it difficult to breath and was still seeing a physio. I started aqua running and this helped keep me going.

7,6,6,7,6,7 My trip home for Easter was steeped in training too - I did as much as I could and even arranged for a fitness test. The results were quite depressing, telling me that I needed to be fitter still. It was really quite amazing how quickly you can go from being really positive to completely negative. I really tried hard all winter and I had nothing to show for it - this number on the page was too low. Emotionally I was going up and down like a yo-yo. I would do a good session and feel elated and then have a bad run and just feel like everything was in vain - it is still a bit like that!

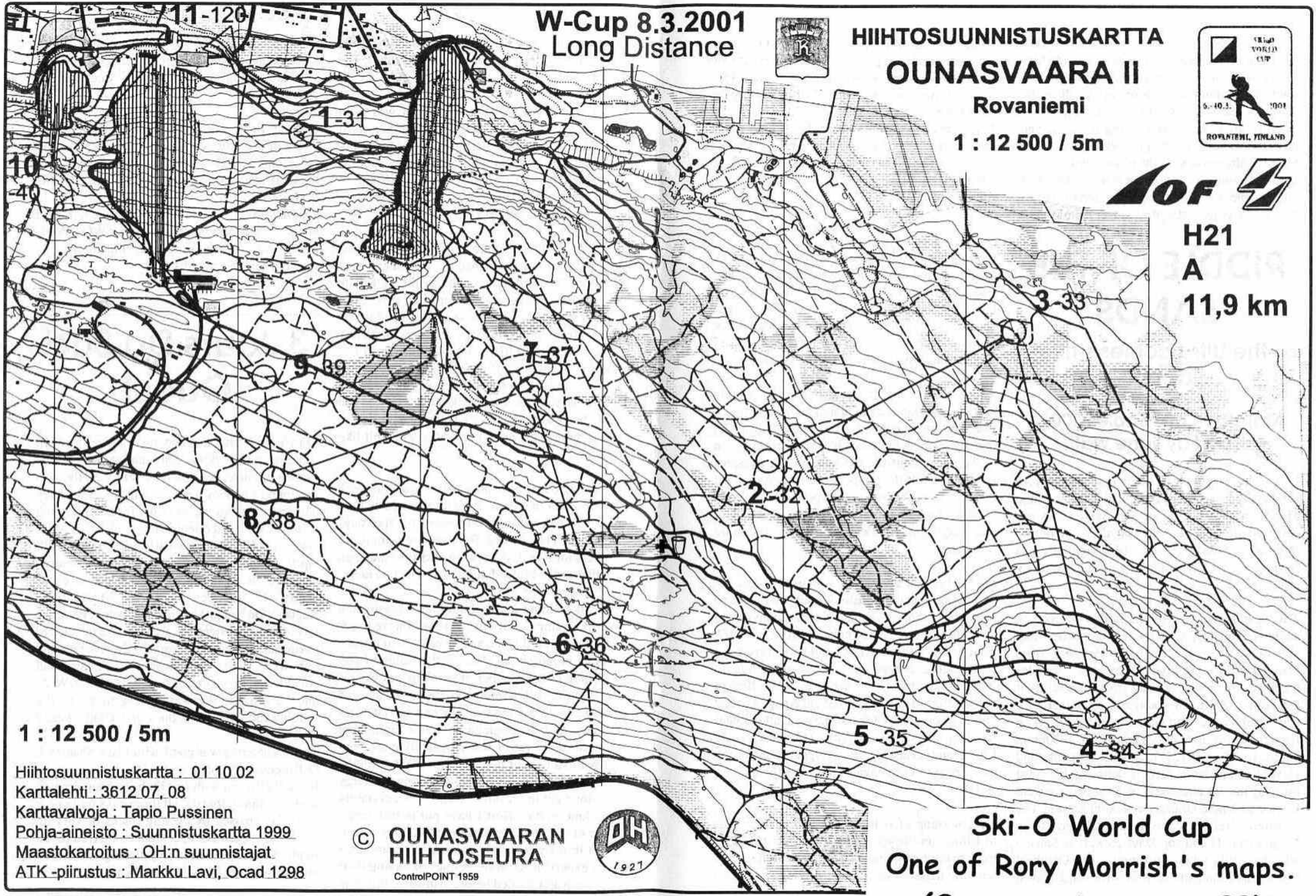
7,7,7,6,7 So far I have done one session this week but I predict that there are a lot to come as I am going to Norway on Wednesday for five days training. This will be followed by training in Finland for five days in two weeks time and then another trip to Finland in July for selection races.

All this training and I should be ready for the World Champs - but I'm not sure. I have never put in such hard work and never felt so uneasy about a competition. I know that some of you will look at the number of sessions per week I have put in all winter and think 'wow' (and believe me they were not easy sessions) but this all may not be enough and that is a frightening thought. Last year I was absolutely gutted but knew I had not put in the work. What will it be like this year if I have invested so much energy and don't get the results I want? I am certainly not alone in the effort I have put in this year - some of the team have been putting this sort of effort in for years - and some of the team must have experienced these feelings of having their eyes open and startled before. However this is an isolated sport where you train very often with non-orienteers who don't really understand what you are doing and sometimes that can be difficult.

Anyway I will continue my training and I'm sure you will see how we all get on at the selection races on July 6th-10th and then in the World Champs starting on July 29th. Hopefully this description of my eye opening gives you an insight into the commitment that the senior team are putting into their preparation for WOC 2001. And also to see the pressure facing some of us over the next few months!!

3 Jours Du Sud Ouest

March 2001: JK cancelled, no orienteering / hill running/ hill walking. Our thoughts turned to French orienteering. Got a late entry on the web and found a holiday package with Keller for ferry and apartment so we were off for some French fresh air, wine and orienteering.
We arrived in Lacanau early on Saturday14th April having spent the night in Bordeaux.. Checked in at apartment and drove to event centre 15 minutes away in Maubuisson. Registration had just opened and was very busy - lots of English orienteers arriving. We decided to queue and got our team bag of 3 Days details and our free T shirts. Distances not too bad considering no short courses except in M/W 21 and no climbs. We were going to go to the training run but missed the sign so had a beach walk instead.
The orienteering was good, a bit like a Shamrock O-Ringen - laid back and relaxed organisation but still efficient with no climbs or open ground. It was in sandy forests, all three days quite near and criss-crossed by cycling tracks of varying surfaces, packed earth, cement and tarred forest roads which were a bit mystifying when you arrived out from the woods on them.



Ski-O World Cup
One of Rory Morrish's maps.
(See report on page 29)

It was much smaller, number-wise, than the JK so fewer courses with no short options outside M/W 21 so we were our usual lower half finishers. There were about 18 Irish orienteers altogether and with the starts & finishes in campsites or amenity areas near the parking it was a very pleasant experience. The prize giving was on the Monday afternoon with the usual French turnout of local dignitaries. A great deal was made of the junior winners - nice to see them looking to the future. We collected a printed full list of results on the way out. We spent a day on hired bikes on the aforementioned paths which was great. Apart from crossing two main roads and some forest road we were on designated woodland cycle track the entire day, good fun.

This event is a definite alternative to the JK at Easter time. It is a bit further south next Year at Vieux Boucau in the Landes region.

- Nora Lalor (GEN)

RIDDLE OF THE SANDS

-the Ultraloonies strike again!

Marathon des Sables 2001 - report by Jane Watt.

It was only ten days since our return from Morocco where we had competed in the 150 mile Marathon des Sables in the Sahara. As we shivered on Killiney Hill on the first of the Summer (Summer??) Wednesday night hill runs we yearned for the hot desert sun – or maybe we didn't!

This year's race, the 16th Marathon des Sables, started on Sunday, April 1st, but we and the other 160 or so from these islands flew out from Gatwick the previous Thursday. Besides ourselves there were 5 other Irish from south of the border, all much younger than ourselves – Ray Murphy (32) and Graham Smaul (22) both from the Army and Gerry Quinn (28), all Dublin based. Tom Curran (25) hails from Killarney and Dave Keenan from Cork celebrated his 33rd birthday the day after the race. So at fifty we were known as Uncle Graham and Auntie Jane! The Northern Ireland contingent included Terry Magowan (61) and son Dave as well as Shirley who had only taken up running last October! There was John and Steve who for some reason they couldn't explain themselves were doing this for the second time. There were those of us who had only finalised our kit in the last week and there was Roger who had every last detail worked out months ago. There were Tough Army guys and there were "The Tuf Mothers", a team of three English mothers of young children.

There was an air of nervous tension as this motley crew landed in Ouarzazat having flown over the snow-capped Atlas mountains. The midday temperature was a pleasant 25C but even as we queued outside the terminal for passport control we felt the temperature rise. As we sat into the bus which was to transport us to the hotel Graham looked apprehensive and commented that maybe he should have done a bit more training.

We had brought all our food with us in its original packaging so that the customs could be reassured that our Smash and Knorr dehydrated Quicklunches were unlikely to bring in FMD. That night in the hotel bedroom we were busy repackaging everything into plastic bags in individual portions – we had to be self sufficient in the desert for six days. First aid equipment had also to be organised. Oh how heavy it all seemed! Graham spent the next two days obsessively lifting and assessing the weight of everyone else's packs. The heavier they were the happier he felt.

Next morning a five hour bus trip brought us east to Elfoud and beyond. We were then taken by truck to our first bivouac in the heart of the desert with the massive sand dunes of the Chebbi Erg

threatening in the distance. That evening and the next day we were well dined (and even wined) by the organisation as we acclimatised to our surroundings. Home for the next eight nights was a primitive bivouac made of sacking, open front and back, which we shared with the Irish lads and our favourite Welshman, Andy. Saturday was spent refining our kit and preparing our feet. In the afternoon we checked in and had our medical records examined. We were each issued with a flare, a safety blanket and salt tablets. Then came the point of no return as we handed in the rest of our luggage to be transported back to Ouarzazat. At the weigh-in we were pleased to find that our packs were lighter than those of our tent mates – total weight without water was 10.5 kilos of which 4.2 kilos was food.

The race begins

6 am, Sunday April 1st: The Tuareg (local nomads) – the "army in blue" advanced and took the roof (such as it was) from over our heads as we rubbed the sleep from our eyes. The three hours to the off passed quickly and now we stood nervously on the start line listening to speeches and advice from Patrick Bauer, the race director and creator of the event.

It was a relief to start as we waved to the helicopters hovering overhead. This was an "easy" 25 km stage to break us in gently but the heavy packs were soon cutting into our shoulders. Sponges bought in Ouarzazat were soon attached on to the straps with some Duck tape and this helped greatly. The first checkpoint and water station was at 10K. Early running was on firm gravel but progress through the softer sand was more tiring. We had filled our water bottles (2 x 750 ml) with the 1.5 litre of bottled water we were issued in the morning and we made sure to have this fully consumed by the time we reached the checkpoint. This disciplined us to keep well hydrated. At each checkpoint we had our plastic card punched to show we had received our water ration and the number of each competitor was recorded. Doctors were on hand to keep a close eye on the condition of the runners. They had the power to pull people out of the race if they thought it necessary. After the second control (21K) we entered our first area of serious sand dunes. Forget Dollymount or Brittas – the sand here is fine, dry and powdery and impossible to run through especially in the hot midday sun. This 2K section gave us a foretaste of what lay ahead tomorrow in the Chebbi Erg.

We finished in about 3 h 40 min, collected the three remaining bottles of our day's water ration and collapsed into the shade of our bivouac. Everyone in the tent was reasonably happy with their day. Welsh Andy was flying and Corkman Dave was also doing especially well. Having rested and had our recovery drink (no it wasn't a pint of Guinness!) we surveyed the enormous dunes close by which we had to tackle the next day. Having had a tasty meal of curry rice and smash we were snuggling into our sleeping bags by 8 pm.

Day Two

Stage 2 was 34 K, the dreaded "Dunes Day". We had a 2K easy jog to the base of the dunes where progress slowed to a walk. A further 6.5K brought us to the first checkpoint where helicopters had flown in water (only 0.5 litre per person). After this the going got even tougher – up and down, up and down all on impossibly soft sand – real Lawrence of Arabia stuff but then he had a camel (wimp!). The trick was to try and run – or do I mean walk – on untrodden sand, a bit difficult at times with 200 – 300 others ahead of you! We saw a flare go up indicating a competitor in distress and soon a helicopter came to the rescue. At last, shortly before midday, we could see the end of the dunes and a flat stony plain below. Half an hour later we made it to checkpoint 2 (15K). A short rest in the shade of a landrover and by 1 pm we were on our way again. We crossed the wadi and climbed up onto the stony plain . The runners by now were stretched out in an endless straight line as far as the eye could see, mountains in the distance to our left just discernible in the heat haze. After an hour's running nothing much had changed. The next checkpoint was at 25K . We now had only 9K to go but the sting in the tail was the final 3.5K again on sand dunes in the intense afternoon sun. Here we met Oliver, at least 6'6" and of rugby player build, who was nearly out of water. He argued that people his size should be given a

bigger water ration so I gave him some of mine. Maybe I should have also given him some of the weight in my pack to compensate for my smaller size! At last we left the sand behind and jogged the final kilometre to the finish.

The Race Continues

We were now well into the routine of the race – up at 6 am with the dawn, breakfast, pack bag, collect water ration, fill water bottles (one with isotonic energy drink) and then depart at 9 am. The first few km were usually on fairly firm ground and then it often changed to softer sand as we progressed from one wide flat valley to the next, barren mountains in the distance with the odd interesting rock feature. Day 3 (38K) saw the temperature go up to 51C as we crossed a huge dried out lake, climbed over a small rocky ridge and dropped into the next valley. Here in a small oasis was a village and signs of agriculture. Some enterprising locals were selling bottles of Coke and Fanta. To buy it would be totally against the rules but we saw one competitor succumb to temptation! At about 3.30 pm we collapsed wearily into our bivouac but soon a lively wind blew up sending sand all over us. Before we knew it the whole tent fell down on top of us. We struggled to work out the mechanics of re-erecting our primitive shelter, all of us in surprisingly good humour considering the gruelling day we had had.

At this stage Andy was lying thirty somethingth and Dave was about 65th. This meant that tomorrow Andy would start with the elite runners – the top 50 men and top 5 women – three hours after the rest of us on the 82K stage. By now Andy's feet were badly blistered (as were Ray's). The long stage was indeed very long. Starting at 9 am the first section was reasonable underfoot, but then there were long straight stretches on very giving ground, mirages glistening in the distance. The heat was again intense. Once more Oliver was in trouble with water. He was told that he could get an extra bottle but it would cost him a one hour time penalty – he did without! At about 2 pm, just before checkpoint 3 we saw the lead runners of the elite group glide by as if they were out for a short afternoon jog. At last by 5 pm the temperature began to be manageable. Now we could see the Landrovers on a distant hillock marking checkpoint 4 (45K) but it took a further hour to reach it. We were now just over half way but we decided (Graham protesting!) to press on to checkpoint 5 at 56K before taking a major break. This stage was scenically more interesting than before and with the field now widely dispersed one had the sensation of being alone in the desert. An hour later we were descending to another huge dried out lake. Darkness was falling but now the yellow markers had glowsticks attached to guide us. Soon the lights of control 5 were visible but again it seemed to take an age to get there, arriving in the dark at 8.30 pm. Here we took a welcome rest, cooked up another tasty smash and quick lunch meal and carried out some running repairs on the feet.

We departed an hour later anxiously searching for glowsticks. We had heard during our break that some of the glowsticks on the previous section had been stolen by children from some nearby settlement but fortunately for us they were still in place on this stage. However the lights of the patrolling landrovers were a serious distraction and did not help our night vision. The ground was still firm dry cracked earth so we managed to run for a few K. But the effort of a long day in the heat was taking its toll and when we met Ray, heroically persisting on his damaged feet, we reverted to walking. It was close to midnight when we reached control 6 at 68K. "Only" another 14K to go! Graham demanded tea and a strong wind blew up as I tried to boil water in the lee of a tree whilst being photographed repeatedly by a cameraman. As we prepared to leave, Tom and Andy arrived. Poor Andy had started the day well with the elites but his sore feet had got the better of him and he had had to do a lot of walking (like the rest of us mere mortals!)

The next 3 hours were the longest and mentally most tortuous in my life. Imagine an almost featureless moonlit desert with no way of measuring progress except to know that you were heading for yet another glowstick. Each competitor also carried one of these ghastly green illuminations stuck in the back of his pack and these could be picked out occasionally weaving slowly across the plain. "We must be out half an hour" I thought. I looked at my watch – only 10 minutes gone! Each 10 minutes passed equally slowly. We spoke little, heads down, concentrating on putting one foot in front of the other. Could this be hell, condemned to do this for eternity? Glowstick after glowstick with still no end in sight.

By now Graham was unable to even drink water – every time he tried he got sick. Then at about 2.20 am I saw a distant glow of lights. Could it be, it must be, the finish. 20 minutes later it seemed no nearer – maybe it was just some Landrovers. But no – by 2.45 am we could clearly see the welcome sight of "l'Arrivée". In 15 minutes we had crossed the line, collected our water ration and collapsed into bed. Ray, Andy and Tom had just got in a short time ahead of us. The only man still to arrive was Gerry. He was very dehydrated and had had to stop and have an intravenous drip at an earlier checkpoint. (Each competitor is allowed up to 2 IV's during the week before being retired from the race). He eventually made it to the tent at 5.30 am. At this stage we were probably one of the few tents to have everybody back.

Thursday was a rest day for us but all morning and afternoon we could see weary competitors struggle the last kilometre to the finish. Most of the day was spent lying in the shade of the bivouac drifting in and out of sleep. By early afternoon I managed to rouse myself. With a bottle of water I wandered forth a few hundred metres into the desert, stripped off and had a shower and hairwash – oh what luxury! It's amazing what you can achieve with 1.5 litres of water. I returned to camp and managed to semi-wash my shorts and top in a plastic bag using my last few drops of shower gel. The other main activity of the day was to queue for an hour to send an e-mail. The final excitement was the arrival of the last finishers at 8.30 pm just ahead of the camels who act as sweepers, some 35 and a half hours after the start. There was horn blowing and flashing of lights and TV cameras everywhere. The whole campsite came up to the finish to cheer them in –an emotional moment.

And Now The Marathon

Two more stages left, the first of these being the standard marathon distance of 42K. Temperatures were well over 40C by 9 am but we set off in good fettle running most of the first 20K to the second checkpoint. We now seemed to have adapted well to the heat and to running with packs on our backs. We left control 2 shortly before midday but it was getting hotter and hotter. It was an interesting section through a relatively fertile valley (by Saharan standards anyway) with quite a lot of habitation on both sides, date palms everywhere and quite a few small irrigated and cultivated fields.. We eventually left this behind and crossed another barren stony plain. As the temperature rose still further, so progress slowed. By the time we got to control 3 we headed straight for the shade of a bivouac and rested for 20 minutes. There we met Ray doing likewise. Surely this must be the hottest day yet. We learned later that the temperature had gone up to 60C.

The last 9K took two hours to complete. Keeping hydrated was becoming more of a problem. The bottles which we collected at each station was sitting in the sun. So the water we were drinking was at a temperature of around 50C and not very tempting. Lemon Isostar at this temperature was even worse! A good deal of the water ended up over our heads and clothing. Oh Andy Pandy we missed you with your water bucket and sponges! (for those of you that don't know this refers to Andrew O'Mullanes efforts at keeping us cool when we ran the Wicklow Way – we thought it was hot that day at 27C). We struggled over the finish line to clock a personal worst marathon time of 7 hours, 26 minutes! But come to think of it, having run 180K in the previous 5 days, running on sand with a back pack in temperatures of 50-60C gave us some excuse.

Having been clocked in we collected our water ration (now upped to 4 bottles on account of the extreme heat) and staggered to the bivouac. The heat had taken its toll. This was the first evening that I found it hard to eat dinner and skipped on the smash. It was a relief to know that tomorrow was the last day and to dream of all the COLD drink, real food, beds, chairs, cool buildings and

even bathrooms we could enjoy in 24 hours time.

The Last Day

Saturday, 9 am – 22K to go. The blister on my heel has been successfully treated. We both have had only relatively minor problems with our feet. Only one checkpoint today and then it's straight through to the finish in the town of Tazzarine. We mixed jogging and walking. Graham who was not feeling well even before the start was moving less speedily than before. By the time we reached Tazzarine he was completely overcome with emotion. The last 2K were on tarmac road, his favourite surface, but I ended up pulling him along like a snivelling child! Other runners stopped and gave him the last of their water. Finally we reached the finish line and were kissed and hugged by the organiser, Patrick Bauer. We were presented with finishers medals and would you believe another bottle of warm mineral water. But young Graham came to the rescue and located a couple of cans of, yes, COLD BEER!!!!!

The Results

Overall our tent had performed well: Andy 67th, Dave, best of the Irish, 73rd, young Graham, 175th, Ray, 218th, Tom 270th, myself and Graham 273th and Gerry 369th. Of 630 starters 547 finished. The winners time was just over 18 hours and the longest time was 74 hours. We finished in 45 hours and were in the top half of the field. We were happy enough considering Graham had had a number of interruptions to training due to injury which didn't help me either. We're glad we did it. It was quite an experience. Will we do it again? Definitely not! There are other challenges out there – just watch this space! Many thanks to all of you out there who supported us, fundraised, sold tickets attended functions and e-mailed us in the desert. Special thanks must go to Alan Cox and to Ann Marie without whose efforts we would be seriously in debt and also to our long suffering coach, Lindie who having been witness to the ups and downs of our training , was relieved that we made it to the finish at all.

Jane Watt

MTB-O NEWS

Mountain-Bike Orienteering - Gerry Brady

A trilogy started with the Northern Ireland Trail Orienteering Championships in 2000, continued with participation in the Ski-O World Cup in Finland in March, and was completed when the first National Series MTB-O event was held in Broadford, Limerick in May. The next developments in Trail-O and MTB-O should be participation in international competitions.

The Broadford event was organised at relatively short notice when the foot and mouth restrictions eased. MTB-O type events have been held here before as part of adventure races, generally involving teams. In Broadford the competitors were on their own and had to decide alone whether that slow ride was faster than the long way around. It was a forest that generally penalised the adventurous as carrying your bike in wet undergrowth amid immature conifers is not a pretty sight! It was generally wiser to keep to the winding paths and estimate which was shorter and less uphill.

Nina Phillips had a very solid cycle to win the women's long race. John Casey put his previous existence as a cyclist to good effect as he held off a strong field containing Justin May by four minutes. Surprise winner of the day was Carmel Feehan who hadn't enjoyed herself as much orienteering in ages. More events are being planned for Kilsheelan (Waterford), The Curragh (Kildare), Cronybyrne (Wicklow) and maybe a National Championships in the Nagles in Cork in the Autumn.

Internationally MTB-O gains another foothold in late July when competitors in the World Cup event will join WOC competitors in the Opening ceremony. With model, classic and short MTB-O events on the programme, Finland will see a showdown between the stronger Southern European countries and the emerging Finns. The maps will be prepared from high quality foot orienteering maps modified with the new IOF symbols for MTB orienteering. The organisers promise that the events will test the full range of map reading, terrain recognition and driving skills. There are further World Cup events in September (Austria and Hungary) and in November (France). Irish teams are intending to travel to some of these. Martin Flynn is coordinating these developments.

2001 World Cup in MTB-O

The World Cup in MTB-O is the official IOF series of events, held in 2001, and every odd year thereafter, to determine the world's best mountain bike orienteers over a season.

Calendar

8 individuals events, from which only 5 will count; 3 relay events, from which 2 will count.

Round 1.
Tampere, Finland
July 29th - Training , July 30th - Individual 1, August 1st - Individual 2

Round 2.
Mieming-Innsbruck, Austria
September 14th - Training, September 15th - Individual 3, September 16th - Individual 4, September 17th - Relay 1

Vezprem, Hungary
September 19th - Recreational MTB rides
September 20th - Training, September 21st - Individual 5, September 22nd - Individual 6, September 23rd - Relay 2

Round 3.
Vaucluse, South France
November 1st - Training, November 2nd - Individual 7, November 3rd - Individual 8, November 4th - Relay 3

Participation and Classes

Full IOF member federations may nominate the following competitors:
Individual Men - 6 per federation
Individual Women - 6 per federation
Relay Men - 2 teams of three men
Relay Women - 2 teams of three women

Masters International MTB-O Competition and Open International Events

All other competitors attending the MTB-O World Cup will be invited to compete in the Masters International MTB-O Competition or open International events organised in conjunction with the MTB-O World Cup.

The following class structure shall be used for Men's and Women's classes:
Masters Competition
M/W40; M/W50
Open Competition

Juniors	Younger than 18
Seniors	18 to 39 years
Masters	40+ years

Maps, Terrain & Courses

The map scale will normally be 1:20.000. although 1:15.000 and 1:10.000 may be used with the approval of the controller. The terrain must be suitable for setting competitive MTB-O courses and must include a comprehensive network of tracks and trails.

	Men	Women
sprint	50 - 60	40 - 50
classic	110 - 130	70 - 90
endurance	150 - 180	100- 120
relays (per leg):	50 - 60	40 - 50

Individual MTB-O World Cup

The 35 best competitors in each class obtain points. Each competitor's total score in the completed World Cup 2001 series, is the sum of his/her 5 best scores.

Relay Competition

The better team from each country will score.
The 15 best teams from each country in each class in each round shall obtain points. The two best scores from 2 or more rounds will be added, to produce the final World Cup 2001 series result.

Thanks to all the contributors to this issue.

IOSA NEWS

Fergal Buckley

The Irish Orienteering Student Association (IOSA) is the body responsible for orienteering in universities & colleges in both the Republic of Ireland & Northern Ireland. It's responsible for the annual Irish Orienteering Student Championships (IOSC), as well as the Student Training Weekend and other student-organised events. IOSA is affiliated to the Council of University Sports Administrators in Ireland (CUSAI), the body responsible for the administration of student sport on this island. IOSA is also an associate member of the IOA. CUSAI is in turn a member of the Federation Internationale du Sport Universitaire (FISU), the organising body for the Summer & Winter Universiades (World University Games).
The Universiades are held every two years on odd-numbered years. The 2001 Winter Universiade in Poland was in February, with the 2001 Summer Universiade taking place in Beijing at the end of August. The Universiades are comprised of some of the main sports in the corresponding Olympiades.

FISU also holds World University Championships every two years on even-numbered years for some 20 sports not included in the Universiades. One of these sports is orienteering. Thus IOSA, through CUSAI, is responsible for Irish participation in the World University Orienteering Championships (WUOC). Events are held in Men's & Women's Short, Classic & Relays. The 12th WUOC took place in Roanne, France from the 29th August to the 2nd September 2000. 22 countries took part, including a sole representative, Toni O'Donovan, from Ireland. The next WUOC in 2002 will be held in Bulgaria at the end of August.

IOSA is open to membership from one club in any recognised third-level institution in the Republic of Ireland & Northern Ireland. Colleges currently affiliated are UCC, CIT, UCD, TCD, NUIG, GMIT, QUB & the Army Cadet School. Clearly there is room for much improvement in this area. Of particular concern is the fact that Ireland's largest third-level institution, DIT, is not represented, nor are other big universities such as DCU, UL & UU.

Increasing our membership to encompass most colleges is the number one priority of IOSA. We have introduced individual membership for orienteers attending recognised third-level institutions not affiliated to IOSA or for Irish orienteers attending colleges abroad. Individual membership entitles people to take part competitively in the individual events of the IOSC, as well as making them eligible for selection for the WUOC. If there are any orienteers out there attending such colleges, we would dearly love to hear from you. Just send an email to *iosa@dublin.com* or phone me at 086 3306932.

We believe that providing support to orienteers in such colleges in setting up new clubs would be the most effective way of expanding our club membership base. We have already tried contacting related clubs such as adventure or outdoor pursuits clubs, but they have generally been uninterested in orienteering. We've also tried contacting the college sports administrations, but again they've been unsupportive - in fact many didn't even have the courtesy to acknowledge letters, e-mails, or phone calls. Perhaps this is where the IOA could help us. Since the IOA carries more authority, college administrations might be more inclined to listen to them and to follow on from their initiatives. In any case, we're open to help or to ideas from the IOA or anyone else. The number of active orienteers in college has been declining in recent years, and we're afraid that if something isn't done soon to check this, the future of current clubs could be in jeopardy.
Once a club dies out, it's just so, so difficult to re-establish it and the time and effort in doing so would be better served in establishing new clubs.

So there it is. We're at a crossroads in college orienteering. The effectiveness with which we deal with this issue will decide the future of college orienteering. And it doesn't just effect college orienteering either, it effects all orienteering on this island. For the colleges are one of the big three recruiting grounds for new orienteers (existing orienteering families and schools & scouts are the other two). Irish orienteering can only suffer if one of those taps is slowly turned off. Hopefully we'll all play our part in ensuring it won't come to that.

The following were elected to the IOSA committe at the IOSA AGM on February 24th last:

Niall Bourke, UCC (Chairperson)
Susan Healy, UCD (Secretary)
Susan Bell, UCD (Treasurer)
Fergal Buckley, TCD (PRO)
Rodger O' Connor, CIT (Sponsorship Officer)

Some relevant websites:

IOSA Newsgroup: http://www.topica.com/lists/iosa-news
CUSAI: http://www.cusai.ie
FISU: http://www.fisu.net
WUOC 2000: http://fnsulyon.univ-lyon1.fr/cmu/co_2000/acceuil.html

Irish Orienteering Student Championships - Carlingford 2001

Fergal Buckley

The 2001 instalment of the Irish Orienteering Student Championships (aka the Intervarsities) took place on the weekend 23rd to 25th February in Carlingford, Co. Louth and Newbridge Demesne, Co. Dublin. It was a double challenge for Dublin University Orienteers. As hosts we had to prove we were up to putting on a successful weekend. As competitors, after losing our crowns last year to UCC in the men's event andUCD in the women's event, we were determined to restore the natural order again!

Just being involved in organising the IOSC really brought it home how much time and effort people put in to organising any of the main championship events. From choosing suitable venues andgetting permission to use them, booking accommodation, dinner and entertainment for over 80 people, sending out entry forms andinfo packs to all the colleges andkeeping them updated of developments at all times, organising mountain rescue, drawing up a budget andgetting funding from our college, getting sponsorship and prizes, organising transport for everyone needing it, getting reports and results in the media... The list really is endless!!!

With most of the work done, the weekend finally arrived. Having put in the work over the preceding weeks and months, one would love to be able to relax and enjoy the weekend, but the thought is always at the back of the mind - what if something should go wrong and all the work be undone? I think we all reached our own compromises - while we might be a bit tetchy about the organisation until the big event on Saturday is over, and of course also about that little bit of serious competing too - once it's all over we could relax and make up for it double time Saturday night at the Miley disco (sic!).

Anyway, on Friday night we all descended on the Carlingford Adventure Centre in the village, our accommodation and event centre for the weekend. It really was the perfect setting. It was a nice hostel (newly extended, but not quite yet completely finished when we were there - hence that slight lack of banisters on the stairs!) and a lovely village. Our organisers Hazel Convery and Geri Ryan, planner Harold White, and controller Liam Convery had it worked out to a tee. We were using the 3ROC Carlingford Mountain map, with the start and finish positioned so that there was a nice half hour walk from the hostel.

The gods must have been smiling on us on Saturday Morning too - the weather was glorious. The one hesitation with using Carlingford Mountain for the IOSC had been the uncertain and changeable nature of the weather there,

especially at that time of year. Many of those taking part would have little experience, and Carlingford is tough at the best of times. The mitigating factor was that we would be largely on the northeastern side, generally the sheltered side. But the weather forecast for the weekend had been for high winds, rain, hail and snow. And those winds - they'd be from a northeasterly direction! But it seemed Mother Nature had declared a cease-fire especially for us. Although it was cold and the ground was frozen in places, for much of the day there wasn't a cloud in the sky. And we were treated to the most fantastic views - down on Carlingford and across the crystal clear waters of the Lough glinting in the bright light over to the snow-capped Mournes on the other side.

But now back to the serious business! The men's 'A' event was quite physical with a length of 7.1 km, 515 m climb and18 controls. Niall Bourke of UCC won the event with a time of 60:12, although a slight technical glitch saw DUO's Andrew Quin being in the lead for a time a full eight minutes faster! However this was a somewhat Pyrrhic victory for Niall, as solid performances from Shane Lynch (62:55 - 2nd), Andrew Quin (64:18 - 3rd), and Neil Dobbs (64:22 - 4th) ensured victory for DUO in the men's team event and the return of the men's trophy to it's natural home in Trinity! This meant that DUO's team of Shane, Andrew and Neil won with a combined time of 191:35 to UCC's team of Niall, Conor Creedon and Darren Burke in second place with a combined time of 211:53.

The women's 'A' event was a somewhat depleted affair however. With the current lack of women orienteers in college, it was a three horse race. The course was 5.0 km long with a 315 m climb and14 controls. Susan Bell of UCD won with a time of 113:49, with Deirdre Murphy of QUB second (114:16) and Danielle Buckley of the Army Cadets third (116:25). With only three competitors, obviously there were no teams which created a problem - who would be awarded the women's team title and trophy for 2001? Should the title be withheld and the current holders (UCD) keep the trophy? Since there was nothing in the rules about what to do in this situation, it had to be decided at the IOSA AGM later in the evening. At the AGM an alternative proposal was suggested that the winners of the 'B' event should be awarded the title if no team finishes in the 'A' event. It went to a vote and was carried. And the winners of the women's 'B' event? None other than DUO! Our team of Mirjana Skrba, Ivi Bode (who'd only been orienteering for a few months) and Aileen Farrell had given us the double!!!

Needless to say the rest of the evening was one big celebration (or sombre self pity in the case of UCC). Nonetheless everyone managed to enjoy themselves at the Miley Disco and make light work of all the free beer. Since we were mixing with the locals, most of the orienteers managed to restrain themselves from excessive madness - though Shane spent the evening under a big curly blond wig - dare I ask???

Hangovers aside, it was up early Sunday morning for the drive to Newbridge Demesne for the Relay Championships. The emphasis for this event is on fun as most people wouldn't be in a condition for serious competition. To add an extra twist, we mixed everyone up and assigned them to random teams. With one course and three legs of differing length, we thought this would be the most fun. Again, the work done by organisers Bernie Sharkey and Lillian Quill and planner Jean O'Neill was super, and again we had glorious weather! The winning team was Conor Creedon (UCC), Robert Boyle (UCD), and Fabio Scalici (Cadets) with a combined time of 97:49. All in all, it was the perfect end to the perfect weekend.

At the end, we're pretty happy, having taken the team events, and with the general opinion that it had been a great weekend (absolutely no bias here!).
Again I'll take the opportunity to thank everyone who helped out in one way or another - our own committee and other DUO and former DUO members, people from 3ROC, Fingal, and LVO, Co. Laois Mountain Rescue and others I can't think of. And of course everyone who took part and made the weekend the success it was. Our thoughts are with the farmers of the Cooley peninsula without whose support we wouldn't be able to orienteer in Carlingford - the subsequent turn of events had been a devastating blow - we hope things will work themselves out as soon as possible.
We were so lucky that at the time our own event wasn't affected.

Anyway, anything and everything on IOSC 2001 can be found on our website at
http://www.tcd.ie/Club/Orienteering/IOSC2001
It was fun being part of the organisation of the IOSC, but we'll be perfectly happy to have that workload lifted off us next year as the IOSC passes over to UCC. So roll on IOSC 2002.

After Jane Watt's story of the Sahara, cool off with some Ski-O ...

World Cup Ski-Orienteering

Gerry Brady

The Ski-O World Cup events in Rovaniemi, Finland in March 2001 marked the first participation by an Irish orienteer in ski-orienteering. Rory Morrish from LeeO finished 32nd in both the Short and Long races winning World Cup points in both. Rory was based in Oslo for the two months preceding the event and that gave him an opportunity to develop his cross-country technique. The long race over 24.1 km proved quite an epic with Rory finishing in 3 hours 14 minutes.

The extensive path network on the map provided multiple route choice options. Many of these paths are specially made for the event and disappear with further snow falls. These temporary tracks are typically narrow, ploughed out by a snow mobile winding through the trees. Miss a corner and a cushion of 3-4 feet of soft snow awaits you.

A small group of us travelled with Rory. It was my first time to do any type of skiing. Cross-country is a little like walking/running. You can immediately ski on flat ground using a classical technique in narrow specially made parallel tracks. Developing that technique into a gliding action is when you begin to improve. Leaving the specially made parallel tracks and developing the technique further into a skating action is where you really begin to make progress.

I skied for about two hours each day and by the end of the week was covering a 9 km main paths loop in 71 minutes. On some of the days I donned the special map holder and orienteered on the model event courses or on some of the controls from the World Cup events. Any journey down the narrow snow-mobile tracks inevitably meant a soft landing! Gradually your reflexes and balance develop though and you can spend more time looking at the map than picking yourself up. The snow gives the woods an immense stillness even beyond the quietness found deep in the forest in foot orienteering.

Jo Mein made more rapid progress and is a possible with Eunice Cinnamon for international competitions next year. The organisers and other countries were very pleased to see a new country participate and encouraged us to continue for next year's World Championships in Bulgaria. The likelihood is that a training week in Sweden or Bulgaria open to all interested Irish orienteers will be held next December-February and then a small team will be selected for Bulgaria. Sweden is the venue for the 2004 World Championships and they have a training camp planned for Jan-Feb 2002 with two races. Sweden will also hold some summer training camps on roller-skis.

(See some of Rory's maps in the centre pages).

Lochaber 2001
Scottish 6-Day, August 5-11. Late entries available: contact TIO for entry forms.
www.scottish-orienteering.org/loahaber2001/

MOUNTAIN RUNNING

03/06/01 CARRAUNTOOHIL
IC1/KoM 13.7 1126 12.00
Breanlee, Lough Acoose, Glencar, Co. Kerry (16 miles Killarney). GR V771871
06/06/01 Blue Light LL6 5.5 326 7.30, Blue Light Pub, Sandyford, Co. Dublin Gr. O184239
10/06/01 Circuit of Glenmacnass LC3 19 1040 12.00; 1km north of Laragh on Military Road Gr. T140975
13/06/01 Scalp LL7 6.4 244 7.30 Dublin Sport Hotel, Kilternan, Co. Dublin. Gr. O215207
17/06/01 Ballyhouras IC2/MC4 10.0 427 2.30 Green Wood Car Park, Ardpatrick, Kilmallock, Co. Limerick.
20/06/01 Howth LL8 8.5 360 7.30 GAA Club, Dungriffin Rd., Howth, Co. Dublin Gr. O284396
27/06/01 Brockagh LL9 8.0 400 8.15 Laragh, Co. Wicklow. Gr. T145967
01/07/01 Flagstaff AIC 17.6 925 12.00 Flagstaff Car Park, off Newry/ Dundalk rd., Co. Down. Grid Ref: 106 200
01/07/01 European Trophy Slovenia
04/07/01 Maulin LL10 8.0 457 7.30 Crone Wood Car Park,Glencree, Co. Wicklow (near Powerscourt Waterfall).Gr.O193142
07/07/01 CROAGH PATRICK
IC3/CC1/ KoM 7.7 762 2.30 Murrisk, near Westport, Co. Mayo. GRL920823
08/07/01 Nephin CC2 8.0 610 12.00 North Plantation Lahardaun, (Crossmolina - Pontoon), Co. Mayo. Gr. G109103
11/07/01 Sorrel Hill LL11 10.0 412 7.30 Lacken to Blessington Rd, Co. Wicklow Gr. O003123
15/07/01 Slievenamon MC5 8.0 591 2.30 Kehoes pub, Kilcash, near Clonmel, Co. Tipperary
15/07/01 Ballybraid LC4 13.8 570 12.00 on road from Laragh to Glenmalure, Co. Wicklow Gr. T116919
18/07/01 Glasnamullan LL12 12.0 430 7.30 Glasnamullan Wood, nr Djouce Co. Wicklow GR O205093
25/07/01 Sugarloaf (&BBQ) LL13 5.6 427 7.30 Glencormac Inn, Kilmacanogue, Co. Wicklow O246147
28/07/01 Snowdon INT 16 1000 2.00 Llanberis, Wales
29/07/01 Irish Trail Running Champs ITRC 10.0 12.00 Avondale, Rathrum, Co. Wicklow Gr. T190850
01/08/01 Kippure 10.0 427 7.30 Featherbed Gr. O130197
12/08/01 Glounageenty(World Trial) WT/MC6 12.0 551 2.00 Earl of Desmond Monument, Clogher, Ballymacelligott, Co. Kerry Gr. Q960145 -
19/08/01 AUGHAVANNAH IC4/LC5 22.6 1095 12.00 Aughavannah Bridge, south beyond Glenmalure, Co. Wicklow. Gr. T056861
26/08/01 Crohaun - .9.5 350 2.30 Bridie Terries Pub, The Pike, Dungarvan, Co. Waterford Gr. X 300970
02/09/01 Camaderry LC6 8.0 430 12.00 Upper Lake Glendalough, Co. Wicklow. Gr. T112964
16/09/01 WORLD TROPHY
Arte Terme, Italy
23/09/00 British & Irish Junior Trial 6.0 440 11.00 Ticknock, Sandyford, Co. Dublin. Gr. O168240
30/09/01 Mullaghcleevaun IC7 11.0 530 12.00 Sorrel Hill car park, Lackan, Co. Wicklow. Gr. O044108
All distances are in km, climb is in metres. All races descend the same height climbed, i.e. up and down courses. Type refers to the championship or league category.
INT= International race AIC= All Ireland Championship
IC= Irish Championship - 3 races of 5 count CC= Connaught Championship - 2 races of 2 count
LC= Leinster Championship - 4 races of 7 count MC = Munster Championship - 4 races of 6 count
LL= Leinster League - 7 races of 13 count

Results of LL5 event held at Curragh East on 03 Dec 2000.
Organised by CNOC.
Planner : Senan O'Boyle
Controller : Pat Healy

BLACK		13.2 Km			
1	P. Nolan	M 21	GEN	78.30	
2	B. O'Brien	M 21	Ajax	80.31	
3	A. O'Cleirigh	M 40	Ajax	82.53	
4	B. Delaney	M 35	CNOC	87.39	
5	J. Casey	M 21	Ajax	90.22	
6	A. Quin	M 21	DUO	95.09	
7	P. Mork	M 21	3 Roc	98.39	
8	P. Kernan	M 40	Ajax	100.11	
9	E. Keith	M 21	Set	142.00	
10	A. Shinnick	M 21	2 FAR	148.25	
11	P. Smyth	M 21	Ajax	152.00	
12	T. O'Brien			154.00	
13	G. Mullins			167.10	
14	A. Moran		DFO	176.15	
BROWN		10.6 Km			
1	D. Weston	M 35	Set	72.30	
2	P. Casey	M 21	GEN	73.39	
3	S. Lynch	M 21	DUO	76.08	
4	J. McCullough	M 45	3 Roc	79.12	
5	B. Bell	M 45	GEN	79.54	
6	N. Dobbs	M 20	DUO	81.19	
7	E. Niland	M 21	Ajax	84.33	
8	T. Duggan	M 40	CNOC	85.26	
9	B. Jones	M 21	GEN	87.00	
10	M. O'Keeffe	M 35	Fin	90.52	
11	D. Reidy	M 45	Ajax	91.12	
12	M. FlynnM 21	Ajax	(NC)	94.01	
13	A. Creedon	W 21	Cork O	105.27	
14	F. Buckley	M 21	DUO	106.49	
15	E. Dunne	M 21	3 Roc	111.33	
16	R. Wallace	M 21	Ajax	139.00	
17	M. Geoghegan	M 35	Ajax	DNF	
BLUE	8.63 Km				
1	A. Blanchard	M 21	GEN	67.41	
2	N. Foley-Fisher	M 18	M Nav	68.40	
3	D. Brennan	M 40	3 Roc	70.06	
4	V. Jones	M 40	Fin	70.30	
5	D. Healy	M 18	GEN	73.07	
6	E. Loughman	W 21	CNOC	77.37	
7	F. Healy	M 21	Set	77.48	
8	P. Mahon	M 21	Set	79.47	
9	M. Bohan	M 21	DFO	82.43	
10	J. Flanagan	W 21	Ajax	87.52	
11	N. C- Crawford	M 55	3 Roc	88.59	
12	N. Philips	W 21	Set	90.00	
13	J. Watt	W 45	GEN	91.51	
14	D. Wickham	M 35	Ajax	92.00	
15	A. Lawlor	M 35	CNOC	92.00	
16	T. Keegan	M 35	3 Roc	93.46	
17	D. Quinn	M 45	3 Roc	93.46	
18	S. Bell	W 20	UCDO	95.19	
19	B. Lawlor	W 21	DFO	95.38	
20	D. O'Neill	W 21	Fin	101.50	
21	T. McCormack	M 50	GEN	102.26	
22	J. Lalor	M 45	GEN	109.27	
23	S. A. and L. Pollard			128.00	
24	D. Kennedy			130.01	
25	N. Hutchinson	W 21	3 Roc	148.48	
26	G. Power	W 50	3 Roc	158.00	
27	Kieran ?			DNF	
GREEN		6.5 Km			
1	N. O'Boyle	W 16	CNOC	56.28	
2	B. Power	M 50	Set	59.47	
3	C. Foley-Fisher	M 16	M Nav	60.20	
4	T. Lawless	M 35	St Killians	60.40	
5	M. Long	M 35	Ajax	62.15	
6	D. Short	M 40	CNOC	66.50	
7	H. White	M 55	3 Roc	67.45	
8	T. McCormack	M 14	GEN	68.19	
9	W. McCormack	W50	GEN	68.59	
10	M. O'Connell	W 50	GEN	72.40	
11	A. B- Law	M 65	Ajax	74.33	
12	F. O' Brien	W 21	Ajax	75.00	
13	E. O'Suilleabhain	M 50	3 Roc	77.44	
14	M. Grant		Wat O	78.32	
15	S. McCormack	W 21	GEN	79.45	
16	J. Francis	M 40	DFO	79.48	
17	G Elliot	M 21	3 Roc	80.18	
18	T. McGrath	M 55	3 Roc	81.08	
19	A. Ni Shuilleabhain	W 50	3 Roc	82.21	
20	T. Burke	M45	Fin	83.17	
21	G. Green	M 16	3 Roc	84.00	
22	G. Lalor			85.28	
23	D. O'Murchu	M 50	CNOC	86.10	
24	N. Foley-Fisher	M 50	M Nav	89.50	
25	D. Carbery	M 45	CNOC	90.01	
26	C. Fitzpatrick	W 18	UCDO	90.23	
27	H. Thompson	W 21	Set	91.26	
28	J. O'Neill	W 50	Fin	92.00	
29	K. Carey	M 40	3 Roc	92.18	
30	B. Doherty	M 55	GEN	93.00	
31	B. Foley- Fisher	W 45	M Nav	97.37	
32	R. C-Pinto	W 21	Set	104.20	
33	Mirjana	W 20	DUO	105.23	
34	R. Boyle	M 20	UCDO	107.01	
35	D. Shortall	M	Set	107.15	
36	G. Porter	M 50	GEN	109.43	
37	C. Carolan	M 18	DUO	113.54	
38	I. Murphy	M 21	Fin	115.35	
39	W. Whitney	M 25	DUO	116.55	
40	F. White	W 60	Set	122.40	
41	F. Reid	M 18	DUO	DNF	
42	C. Carroll	M 20	UCDO	DNF	
LIGHT GREEN		4.0 Km			
1	A. O'Mullane	M 21	GEN	32.40	
2	E. Sokell	W 21		32.49	
3	J. Atkinson	W 35	Set	33.45	
4	C. O'Sullivan	W 21	GEN	33.57	
5	S. Murray	M 50		33.59	
6	D. Carbery	W 16	CNOC	36.01	
7	S. O'Boyle	M 14	CNOC	36.19	
8	D. Large	W 60	GEN	37.00	
9	C. Morrison	W 21	Ajax	37.15	
10	K. McCormack	W 20	Gen	38.00	
11	S. Rothery	M 70	3 Roc	38.57	

12	D. Barry	M 50	GEN	39.00
13	A. McCormack	W 50	GEN	40.00
14	N. Lalor	W 45	GEN	40.24
15	M. Healy	W 45	GEN	40.30
16	J. O'Neill	W 18	CNOC	40.36
17	A. Green	M 35		41.19
18	C. Kennedy	M 18	St. Killians	42.05
19	F. O'Neill	W 50	Set	50.59
20	M. Higgins	W 55	Set	52.42
21	M. Reid	W 35		54.15
22	C. Carey	W 40	3 Roc	55.01
23	N. Lalor	W 16	GEN	57.27
24	C. Walshe	W 55	3 Roc	58.27
25	B. O'Neill	M 55	Set	59.05
26	M. Wellhoefer	M 21	DUO	60.15
27	S. Smith		Vec	61.00
28	D. Bell	W 16	GEN	61.47
29	C. Oman	M	Vec	62.07
30	E. Woods	W	DUO	68.19
31	L. Malone	W	DUO	68.19
32	C. Burke	M 14	Fin	80.35
33	L. Valentine	W 18	Vec	81.00
34	D. Gleeson	W 18	Fin	81.00
35	J. Carroll	W 18	Vec	81.00
36	A. Bennett	M 18	Vec	82.00
37	S. Coyle	M 18	Vec	82.00
38	E. Higgins	M 18	Vec	84.00
39	R. Harris	M 18	Vec	84.00
40	V. Murtagh	W 60	3 Roc	107.00
41	P. Middleton	W	Vec	109.40
42	K. O'Reilly	W	Vec	109.42
43	C. Dwyer	M	Vec	111.25
44	D. Usher	M	Vec	111.41
45	M. C-Pinto	M	Set	DNF
46	O. O'Neill		Vec	DNF
47	A. Hand (?)	W	Vec	DNF

ORANGE		3.0 Km		
1	A. Langstone			28.00
2	B. Carbery	M 14	CNOC	30.09
3	C. Hill	M 12		30.33
4	E. Foley-Fisher	W 12	M Nav	31.19
5	E. Hill	W 40		31.33
6	S. Meagher	M		33.00
7	C. Burke	W 12	Fin	33.15
8	R. Short	M 12	CNOC	35.10
9	Lucy and Trish	W 16	St Killians	37.50
10	H. Jones	W 12	Fin	42.10
11	L. Bradley	M 14	DLSO	42.37
12	C. Dolan	M		48.00
13	G. Ryan		3 Roc	48.28
14	Paul and John	M 16	St Killians	53.34
15	S. Abrook		CNOC	56.30
16	A. Conalty	W		57.00
17	M. O'Gorman	W		63.25
17	C. O'Dowd	M		63.25
19	E. Bermingham	W 18	St Killians	66.50
20	Suzanne and Jan	W 14	St Killians	67.00
21	A. Murphy	M 10	Fin	76.29
22	Carmel and Craig		St Killians	154.59
23	J. Young	M 14	DLSO	DNF
24	Karen and ?	W 14	St Killians	DNF

YELLOW		2.0 Km		
1	Colm and Andrew			18.30
2	M. and E. McGoff			19.23
3	E. Jones	W 10	Fin	21.30
4	G. Carney	M 12	CNOC	27.45
5	Victoria and Aislin	W 14	St Killians	29.45
6	J. Barry	M 8	GEN	29.56
7	Ciara and Claire	W 14	St Killians	31.45
8	B. Farrell	M 14	St Killians	32.27
9	R. Moriarity	M 14	St Killians	33.27
10	F. Burke	M 10	Fin	36.02
11	Claire, Rebecca & Aisling		St Killians	36.50
12	K. O'Boyle	M 9	CNOC	38.00
13	David, Brian & Daniel		St Killians	38.24
14	K. Power	W 13	Set	42.00
15	R. Carney	M 10	CNOC	43.22
16	Helen and Aoife	W		43.41
17	M. Gavin	W 35		47.24
18	N. Kenny	M		51.17
19	Laura and Natasha	W 14	St Killians	57.53
20	K. Ryan			60.00
21	C. Short/R. Nugent	M8	CNOC	65.00
22	C. O'Boyle			DNF
23	Long Family			DNF
24	S. Diver		CNOC	DNF

Junior Fundraiser 3 Rock 11th Feb 2001

Planner: David Healy GEN
Controller :Justin May 3 Rock
Organiser :Niamh Lalor GEN

Long Course			
Andrew Quin	DUO	M21	58:39
Shane Lynch	DUO	M21	60:10
Aonghus OCleirigh	AJAX	M40	62:54
John McCullough	3Roc	M45	66:02
Brian Jones	GEN	M21	73:46
Patrick Casey	GEN	M21	74:22
M OKeefe	Fingal	M35	73:09
Ailbhe Creedon	Cork O	W21	79:54
Brian Bell	GEN	M45	82:07
Fergal Buckley	DUO	M21	83:24
B Delaney	CNOC	M35	86:19
P Healy	CNOC	M45	87:13
Bohan	DFO	M21	88:52
Anthony Lawlor	CNOC	M35	89:38
Val Jones	Fingal	M40	92:51
Nigel C Crawford	3Roc	M55	93:15
Don Short	CNOC	M40	94:42
Gordon Elliot	3Roc	M21	94:50
Mike Long	AJAX	M35	96:15
B Lawlor	DFO	W21	97:41
Chris Blau	UCDO	M21	101:03
Hugh Reynolds	3Roc		103:29
Eoin Dunne	3Roc	M21	104:00
Mary OConnell	3Roc	W35	115:25
6 DNF			
Medium Course			
Donal Wickham	AJAX	M40	52:08
Paget McCormack	GEN	M60	54:15
M Nowlan	3Roc	W50	60:48
B McGrath	3Roc	M50	63:22
D OMurchu	Cnoc	M50	63:32
Leo Donovan	AJAX	M35	64:13
Aine Ui Shuilleabhan	3Roc	W50	68:19
John Francis	DFO	M45	68:52
Jean ONeill	Fingal	W50	68:54
Niamh&Denise	Cnoc	W18	74:49
Maire Walsh	3Roc	W50	75:59
W Mc Cormack	GEN	W50	78:06
S Murray		M50	78:25
Brian Hollinshead	3Roc	M60	79:52
B Rica ?			80:45
J ONeill		M21	80:47
F McCormack	CNOC	M60	84:19
Graham Greene	3Roc		84:53
M OiDriscoll	GEN	M40	86:53
Brendan Carberry	CNOC	M14	91:21
M Kavanagh			96:01
C Carroll	UCDO	M20	98:44
Robert Boyle	UCDO	M20	100:44
Michael Galligan			100:53
Clare Fitzpatrick	UCDO	W20	102:14
Fergal Reid	DUO	M20	107:59
Chris Bond	DLSO	M16	118:03
John Rigney	CNOC	M10	134:53
Vera Murtagh	3Roc	W60	156:35
N Guy	?	M21	170:20
Ciaran Dwyer	VEC	M18	180:44
David Usher	VEC	M18	180:44
Deirdre Gately	VEC	W18	180:44
11DNF			
Short Course			
C Morrison	AJAX	W35	33:28
M E Gill			50:24
Brennan			52:18
N EvanS			52:19
Gavin Carney	CNOC	M12	60:40
L Quinn	GEN	M6	61:50
Conor Short	CNOC	M10	63:28
Laura McKay	Setanta		65:25
Sean McKay	Setanta		65:95
10 Kevin OBoyle	CNOC	M9	67:20
11 Healy			71:15
12 Hayley Connolly			72:24
13 Elena Rye		W12	72:24
14 Geraldine ORiordan	Setanta		73:52
15 Cormac ONeill	GEN	M10	73:58
16 Eoghan ONeill	GEN	M10	74:05
17 Eamon OKeefe	Fingal	M4	77:27
18 Alison Byrne	3Roc		79:45
19 B Cryan			88:40
20 Elaine OHolbron		W21	108:54
4DNF			
Taped Course			
Sean Colclough	CNOC	M12	49:00
Meghan ODriscoll	Fingal	W12	51:07
Rory Neary			51:28
F OSullivan			62:40
F OSullivan			62:53
B Keane		M16	69:07
J Quinn	GEN	M4	77:53
R Carney	CNOC		131:45
2DNF			

Results from Sugarloaf Leinster League Sunday 18th February 2001

Planners: Susan Healy and Liz Butler UCDO
Organiser: Susan Bell UCDO
Controller: Paul Nolan GEN

Black course, 7.94k, 370m
1 Andrew Quin M21 DUO 77.46
2 Shane Lynch M21 DUO 81.35
3 M Walters M35 81.40
4 B Delaney M35 CNOC 91.16
5 Eoin Keith M21 Set 117.03

T O'Brien MP22

Brown course, 6.78k, 345m
1 Patrick Casey M21 GEN 59.10
2 Thomas Callery 69.00
3 Brian Bell M45 GEN 70.48
4 Dave Weston M35 Set 70.56
5 Declan McGrellis M21 LVO 71.02
6 Brian Jones M21 GEN 73.33
7 Marcus Geoghegan M35 Ajax 90.43
8 A Wallace M21 Ajax 94.52
9 Eoin Dunne M21 3ROC 95.36
10 A Tucker M40 CNOC 97.36
David Healy M18 GEN DNF

Blue course, 5.42k, 260m
1 Paul Mahon M21 Set 55.28
2 Donal Wickham M40 Ajax 56.26
3 C Young M21 Set 57.28
4 A O'Mullane M21 GEN 60.44
5 Mick Mangan M40 Set 60.45
6 Fachtna Healy M21 Set 67.32
7 J Lalor M45 GEN 67.42
8 D Quinn M45 GEN 68.07
9 Val Jones M40 Fin 69.50
10 Paul Dunne M40 WEGO 70.31
11 David Brennan M40 3ROC 71.23
12 Eileen Loughman CNOC 72.21
13 Anthony Lalor M35 CNOC 76.11
14 Fergus McCann M21 Set 78.32
15 Gordon Elliot M21 3ROC 74.24
16 Tony Doolin M21 Set 83.38
17 Ger Power W50 3ROC 86.37
18 Nadya Hutchinson W21 3ROC 90.07
19 A Butterfield M40 GEN 94.23
20 David Heale M21 3ROC 94.46
21 E Young W21 Fin 95.47
22 D Buckley cadet 101.47
23 P Lalor M55 CNOC 103.03
24 M Galligan 112.31
25 Liam Armstrong M21 DFO 122.28
E O'Briain MP13,14 112.11
M Kavanagh M50 DNF

Green course, 3.9k, 215m
1 C Burns M21 Ajax 44.32
2 Paget McCormack M60 GEN 47.49
3 Heimo Payey M50 CNOC 56.46
4 John Francis M45 DFO 63.02
5 Harold White M55 3ROC 66.26
6 Ted McCormack M16 GEN 67.09
7 B Greene M16 DLSO 67.40
8 Jim Lawton BOC 67.52
9 Andrew B-L M65 GEN 67.58
10 Brian Power M50 Set 68.02
11 J O'Neill W50 Fin 68.45
12 A O'Bedoin DFOC 70.08
13 Sybil McCormack W21 GEN 72.07
14 W McCormack W50 GEN 73.00
15 Jackie Atkinson W35 Set 73.15
16 Ian Murphy M21 Fin 73.18
17 Mary O'C W35 3ROC 73.59
18 D OMurchu M50 CNOC 74.28
19 Hane Walsh W50 3ROC 75.06
20 Denise Burke cadet 76.07
21 Brendan Cryan M40 3ROC 79.05
22=B McGrath M45 CNOC 81.40
22=Declan Carbery M45 CNOC 81.40
24 Nick Butterfield M35 GEN 81.55
25 Aine Ui Shuilleabhan W50 3ROC 84.41
26 Mick Kellett M60 GEN 85.00
27 Chris Slattery FCA 85.02
28 Brian Hollinshead M60 3ROC 87.42
29 F McCormack M60 CNOC 88.07
30 P O'Reilly DFOC 91.24
31 John Alvey M45 Set 96.22
32 Barry Dunne DFOC 105.00
33 Gary Tully 116.42
34 Ian Maguire M21 DFOC 121.00
35 N O hOibrin 124.48
36 W Whitney M21 DUO 125.20
37 Edwin Lee M21 FCA 130.23
38 S Byrne FCA 130.55
39 D Nagle W50 3ROC 137.13
40 D Owen DFOC 148.55
41 M Reid W35 153.18
42 M Kelly M21 DFOC 165.49
43 Evan Farrell M21 DFOC 169.51
44 Derek Slivin FCA 171.30

John Brennan MP12 DUO 81.13
Rebecca CP W21 Set DNF

Light Green course
nc Chris Blau M21 UCDO 34.40
1 Kate McCormack W21 GEN 59.03
2 David Dore M45 59.27
3 Diana Large W60 66.38
4 A McCormack W50 GEN 70.21
5 Maura Higgins W60 Set 70.24
6 C Carey W40 3ROC 73.02
7 S Rothery M70 3ROC 73.04
8= C Smith M14 Fin 79.02
8= G Smith M45 Fin 79.02
10 N Lalor W45 GEN 80.55
11 Deirdre Carbery W16 CNOC 81.54
12 J O'Neill M21 86.30
13 J+D Loughman CNOC 88.07
14 A Joyce W35 GEN 90.24
15 S Dempsey DLSO 100.23
16 O'Donnell 100.55
17 Tom Brennan 131.14
18 Vera Murtagh W60 3ROC 152.18
19 Elaine O'Halloran W21 153.38
20 M Joyce GEN 183.32
13 DNF

Orange course, 2.3k, 75m
1 Fergus Ridgeway Army 41.47
2 Conor Hogan Army 45.43
3 Ciaran Dunne Army 47.47
4 Helena Jones W12 Fin 48.06
5 Lusk V Army 49.44
6 S McCormack GEN 57.04
7 Tom Keane 59.42
8 Kennedy Army 60.14
9 Neil Leahy 60.22
10 Leahy family 60.36
11=O'Brien Army 60.55
11=Mark Lirk Army 60.55
13 Rec Stanley Army 60.56
14 I Conlon Army 61.50
15 Gavin Carney M12 CNOC 62.14
16 C Fitzgerald 3ROC 64.00
17=Ryan Carney M10 CNOC 66.11
17=Mary Gavin W35 66.11
19=Aoife Ryan 71.00
19=Sarah Nolan 71.00
21 Ciaran Ryan 75.08
22 Kevin Ryan 78.58
23 ? M21 BIFE 84.28
24 Neary 3ROC 85.22
25 Alan Murphy M10 Fin 86.22
26 Rec McDonagh Army 96.12
27 Shane Donnelly Army 96.15
28 A McKay 96.19
7 DNF

Yellow course, 1.8k, 60m
1 Laura W7 Set 31.14
2 Sean McKay M8 Set 32.00
3 Alice+Ruth Gillen Set 36.43
4 Erika J W12 Fin 38.50
5 Gilligan 46.15
6 Ben Mangan M10 Set 50.55
7 L Quinn M7 GEN 53.02
8 A Hynes M9 53.03
9 R Hynes W14 53.14
10 JS 63.23
11 Eoin Butterfield M3 GEN 63.36
12=C Lyons+H Murphy 63.46
12=A Kenny+A Manning 63.46
14 O'Sullivan 64.55
15 O'Connor J+P M40 GEN 67.27

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ORIENTEERING FIXTURES

June
2 **SLIEVE CROOB**, Ballynahinch, Co. Down. (in doubt - check first)
3 **NEWCASTLE**, Co. Down. LVO street-O.
5 **CURRAGH WOOD** Midleton, Co. Cork. Cork O IFL. 5.30-7.30 pm; GR W862765. 021-4894649.
5 **DONADEA**, Clane, Co. Kildare. CNOC evening event.6-7.30pm. GR N835333. 045-867183.
7 **WATERLOO WOOD**, Blarney, Cork. BOC BHL. 5-7 pm. GR W613760. 021-4546194.
9 **KILSHEELAN**, Co. Waterford. MTBO.- check first.
10 **CARRICKGOLLOGAN**, Kilternan, Co. Dublin. GEN. Squad fundraiser.GR O225205.
12 **BOTTLEHILL**, Co. Cork. Cork O IFL.GR W611886. 6-7.30pm start. 021-4894649.
12 **CURRAGH**, Co. Kildare. CNOC evening event. 6-7.30 pm. 045-867183.
14 **KILAVULLEN**, Co. Cork. BOC BHL.5-7 pm. 021-4546194
17 **MARLAY PARK**, Rathfarnham, Co. Dublin. AJAX Squad fundraiser.Sprint-O.
19 **HOLLYWOOD**, Co. Wicklow. CNOC evening event & barbecue.6-7.30 pm. GR N941055. 045-867183.
19 **WATERGRASSHILL**, Co. Cork. Lee O IFL.5.30-7.30 pm start. GR W790828. 021-4300373.
21 **LYRADANE**, Grenagh, Co. Cork. BOC BHL. 5-7 pm. 021-4546194.
24 **ST. ANNE'S PARK**, Raheny, Dublin.AJAX Squad fundraiser.
26 **GARRETTETOWN**, Co. Cork. CorkO IFL. 5.30-7.30 pm. GR W588455. 021-4894649.
28 **KNOCKAROURA**, Mallow, Co. Cork. BOC BHL. 5-7 pm. GR W 555960. 022-47300.
30 **WICKLOW ROGAINE**, Glendalough area. SET. 24-hour score event. Details from www.setantaorienteers.org

July
3 **CORRIN HILL**, Fermoy, Co. Cork. CorkO IFL. 5.30-7.30 start. GR W 80 96. 021-4894649
5 **FARRAN**, Ovens, Co. Cork. BOC BHL. 5-7 pm. GR W470720. 024546194.
10 **GLENBOWER WOOD**, Killeagh, Co. Cork. CorkO IFL. 5.30-7.30 pm. GR W 999777. 021-4894649.
12 **BOTTLEHILL**, Co. Cork. BOC BHL. 5-7 pm start GR W611886. 021-4546194.
17 **WALSHTOWN**, Co. Cork. CorkO IFL. Start 5.30-7.30 pm. GR W8983. 021-4894649.
19 **KILMURRY**, Co. Cork. BOC BHL. 5-7 pm start. GR W390660. 021-4546194.
24 **LACKENDARRAGH** , Glenville, Co. Cork. CorkO IFL. Start 5.30-7.30 pm. GR W719918. 021-4894649.
26 **CORRIN HILL**, Fermoy, Co. Cork. BOC BHL. 5-7 pm GR W 80 96. 021-4546194.
31 **BALLINCOLLIG** , Co. Cork. CorkO IFL. Regional Park. 5.30-7.30 pm. GR W572710. 021-4894649.

August
5-11 **LOCHABER 2001 Scottish 6-day**, Fort William. www.scottish-orienteering.org/lochaber2001

September
1 **COPELAND ISLANDS**, off Donaghadee, Co. Down. LVO.
8-9 **VETERAN HOME INTERNATIONAL, Macclesfield, Derbyshire.**
15-16 **MOURNES MOUNTAIN MARATHON**
16 **LEINSTER CHAMPIONSHIPS Mullaghmeen**, Co. Westmeath. SET.
29 **NORTHERN IRELAND CHAMPIONSHIPS, Florencecourt,** Co. Fermanagh. FermO

October
13 NI Series 6. NWOC.
20 **ARMAGH**, LVO Sprint-O 4.
21 **BRITISH CHAMPS, WELSH CHAMPS & NATIONAL EVENT, Newborough,** Anglesea.
27 **THE BURREN**, Co. Fermanagh. NI Series 7. FermO.

November
10 LVO Night event.
17 **GOSFORD**, Markethill, Co. Armagh. LVO NI Series 8.
24 **NI NIGHT CHAMPIONSHIPS**. NWOC.

Latest fixtures information on 1890-925023 or www.orienteering.ie

In view of the reorganisation of the fixtures list due to F& M, before travelling, please check that any event is going ahead as advertised.