the Irish Orienteer

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Club and other orienteering websites are accessible from the Irish Orienteering Association website, www.orienteering.ie

Remember, for round the clock orienteering information on IOA events ring 1890-923490 and for NIOA events ring 0044-07020-963986 or check the IOA web page at www.orienteering.ie or the NIOA page at www.niorienteering.org.uk.

the Irish Orienteer

The Irish Orienteer is available from all Irish orienteering clubs or by direct subscription from the Editor: John McCullough, 9 Arran Road, Dublin 9
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Cover: Seamus O'Boyle (CNOC) at the JK in the Lake District at Easter (Photo - Ruth Lynam).

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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.

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SOMETHING FOR EVERYONE

An unnoticed computer problem during the production of the last issue turned the editorial from a plea for help into a mass of gibberish, possibly even exemplifying the lack of time for producing *The Irish Orienteer* that I had been describing.

To those of you who managed to make sense of it, well done. To the rest of you, sorry!

I have had a few offers to help with the finances and distribution of TIO. If I could get some people to write articles, we'd be on the way again …

We have just had a superb Irish Championships and next year's promises to be very different—see inside for details.

This year will provide plenty of raw material: the Welsh 6-Day, the World Championships, the Setanta Rogaine, the World Vets in Italy, the things you have learned that might help beginners: the list goes on.

The advent of the internet means that the focus of TIO is changing from immediate information to perhaps more a review of the orienteering scene. More input from IOA would be very welcome: the IOA AGM at Inch in May highlighted the reluctance of orienteers to take on the serious roles of Secretary, Public Relations Officer and Development Officer. This trend has been evident for some time but the positions are vital to the growth of orienteering. We are caught in a vicious circle where we need professional officers to develop the sport but we can't afford them because the sport is so small. In the meantime, it falls to us all to play our part.

Anyway, have a great summer: there's plenty going on, from local events to the World Championships; you're bound to find something in there for you!

O-ZONE

MAROONED?

LVO kicked off their Autumn season with an unusual event - on one of the Copeland Islands off Donaghadee in Co.Down. In previous years the event has been postponed due to bad weather – access is by a small boat. This year the conditions were favourable, particularly for Declan McGrellis who won the 6.1 km Long course in 39.26 from Colin Henderson and Ivan Millar. Victoria Agnew won the short course in 44.11.

The main hazard this year was rabbit shooters on the island while planner Richard Williamson was checking controls before the start …

GREEN TEAM

Veterans Team Manger Alan Gartside had orienteers queuing up to join the squad when he unveiled the prototypes of the green jackets he has sourced for the team at the Leinster Championships. The fleece jackets have an embroidered "Orienteering Ireland Veteran Team" logo and a nylon outer shell to repel the elements.

Jackets are available from Alan at €33/STG £22.

LVO have them in red and other orienteering and even from hockey clubs have expressed interest.

SPRINT-O or SHORT-O?

Sprint-O: Sprint-O courses are shorter than normal courses but with the same number of controls. The main feature of sprint courses, therefore, is very short legs. This means that competitors are using close-in navigation skills at high speed. Do not confuse this with Short-O - I know some organisers do!

Short-O: There seems to be some confusion about what exactly Short-O is. One thing that it is NOT, is Sprint-O. As the name implies, courses are shorter than normal, but the legs are the same length. This means fewer controls. Short-O courses can be 60%-80% of normal courses. The alternative is competitors having to run two courses, one after the other. Both short with a winning time of 20-30 minutes. The winner is the competitor with the shortest accumulated time. The second run may even be a chasing start, based on the first run.

Park O: Park O is very short with winning times of about 15 minutes. As the name suggests, events usually take place in parks. The navigation is usually quite easy with the emphasis on speed.

- the IOA website, www.orienteering.ie

ALL OF THE PEOPLE, ALL OF THE TIME

Some years ago the IOA and NIOA decided to fix the date for the Irish Championships as the May Bank Holiday weekend. This always struck me as an eminently sensible idea: it's the end of the season, the weather should be reasonable, the vegetation not too high, the days long, there is time to travel from one end of the country to the other. However, it doesn't really suit people studying for exams and next year this weekend will clash with World Cup races being held in the south of England where many of our elite competitors will be running.

Since the Irish Championships in Kerry there has been some discussion on the Irish Orienteering e-group (an internet orienteering discussion group) looking at the pros and cons of this weekend for IOC. Bank holiday weekends allow for maybe three races (as this year) but mean more traffic on the roads.

If you have any observations or arguments about any aspect of orienteering, why not write about it to TIO? We'll have a "Speakers'Corner" column from the next issue for you to air your views.

MAJOR FIXTURES

I wish to compile a comprehensive database of all scheduled, planned, and proposed provincial and Irish Championships for the next few years. The current details I have received from clubs has been patchy, in future I request that all clubs keep me up to date on Championship event developments, preferably by email. Firstly I want final confirmed venues and dates for championship events in the 2004/2005 season. Details should be submitted no later than 31st May, otherwise I will not be able to guarantee the particular date, or that other events will not clash.

I intend to ring-fence the May Bank Holiday weekend for the Irish Championships, deviation from which will require very good reasons.

For Championship events in the 05/06 season and beyond, could the organising club please contact me as soon as they are appointed by their regional council, and indicate the particular event they plan to stage, and the proposed area (as soon as it has been decided)?

Finally, could all clubs forward to me contact details (especially email) of all personnel they wish to receive fixtures correspondence?

Fergal Buckley
IOA Fixtures Secretary

MTBO REPORT

Cronybyrne/Ballinastraw -Brendan O'Connor

The second event of four, of the inaugural Irish MTBO series, took place on 8th May at Cronybyrne/Ballinastraw in the vale of Clara, Co. Wicklow. The weather was kind, and in total 36 competitors took part, a slight increase on the first event at Carrick Mountain.

27 bikers tackled the long course, covering an estimated 20km, visiting the extremities of Cronybyrne and Ballinastraw over 11 control points. A further 9 tackled a truncated version of the Long, covering an estimated 13.7km.

Pre-nuptial adrenaline propelled John Casey to an impressive victory on the Long course, completing it in 65 min, 39 sec, with Eoin Keith second male, over 7 minutes behind. Doug Corrie was third male, a further 2 minutes down.

In the women's class, Elaine Mullen claimed the top spot, with a time of 75 min, 1 sec, which was good for third overall. A little over a minute behind came Nina Philips, with Mary O'Connell third female, a further 4 minutes behind.

Down the field, there was much contention for the "Off-piste" award. Brian Bell, Alan Ayling, and Deirdre O'Neill battled hard to avoid tracks and take the mythical "short-cut". However Philip Brennan came out on top, visiting parts of the forest even the native deer would baulk at. Clear winner in the push bike category was Paul Mahon, who, despite breaking a chain early on, completed the course in push bike fashion, his recent marathon pram-push efforts clearly paying dividends.

On the medium course, Ruaraidh Stenson came out on top, with the indefatigable Sean Hassett in second, and Harold White third.

Unfortunately Justin May, Justin Keatinge, and Marcus Geoghegan failed to complete their courses. Marcus and Justin (May) both had nasty collisions with a forest entrance barrier, while Justin Keatinge damaged a shoulder enroute to the first control. Fortunately no broken bones were suffered, and we wish them all a speedy recovery.

A small number of competitors inadvertently disqualified themselves, interpreting

the rules in relation to two sets of cluster controls somewhat liberally!.

Results:: Long, 20km, 11C

1	John Casey	M21	01:05:39
2	Eoin Keith	M35	01:13:22
3	Elaine Mullan	W21	01:15:01

Medium, 13.7km, 8C

1	Ruaraidh Stenson	M21	01:06:28
2	Sean Hassett	M35	01:24:31
3	Harold White	M40	01:27:19

MAP OF THE YEAR

IOA Mapping Officer, Marcus Geoghegan, wants to revitalise the Map of the Year competition. There are categories for what used to be called Grade 1, Grade 2 and Grade 3 maps (i.e. areas capable of holding Grade 1/Championship events, colour events and local events). There used to be a handsome prize for the Grade 1 map: a mounted and framed old-style hachured 1" map which was frequently won by Justin May.

No competition was held this year: does anyone know where the award is?

With the advent of OCAD it is becoming more difficult to tell a good map from a bad unless you run on it: they all look superb but the quality of the survey is where the difference lies. Once you could look at a map and say it looked rubbish but that's normally no longer so.

If you can shed any light on the competition or the whereabouts of the award, please contact marcus at mapping@orienteering.ie or phone 086-837-8200

IOA INSURANCE

The IOA has concluded the renewal its insurance today (effective 19th May) - there has been a considerable reduction in the premium to under €6000. The type of cover obtained is public liability insurance to the limit of €6.5m.

I will be receiving confirmation letters in due course which I will pass onto each affiliated club. This may take a few days, however, I will be away for the next few weeks so it may not be until the end of May before I will be in a position to post out the relevant insurance confirmation letters.

John Casey
IOA Treasurer

SETANTA ROGAINE

The Setanta Wicklow Rogaine will take place this year on 19-20 June. Details and entry forms are now available at www.setantaorienteers.org/rogaine

The Rogaine is a long-distance overnight score orienteering event.

O- MAP SPECIFICATIONS

The IOF Map Commission has released a new version of the International Specification for Sprint Orienteering Maps (ISSOM). This version is called "ISSOM Final draft 2004". The draft will be used at the World Cup event and European Orienteering Championship in Denmark and at the 2004 World Orienteering Championships in Sweden. The national federations are asked to test this new ISSOM version and to send their feedback to the IOF Map Commission by the end of October 2004. According to the original timeframe, the IOF Council is expected to approve the final version of ISSOM in 2005. See http://lazarus.elte.hu/mc/issom/2004-20.pdf

The IOF Mountain Bike-Orienteering Commission and the Map Commission have agreed on the improvement of the MTB-O map specification. The changes after the release of the original ISOM2000 are listed on the Map Commission website: http://lazarus.elte.hu/mc/isom/mbo/mbo2.htm

This specification will be used at the 2004 MTB-WOC in Australia. The official PDF file including only the MTB-O map symbols will be released in May, and the file will be published on the Map Commission website. The revision work will be continued after the 2004 MTB-WOC.

For the IOF Map Commission, IOF/Anu Haapalainen

LEINSTER LEAGUE TABLES

Congratulations to Setanta, the 2003/2004 Leinster Inter-Club League winners. The final tally is available on www.orienteering.ie/leinster

Consistency and strength in depth saw them through the long haul. But can they do it again at the real Leinster inter-club championship, GEN's inter-club score event on May 30th in Ballinastoe?

Spring Cup 2004 winners are:
Yellow: Anna Mangan of Setanta; course winner; Cathal O'Cleirigh of Ajax; best male
Orange: Ben Mangan of Setanta; course winner; Toni Butler of 3ROC; best female
Lt Green: Cian O'Boyle of CNOC; course winner; Nora Lalor of GEN; best female
Green: Peter Gargan of Ajax; course winner; Fiona O'Brien of Ajax; best female
Blue: Seamus O'Boyle of CNOC; course winner; Ruth Lynam of CNOC; best female
Brown: Brendan O'Brien of Ajax

Peter Kernan has announced special prizes for juniors who did well in the Spring Cup; junior prize-giving will be at the Ballinastoe event.

I am going to take the liberty to declare an overall Spring Cup men's and women's champion. Nobody scored a perfect 200 points in the Spring Cup. Ben Mangan (M12, SET) and Brendan O'Brien (M35, Ajax) both clocked up a very impressive 196 points including three wins each. Both also had two second places. However Ben also had a third place which puts him ahead of Brendan to make Ben Mangan men's overall Spring Cup champion, 2004. His sister Anna (W10) was the highest scoring female with 190 points making her women's overall Spring Cup Champion, 2004.

That's all for this season. I hope to see your name in the results from the first Leinster League event of the 2004/2005 season which will probably coincide with the Veterans' Home International in Carlingford on October 3rd.

Marcus Geoghegan, Leinster Orienteering

AFFILIATED CLUBS

IOA Treasurer John Casey has confirmed that the following clubs have paid their affiliation (or indicated that they would pay by IOC 04)

The following is a list of affiliated clubs: Athlone IT OC, DCU O, Ajax, Galway O/ Western Eagles, 3ROC, Bishopstown OC, Midland Navigators, GMIT OC, Kerry O, UL Orienteers, UCDO, GEN, Setanta, Cork O, Fingal Orienteers.

If you are a member of a club that is not affiliated then you cannot be crowned Irish Champion should such an event arise and you will not have a vote at the AGM of the IOA.

The following are the appropriate fees:
New Clubs (for first 3 years of existence) €65
Clubs of under 50 members €130
Clubs with 51 - 100 members €200
Clubs with over 100 members €260 + €2 for every member over 100.

EUROPEAN TRAIL O

The Trail O Commission are pleased to confirm that FISO will host the European Trail O Championships from 4th - 8th July 2004, in conjunction with the World Masters Orienteering Championships in Asiago, Italy. Although in the mountains the areas chosen are fully accessible to disabled people. We look forward to seeing you there.

Full details are available on http://www.fiso.it/trail-o/euroasiago2004/ and your attention is drawn to the information on accommodation and Bulletin 1. Anu Haapalainen, IOF

IOA AWARD WINNERS

If you can fill in any of the gaps, please contact TIO.

Silva Trophy

"To a person who has contributed in a most deserving manner to the development of Orienteering in their country".

Previous Winners:
1981
1982
1983
1984 Pat Healy - CNOC
1985
1986 Sean Cotter - CorkO
1987
1988
1989 Brian Corbett - CorkO
1990 John McCullough/Bernard Creedon 3ROC/CorkO
1991 Liam O'Brien/Mary Curran - CorkO
1992 John Walsh - PXN
1993 Brian Hollinshead - 3ROC
1994 Marcus Pinker - CorkO
1995 Eileen Loughman - CNOC
1996 Colin Dunlop - SET
1997 Noel Donagh - MNAV
1998 Ted Lucey - BOC
1999 Ken Griffin -CorkO
2000 Faith White - SET
2001 Julie & Ronan Cleary - 3ROC
2002 Bob Pinker – CorkO

Mactire Trophy

This trophy was presented by Mactire Orienteering Club when it disbanded, to a person who has made an outstanding contribution to orienteering during the previous year in any of the following four capacities:
a) Achievement in Competition
b) Mapping, planning, controlling or organising an event.
c) Administration.
d) Other activities which the IOA may consider meritable.
(Previous winners are ineligible to win the trophy again)

Previous Winners:
1981 Catherine Murtagh - SET
1982 John McCullough - 3ROC
1983 Frank Ryan - PXN
1984 Faith White - SET
1985 Nuala Creagh - 3ROC
1986 Aonghus O'Cléirigh - AJAX
1987 Padraig Higgins - PXN
1988 Sean Cotter - CorkO
1989 ?
1990 ?
1991 Frank Cunnane - CorkO
1992 Bernard Creedon - CorkO
1993 Pat Flanagan – 3ROC
1994 Trina Cleary - 3ROC
1995 Richard Kavanagh/Miriam NiChoitir - CorkO
1996 Una Creagh -3ROC
1997 Kevin O'Dwyer - CorkO
1998 Marcus Pinker - CorkO
1999 Justin May - 3ROC
2000 Rosarie Kiernan - GEN
2001 John Feehan - AJAX
2002 Ruth Lynam - CNOC

Silva Award

This trophy is presented to a person who has made an outstanding contribution to Orienteering during the previous year mainly in a backroom type capacity, i.e. not a prominent elite orienteer, not a member of national or regional committees.

Previous Winners:
1996 Robert O'Connor - CorkO
1997 John McCullough - 3ROC
1998 Margaret Creedon - CorkO
1999 Martin Flynn - AJAX
2000 Lindie Naughton - 3ROC
2001?
2002 Nora Lalor – GEN

O-SPORT MAGAZINE

GEN's Mary Healy has taken on the distribution on Orienteering Sport magazine in Ireland. She writes "As the No. 1 fan of this magazine, they have wisely asked me to be their agent here in Ireland. If you haven't seen it yet, this is a really great colour magazine, reporting on all the big, important orienteering competitions around the world and giving great insight into the minds and training of the orienteering world's elites. At last you can put faces on those names of great orienteers. Also, the articles capture the 'buzz' there is around these big international competitions. The magazine is brought to you by a few young orienteering enthusiasts from the Czech Republic, who go to many of the competitions themselves and report from them.

I will have back copies of the magazine with me, at events, so you can see how good it is for yourself.
Anyone who wishes to subscribe to this magazine can do so, either by sending me your details (name; address; email) and €35, or sending your details and money directly to the publishers, if you prefer. The magazine is published seven times a year (1 double issue) and each issue will be posted direct to your address."
Check out the website at www.orient-sport.com

Mary Healy, 11 Belmont Grove, Galloping Green, Blackrock, Co. Dublin..
Email: joehealy@iol.ie

CONNACHT CHAMPS CANCELLED

The organisers of the 2004 Connacht Championships unfortunately had to cancel the event, already changed to Lough Key, Co. Roscommon, at short notice. They announced "Galway Orienteers "The Western Eagles" regret the cancellation of the Connacht Orienteering Championships scheduled for Lough Key Forest Park on Sunday 21st March 2004 due to unforeseen difficulties."
This cancellation caused problems for the Veteran Team selectors who were relying heavily on the provincial championships as selection events for the Veteran Home International at Carlingford in October. Team Manager Alan Gartside used the 3ROC Leinster League final at Clara as a substitute selection event.

TOO MANY EVENTS?

Recent discussion on the Irish orienteering electronic discussion group centred on the quantity and quality of events. What do you think?

Martin Flynn started: "In an idle moment, I went through the fixtures list and counted the number of upcoming events. For the months of March, April, May, June and July, I counted 77 events in the Republic alone! People, this is insane! For the same period the BOF site has 156 events. Just twice as many for 20 times the population. What is going on here? As the participation rate is decreasing, we are holding more and more events. We are at a stage where there are probably nearly as many events in

the year as regular orienteers in the country.
Holding all these events is not increasing our numbers. Instead, it must be putting pressure on the small band of people who are prepared to organise events. Yet presumably, it is this dedicated few who are agreeing to all these events!??
Do we need up to 10 events on some weekends? Are these events improving the sport or keeping it down? Would we be better off with fewer, better, more expensive(?) events?
What do people think? Do you need to get your O fix every week and twice during the summer?"

"... I agree with Martin. We need more quality and less quantity and we shouldn't be just running events just for the sake of it. It is important to remember that organising an event takes time and effort, the more events we run the greater chance there is of organiser burnout. I believe we loose more good people to orineteering in this way than we gain from running all these events." - John Casey

I agree with a lot of what you say Martin. The overall figures are bad enough but if you look even more closely there are couple of clubs who are running an extraordinary number of events. In Dublin the issue isn't the same as most clubs run a max of about four events per year some of which would be local events.
We are a tiny country yet people are just not willing to travel for more than 40 minutes to an hour to an event. I think the situation is different in the UK where people are willing to drive for 3-4 hours. Also correct me if I'm wrong but they run a series of Badge events which amount to a national ranking system and there is therefore more motivation for people to travel to these events.
I think there is a lot to be gained by larger attendances at fewer events although it is also questionable whether Irish forests can cope with the parking requirements.
The same people are doing the work all the time and the only thing keeping them going is their love of the sport which says something about the unique appeal that orienteering has.
In the UK the sport is much larger and therefore the numbers willing to travel to further away events is larger, presumably still large enough to make those events worth running. If the situation was the same in Ireland (i.e. fewer events, further away) then the casual orienteers wouldn't go and of the remaining say 300 regular orienteers a significant proportion probably won't travel more than an hour to an event. Thus for the continued survival of our sport it is probably necessary to run events in each province most weekends. Leaving aside such things as the MTBO league and CNOC summer league the resulting events total probably averages out at one event per province per week or close to it. – Paul Smyth

SKI-O WORLD CHAMPS

The World ski orienteering championships 2004 are took place at Åsarna, Sweden in February. There were 24 nations entered. Representing Ireland were Eunice Cinnamon (LVO) and Rory Morrish (LeeO).
In the long distance event the mens class was 23.2 km with 980m climb. The women's event was 15.9 km with 555m climb. The start of the event hung in the balance as with -26 C in the morning the temperature was under the -20 C limit for racing.
Eventually after a two hour delay the thermometer crept above -20 C. Skiing in these cold conditions was a challenge for all as even with good skis the glide is not 100%. Russia and Norway came out tops in the men and women's class. Eunice did not compete in the long distance due to a shoulder injury.

Results.
Men:
1. Eduard Khrennikov (RUS)1:52.40;
2. Tomas Lofgren (SWE) 1.54.39;
3. Tommy Olsen (NOR)1:54.45...
54. Rory Morrish (IRL) 3:41:08

Women.
1. Stine Kirkevik (NOR)1:25.55;
2. Hannele Valkonen (FIN) 1.28::23;
3. Natalia Tomilova (RUS) 1:28.23.

The medium distance race took off with a mass start. The 15 top-ranked competitors had a GPS system strapped to their back and the race could be followed live on the internet with their position showing on the map. This was worth checking out as the first past the line was the winner.

The web link is as follows: www.asarna.com/skiwoc04
Rory Morrish.

IOA STRATEGIC PLAN

The strategic plan for the Irish Orienteering Association is due to be revised and updated. This is a very important document, as not only is it our mission statement setting the goals and targets to sustain and hopefully progress our sport, but it also largely determines our level of funding (along with our involvement with the NCTC) from the Sports Council of Ireland.
The existing strategic plan can be viewed at http://orienteering.ie/ioa/StrategicPlan.doc.
I urge each and every one of you, if you have an interest in the future of our sport, to read this plan. We need to get a wide a view as possible on peoples opinion on what should be done and striven for, what is achievable, what should be omitted or included, and so on.
I hope to organise an afternoon workshop at some stage in the near future to coordinate everyone's responses with a view to drafting a new plan.
If you could reply to me with either an expression of interest in attending the workshop, or if you wish to send your views on the Strategic directly to me, then I would be delighted to hear from you. Please don't leave this up to someone else. We need your views, your opinions and your input.
Dave Weston, IOA Chairman.

(The workshop had been planned to follow the – cancelled- Connacht Championships on March 21st)

ONLY THE TOUGHEST ...

Are we targeting the wrong people to introduce to orienteering? A recent article in CompassSport argues that we are.
In Norway the emphasis has changed from the happy families type orienteering, a nice way to add interest to a rural walk ("Beagling for vegetarians" as TIO described it), to emphasising that it's a tough sport where fitness, stamina and navigation turn a race into a real test where only the toughest survive.
You only have to look at the numbers taking part in tough endurance events who are looking for a real challenge to see that there are lots of people out there to whom such an approach would appeal.
Anyone who has been orienteering in Ireland in winter (or even summer) knows just how tough it can be and how far-fetched the idea of a pleasant family stroll is.
Maybe FermO have the idea with their Tough Guy series, or Gareth Florida James (ex NWOC), winner of the infamous Tough Guy race in Britain.
Any takers?

W16 TROPHY MYSTERY

The unique bronze cast perpetual trophy for the W16 category, made and-

donated by the Creagh family, was not returned to Bishopstown Orienteering Club in time for the 2004 Irish Championships.
If you have it, or know of its whereabouts, please contact Sean Cotter (seancotter001@eircom.net) or arrange to send it directly to the Winner, Erinna Foley-Fisher, in Glasson, Athlone.
- *IOA Executive Committee*

O-PHOTOS WANTED

In order to build a stock of Irish Orienteering photos for use in general publicity, in TIO, and on websites, the Irish Orienteering Association is running a photo competition with a closing date of November 30th, 2004. €250 has been allocated as a prize fund.
Any orienteer can enter as many times as they want. The photos to be of an Irish orienteer(s) anywhere showing any aspect of the sport, and must give a good image of the sport for use in printed matter and/or websites. Non-digital photos will be accepted as long as they can be scanned satisfactorily. The submitted photos will be stored in an online library for use by anyone in Irish orienteering as long as the photo is attributed to the owner. It is hoped to publish photos on the web as they are received. For more information please send an email to Gavan Doherty (gavan.doherty@spectel.com) or to photos@orienteering.ie

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- *IOA Executive Committee*

Irish Championships 2005

First announcement of IOC 2005:
Saturday 30th April to Monday 2nd May
Inishbofin, Connemara, Co. Galway
Organisers WEGO, CNOC, GMITO
Inishbofin terrain is embargoed for expected participants of the IOC 2005
Website www.inishbofin.com
Frank Ryan, Event Coordinator,
Galway-Mayo Institute of Technology,
Dublin Road, Galway.
Tel. 091 742213,
Email: frank.ryan@gmit.ie

MTBO LEAGUE

Martin Flynn and John Casey were joint winners of the long course in the recent Leinster MTBO league, with Justin May and Paul Mahon runners up. Justin also won the over-40 class.
Nina Phillips –was first W21+ (5th overall).
The short course league was won by Sean Hassett with Colleen Robinson first W21+
The series was run over four events with the best three results to count. The advent of mountain bike orienteering has given a new lease of life to some forests for orienteering which are currently unusable because of felling, like Croghan Mountain or Carrick.
As for the participants? It's given them a new lease of life too: orienteering and mountain biking—what a combination! It legitimises going out and getting all mucky, careering headlong down forest roads, gutting it out over the Col de Trooperstown.—all the things you weren't allowed to do as a kid.

LAST MINUTE ...

Neil Dobbs and Niall Burke were ratified by the Council of University Sports Administrators Ireland (CUSAI) to take part in the World University Orienteering Championships at Pilsen, Czech Republic from 20th-27th June.
Frank Ryan was the Team Manager.

Dublin's Setanta Orienteers won the inter-club league based on the results of the Leinster League events and topped off the season with a win in the inter-club championship event run by GEN at Ballinastoe on May 30th.
This year's event was a score event with all the scores from a club's runners being added to give the club's score.
Setanta finished with 1660 points, ahead of GEN's 1640 and 3ROC's 1100.

The James brothers, once prominent members of Limavady's NWOC, narrowly failed to enter the record books in the London Marathon in April.
Peter (a former Irish Champion), Gareth, Geraint, Michael, Christopher, Mark and Barry wanted to enter the Guinness Book of Records as seven brothers finishing the marathon (the previous record was 6) but had to pull out when Geraint, a physiotherapist, pulled out after 15 miles with a hip injury. The seven were running nto raise money for the Children with Leukaemia charity .

JWOC 2004 TEAM

The Irish team at the Junior World Orienteering Championships, on 4-11 July in Gdynia-Gdansk, Poland is:-
Sarah Browne (SUOC), Christian Foley-Fisher (MNAV), Patrick Higgins (LVO), Conor O'Brien (BOC)
Team leaders are Mary Healy (GEN)
David Healy (DCU/GEN)

JOSS MAKES HISTORY

3ROC's Joss Lynam, one of the founders of Irish orienteering, made history in June when he ran as the first Irish M80 at the CNOC evening series event at Hill Wood, Monasterevan.
The event attracted about 70 runners to this little-used area of runnable forest with complex sections of old quarries.
Joss, who is also very well known in the mountaineering world, has not been orienteering recently because of illness. We wish Joss all the best in his new class.

JK REPORT

The combination of Lake District terrain and top-class competition lured a good number of Irish orienteers to the Jan Kjellstrom O-Festival at Easter. Based at Greythwaite Estate, west of Windermere, the event was as testing and rewarding as you might expect: runnable forests, complex rock and contour detail, thousands of competitors and a great atmosphere over the three days of competition, preceded by an optional training event.
Sprint-O World Champion Jamie Stevenson won the men's Elite class and Hannah Wooton won the women's.

Top ten Irish results included Niamh O'Boyle (CNOC) 2nd W20 elite, Eoin McCullough (3ROC) 6th M10B, Harry Millar (LVO) 10th M10B, Meabh McCann (LVO) 2nd W12A, Aine McCann (LVO) 10th W12A, James Logue (NWOC) 3rd M35L, Ruth Lynam (CNOC) 5th W45L, Mary Healy (GEN) 10th W50L, Brigid Flanagan (3ROC) 3rd W55S, Trina Cleary (3ROC) 2nd W60S, Noel Bogle (NWOC) 7th M65S, Bill Regan (FermO) 2nd M70S, Alan Gartside (LVO) 4th trail-O, LVO 4th under-12 relay (Seán Knight, Meabh McCann, Aine McCann).

Next year;s JK is in the English midlands, event centre Litchfield in Derbyshire, from March 25th-28th.
Www.jk2005.org.uk

LEINSTER CHAMPIONSHIPS 2004

The 2004 Leinster Championships was run by Setanta Orienteers (who have a knack of discovering new areas— Mullaghmeen, Powerscourt) — and exploiting them. On April 18th it was the turn of Glendasan, an open mountain area between Laragh and the Wicklow Gap, below Lough Nahanagan and the Turlough Hill power station, a setting worthy of the explosive finale of any James Bond movie.

Mapped by Pat Healy at 1:7500 scale, the map was littered with rock detail and old mine workings, but the rain in the days before the event made the going very slow and slippery underfoot, with energy-sapping heather an added feature.

Heavy showers on the day and a long (by Irish standards) and mucky (by any standards) trudge to and from the start and finish didn't add to the enjoyment factor.

Nevertheless, it was definitely a day when you knew you had been orienteering.: good, tough, physical courses with testing navigation.

Sport Ident timing gave instant results and split times and seemed to work flawlessly after its recent upgrading in Germany.

Colm O'Halloran (Lee Orienteers) won the Men's open class and Ruth Lynam (CNOC) the women's.

LEINSTER CHAMPIONS

M10	Eoin McCullough	3ROC
M12A	Seán Knight	LVO
M12B	Barry Higgins	LVO
M14A	Cian O'Boyle	CNOC
M16A	Ruairí Short	CNOC
M18A	Ted McCormack	GEN
M20L	Christian Foley-Fisher	MNAV
M21L	Colm O'Halloran	LEEO
M21S	Terry Lawless	SET
M35L	Brendan O'Connor	AJAX
M35S	Joseph Doherty	DFO
M40L	Marcus Geoghegan	AJAX
M40S	Stephen Doorly	GEN
M45L	Val Jones	FIN
M45S	David O'Donovan	CorkO
M50L	John McCullough	3ROC
M50S	Frank Swift	UCDO
M55L	Colin Henderson	LVO
M60L	Ted Feehan	BVOC
M65L	Andrew Bonar Law	GEN
M70L	Bill Regan	FERMO
W10	Ciana Jones	FIN
W12A	Aine McCann	LVO
W12B	Fiona Hill	CNOC
W14A	Erika Jones	FIN
W16A	Martha Callanan	BOC
W16B	Yvonne Bell	GEN
W18A	Roslind Hussey	FERMO
W20S	Deirdre Bell	GEN
W21L	Ruth Lynam	CNOC
W21S	Fiona O'Brien	AJAX
W35L	Eileen Young	FIN
W35S	Cathleen Morrison	AJAX
W40L	Heather Cairns	LVO
W40S	Tish McCann	LVO
W45L	Ann Savage	LVO
W50L	Mary Healy	GEN
W55L	Jean O'Neill	FIN
W55S	Andrea McCormack	GEN
W60L	Trina Cleary	3ROC
W70L	Faith White	SET

IOA Executive Positions

A common misconception is that membership of the Irish Orienteering Association executive committee involves a lot of travel to meetings. This is not true - most decisions are taken by email and we now meet every three months or so by conference call, so it can all be done from the comfort of your own home. However we do still meet in person twice a year, usually at a regional championship event, to discuss major items such as budget allocations. Individual members act independently in their own area of responsibility and do not have to spend time gaining approval for every decision they make. Of the eight current members, six are based in Dublin, one in the south-east and one in the south-west; we have no-one from Cork, the midlands or the west. As there is virtually no travel required, there is no reason why orienteers from these areas can't get involved.

Following the AGM on May 2nd, three posts remain vacant: Secretary, Communications Officer and Development Officer. In previous years it was presumed that the executive committee would go out and find someone to take on a vacant role, or would divide up the responsibility amongst the remaining members. This is not the case; the roles lie vacant and no progress in these areas is made until someone from the Orienteering community steps forward to take on the job.

While each committee member is largely free to define what he/she should do and can achieve, here are some broad definitions of what each role is:

The main duties of the Secretary are to facilitate communications between the IOA and the regions, clubs and members; to disseminate and archive information; to be the single point of contact for the IOA; and to keep formal minutes of meetings and decisions. It is not a very onerous job, it just needs a bit of organisation. The good thing is that it you get paid €2,500 annually for doing it! This money is paid quarterly as a bursary, which means that you must make sure to declare it for tax yourself.

The Development Officer is responsible for thinking long-term abut the sport in Ireland, strengthening our links with bodies such as Coillte and the OPW, working with outdoor education centres and school organisations, and trying to expand the sport across the whole country.

The Communications Officer (aka PRO) is responsible for raising the external profile of Orienteering with the Sports Council (who give us money) and with the media. In the coming years one of the main tasks will be to find orienteers who can prepare and maintain good content for the website and work with the IOA webmaster to keep orienteering. ie fresh and dynamic.

If you are interested, be you from the Coombe or Cork, please contact David Weston (dave.weston.dublincity@luas.ie, 086-8150512). Maybe there is someone in your club who would be ideal, but they just need a bit of encouragement?

The IOA Executive Committee

Dublin Sprint Series

Until recently I had never seen a truly satisfactory definition of what Sprint-O actually is. Could it be like normal-O except shorter? or maybe it is the same as Park-O except not in a park? My question was answered at the Dublin sprint series, organised by GEN's Healy family in five easily accessible locations during last February/March. The series was run as a fundraiser to allow David Healy, Irish orienteering squad member, to take a year out to pursue his international orienteering ambitions.

I now know that Sprint-O is very very fast, on any type of terrain, with lots of controls (about 20), a short winning time (about 15 minutes), on a small map (A5 sized 1;5000 will do), with one route choice per leg. Having spent time with his Swedish club, Järla, where he obviously learned how it should be done, David planned fast but tricky courses that rewarded both running speed and perfect Orienteering technique. Things that are less important for most of us during normal foot-O, like the ½ second you waste fumbling with the punch at each control, amounts to the difference between glory and obscurity at a sprint-O event. Route choice could be as simple as left or right around a building on Belfield campus, or through or around a thicket in Marlay park. If you want to hone your basic distance, orientation, attack point, control description and exit technique, then there is no better place than at a Sprint-O event.

For each event the Healys produced bagged pre-printed maps, a well positioned start/finish tent and used more red funnel-tape than can be seen at a motorway construction project. Saint Anne's park in Raheny was a super example of the use of a small area to great effect; David only needed to use one half of this 1;7,500 scale map to design a course that involved route choice on both paths and on complex cross-country terrain and had us running alternately through forest and parkland. Each of the five events included at least one well-placed spectator control to ensure there was no slacking, a good example being in Killiney Hill park where we had to run uphill to start the second lap in full view (and earshot) of the assembly area.

Prizes included gym concessions (to make you fit), track-suits (to make you look fit) and fast-food vouchers (to make you fat). The format was four events in a league with the leading finishers winning seeded places in the series final at Belfield, where howling gales strong enough to knock over some runners were not enough to deter a small but enthusiastic group of finalists. Belfield was also where the first event in the series was held, so there were no excuses for mistakes. Runners were seeded in order such that the leading league scorer started last and tried to chase down the others. Winners were: Course A, Darren Burke of UCDO, M21; Course B, Ruairi Short of CNOC, M16; Course C, Ruth Lynam of CNOC; Course D, Niamh Moran of 3ROC, W10.

This series is a very welcome addition to the Leinster Orienteering calendar. Maybe it has to move from Saturday lunchtime to another time of day and from Spring to another time of year, but whatever happens I hope that GEN & the Healys will make it an annual event. Don't forget to support the series' sponsors: Trimtex (Norway), O-Sport Magazine, Sprayway, O'Neills Sports, Eddie Rockets, Westwood Health Club, Arnotts, Total Fitness and Superquinn.

Marcus Geoghegan
Ajax

VETERAN ORIENTEERING TEAM

Alan Gartside is compiling a list of those to have run for Ireland in the Veteran Home International series. The compilation is from incomplete records, augmented by selector's notes and TIO reports, nether of which can be fully trusted due to the incidence of late cry-offs after they have been written. Furthermore he doesn't have any list of the 1998 (South Wales, Trina Cleary as Manager) or 1992 (embarrassing, as that was hosted by LVO on Slieve Martin) teams. The current list is:

Jim Barrett 95
Brian Bell 98
Andrew Bonar-Law 95 96
Donal Burke 91
Fred Calnan 90 91 93 94
Nigel Campbell-Crawford 95 99 00 03
Trina Cleary 90 91 93 94 95 96 98 00 03
Sean Cotter 90 91 94
Hazel Convery 90 91 94 95
Nuala Creagh 90
Bernard Creedon 93 94 96
Frank Cunnane 94
Terry Dooris 90 91
Colin Dunlop 91 92 94
Ted Feehan 91 93 94 97 99 00 02 03
Raymond Finlay 97
Teresa Finlay 94 97 03
Brigid Flanagan 02 03
Pat Flanagan 02 03
Alan Gartside 93 94 97 00 02 03
Marcus Geoghegan 03
Nadine Grant 00 03
Mary Healy 95
Pat Healy 96
Clare Heardman 03
Colin Henderson 95 96 99 00 02
Michael Hewson 90
Maura Higgins 93 97 99 02 03
Wilbert Hollinger 90 93 95 99 00
Diana Large 90 91 93 94 95 96 97 99 00
Eileen Loughman 96
Ruth Lynam 96 97 99 02 03
Clive Majury 00
Heather Majury 93 97 99 00
Frank Martindale 91 99 00 02
Anne May 90
Justin May 98 02
Freddie McCann 93 99
Frank McCormack 97
Paget McCormack 96 97 00
John McCullough 94 95 02
Sean McSweeney 90 91 93 03
Maurin Morrish 90 95
Noel Morrish 90
Tim Morrissey 97
Jean Mullen 96
Monica Nowlan 90 91 94 95 96 97 98 99 00 03
Clare Nuttall 91 93 94 95 96 97 99 00 02 03
Senan O'Boyle 99 00 02 03
Liam O'Brien 03
Aonghus O'Cleirigh 02 03
Mary O'Connell 02
Kevin O'Dwyer 94 95 96 97 99
Billy O'Neill 90
Jean O'Neill 96 99 00 02
John O'Neill 90 91
Marie O'Sullivan 91 93 95
Alan Pim 90 95
Sue Pim 91 93 94
Ger Power 99 00 02
Maxwell Reed 90 91 93 94 95 97
Denis Reidy 96 00
Iain Rochford 99
Sean Rothery 96
Áine Ní Shúilleabhán 02
Ann Savage 97 99 00 03
Alan Shaw 91 96
Bill Simpson 93 96 97 99 00 02 03

Maura Thornhill 90
Alison Tottenham 97
Máire Walsh 91 95 97
Jane Watt 93 94 95
Faith White 93 94 99 00
Ernie Wilson 91 95 96 97

Alan would be grateful for help in filling the gaps, either on a personal basis or by the memory of who your team-mates were.
The purpose in compiling the list is to identify those folk who will be eligible to purchase the Vets jackets for which Alan has arranged production. They have a fleece lining and a shower proof outer skin – ideal for standing around draughty O-car parks.
An important point – they will be strictly cash with order; cost €33/STG£22.

MTBO REPORT

Ireland's first ever league of mountain bike orienteering events took place around Wicklow over four weekends in April & May, organised by four orienteering clubs. Over 60 competitors took part, most with little or no experience of this new sport. The first race was a 90 minute score event on Carrick Mountain, Glenealy. The following three races were classic events - the longer course covering approximately 20 km, the short 10 km. These took place at Cronybyrne and Clarabeg (both near Laragh) and Croghan Kinsella (near Woodenbridge). The planning of each race allowed for choosing between short but technical, or steep, routes and longer, easier routes. Route choice is critical for success in MTBO and choices were thoroughly discussed after all the races!
With over 60 competitors taking part in one or more races, and the majority on the long course, MTBO is starting to finally starting to take hold in Ireland.
There were no easy wins, with most of our 2002 World Championships team in action, vying for the top placing, which in the end was shared by Ajax club mates Martin Flynn and John Casey. Third place was shared by Paul Mahon (Setanta Orienteers) and Justin May, also 1st M40+ (3ROC). Philip Brennan (Setanta) was 2nd in the M40+ category. In the women's, 1st was Nina Phillips (Setanta) and 2nd Deirdre O'Neill (Fingal Orienteers). The short course winners were Sean Hassett and Colleen Robinson (both Setanta). Full results are on the results page of www.orienteering.ie
Some further races over the summer are planned, with an Irish MTBO Championship race hopefully for September. Watch the fixtures list for details or subscribe to the MTBO mailing list: mtbo-subscribe@yahoogroups.com

Meanwhile the Irish MTBO team continue preparations for the 2004 World Champs near Melbourne in Australia in October. The team is Iain Rochford, Eoin Rothery, Mark Geary, Eunice Cinnamon, Nina Phillips. Iain and Nina have been competing in European MTBO for several years now and were both on the 2002 World MTBO Champs team in France. Eoin and Mark both live in Australia and have been competing at national level there so will have quite a terrain advantage! Eunice is a member of the Irish Ski O team (many international MTBO racers come from Ski O backgrounds) and competes in MTBO races in the UK. The MTBO World Champs website is at www.2004worldmtbo.org/currentnews

Eoin Keith in action

IRISH CHAMPIONSHIPS 2004

The Irish Championships should be the highlight of the orienteering year and with three days of outstanding orienteering, so it proved to be for Bishopstown and Kerry Orienteers with their three events on sand dunes in Co. Kerry on the May Bank Holiday weekend.

This year saw the introduction of a short distance race on the Saturday at Banna, with the Individual at Inch on Sunday and the relays at Castlegregory on Monday. Banna and Inch have been used before but still retain their challenge while the Maharees map was a mixture of very fast grassland and tricky sand dunes, a perfect combination for a relay.

The old order changeth, to some extent anyway. Previous Irish Champion and WOC team member Bill Edwards (CorkO) managed a win in the short race but lost out to the younger generation when Andrew Quin (3ROC) took gold by a margin of 20 seconds at Inch. In the Women's Elite races, Andrew's clubmate, Una May, won the Classic race while Toni O'Donovan (CorkO) took the short distance title. At the prizegiving there was a special award to M60 Ted Feehan (BVOC) who ran the elite course in 3 hours and 11 minutes, a very creditable performance. Ted had run at Inch a number of times and felt the challenge of the Elite would be more appropriate than the M60 course.

New Irish Champion, Andrew Quin

Women's Champion, Una May

In Monday's Relays, Northwest continued the habit of a lifetime, taking the Men's (now the "Open") title for the umpteenth time with Cork O taking the Women's race. Setanta finished second in the Men's race after careless punching led to the disqualification of both the Ajax and 3ROC teams. The closest team finish of the day was the 7 seconds separating third legs Ronan Cleary (3ROC) and Don Short(CNOC) in the

Brendan O'Connor and Susan Bell: over or around?

end's orienteering in a magnificent setting.

The courses each day were as challenging as you might expect from sand dune terrain: a little too challenging in places at Inch, where some taped sections on the most junior courses would have been appropriate.

For anyone wanting to return to the area, the Munster Championships are expected to be run on an extension of the Maharees map on the October bank holiday weekend. This part of the area is reportedly superior to the parts already used, so that's something to look forward to. Any suggestions as to how to make it a worthwhile weekend (what event to run with the MOC as a two-day, for example) to Bishopstown OC, please.

Open 40 class.

The short race at Banna proved an excellent warm-up for Inch the next day, though the features at Inch are bigger and perhaps less subtle, with large flat areas a useful catching feature. The age of the Banna map was evident in places, where some revision to man-made features might have improved things a bit. This apart, the reservations expressed by the organisers about the quality of the maps were groundless, at least as far as the runners were concerned.

However, with every silver lining comes a cloud. While the quality of Seán Cotter's maps was excellent, the organisation of the relays suffered in the absence of any results until the delayed prizegiving. Despite there being 17 teams in the event from BOC, there didn't seem to be a results team.

The seniors classes had a superb week-

Fiona O'Brien at Inch

Open Relay mass start: Gerard Butler, Niall Bourke & Fiach O'Rourke lead the way

Irish Championships 2004

Individual

M21E (27)	13.500 km	29 C	
1 Quin, Andrew	3ROC		01:36:36
2 Edwards, Bill	CorkO		01:36:56
3 O'Halloran, Colm	LeeO		01:39:14
4 Logue, James	NWOC		01:40:02
5 Dobbs, Neil	Balise77		01:42:33
M20 Foley-Fisher, Christian		MNAV	
M21L Foley-Fisher, Zoltan		MNAV	
M35 Flynn	Martin	Ajax	
M40 Corbett	Brian	CorkO	
W21E (11)	8.400 km	16 C	
1 May Una	3ROC		01:12:12
2 Pacheva Petranka	BOC		01:15:16
3 O'Donovan, Toni	CorkO		01:22:56
4 Lynam Ruth	CNOC		01:33:47
5 Creedon Ailbhe	CorkO		01:33:49
M45L May	Justin	3ROC	
M18 McCormack, Ted	GEN		
W21L Loughman, Eileen	CNOC		
M21S Lewis	Roger	SN	
2 Conlon	Tom	WEGO	
M50 O'Brien	Liam	CorkO	
W20 Browne	Sarah	ShUOC	
W35 Morrish	Eadaoin	LeeO	
M55 Creedon	Bernard	CorkO	
W40 Cleary	Julie	3ROC	
M60 Gartside	Alan	LVO	
M45S Mulrooney, Jim	Setanta		
W18 Largey	Ciara	FermO	
W45 Savage	Ann	LVO	
M65 Amour	Dick	INVOC	01:00:28
2 Martindale, Frank	3ROC		01:31:52
W50 Finlay	Teresa	FermO	
W21SO'Connor	Mary	CorkO	
W55 Nowlan	Monica	3ROC	
M70 Rothery	Sean	3ROC	
W60 Cleary	Trina	3ROC	
W70 White	Faith	Setanta	
M16 Simonin	Nicolas	BOC	
W16 Foley-Fisher, Erinna		MNAV	
M14 O'Boyle	Cian	CNOC	
W14 Callanan	Cliona	BOC	
M12 Corbett	Cillin	CorkO	
W12 McCann	Maebh	LVO	
M10 Fyffe	Angus	FermO	
W10 Moran	Niamh	3ROC	

IOC 2004 photos by Martin Flynn

Relays

O 12- LVO J. Millar, A. McCann, M. McCann

W12- BOC L. Power, S. Callanan, G. Walsh

O14- CNOC C.O'Boyle, K. O'Boyle, C. Short

W14- BOC C.Callanan, C. Flanagan, E. Simonin

O16- BOC B. Ring, J. Power, N.Simonin

W16- BOC R.O'Meara, A. Horgan, J. Murphy

O18- BOC N.O'Donoghue, S.Carey, C. O'Brien

W18- BOC M. Callanan, A.McCarthy, D. Cronin

Premier NWOC J.Logue, I.Lockington, S. Linton

W Open CorkO T.O'Donovan, F.Pinker, A. Creedon

O40+ 3ROC J.McCullough, F. Martindale, R. Cleary

W40+ CorkO M.Curran, C.Heardman, E. Deane

O50+ LVO W.Hollinger, C. Majury, B. Simpson

W50+ 3ROC M.Nowlan, A.niShúilleabháin, G.Power

O60+ 3ROC P. Flanagan, N.C-Crawford, T. McGrath

Sprint results

M21E 5.5km 125m24C

1 Edwards Bill	CorkO	31:46
2 Quin Andrew	3ROC	31:47
3 Logue James	NWOC	31:53

W21E 3.9 km 125 m 17 C

1 O'Donovan Toni	CorkO	30:05
2 O'Boyle Niamh	CNOC	33:23
3 May Una	3ROC	34:54

M21 1 Ebanks Mark OMEGA, 2 Conerney Derek WEGO, M35 1 Bell Iain KNOBOC, 5 Brennan Philip Setanta, W21 O'Brien Fiona Ajax, W35 Young Eileen FIN, M18 McCormack Ted GEN, M20 Cormack Barry DUO, M40 Weston Dave SET, W40 Cleary Julie 3ROC, W45 Fyffe Marella FermO M16 Short Ruairi CNOC, M45 Cox Andrew WatO M50 McCullough John 3ROC & Majury Clive LVO, W18 Hussey Rosalind FermO, W50 Power Ger 3ROC, W55 Walsh Maire 3ROC, W60 Cleary Trina 3ROC, M14 O'Boyle Kevin CNOC, M60 White Harold 3ROC, M65 Martindale Frank 3ROC, W14 Callanan Cliona BOC, W16 Callanan Martha BOC, M12 Moran Colm

Crunching the Numbers - an analysis of the Leinster League

"...for every female orienteer there are two males..."
"...ran-once-never-seen-again has remained incredibly high..."
"...a healthy one quarter of our competitors are juniors...."
"...big isn't necessarily best when it comes to winning the inter-club league..."

In the three years that I have been compiling the Leinster League tables a lot of information has been accumulated - it is now time to see if we can learn anything from the numbers. Despite league format changes and occasional missing information, the data in the tables is of generally good quality, so hopefully the following analyses are reasonably reliable apart from the many mathematical errors that I have probably made.

How enthusiastic are we?

The change in league format, from fifteen events to two leagues of five and six events each, was accompanied by a drop of 100 people attending overall. The majority of these are most likely to be one-time runners as they showed a corresponding drop of 122. However there is nothing to say that the 100 lost runners did not go to local events that were held on days when there would have been a league event in previous years, so it is not necessarily correct to conclude that the league change drove these people away.

The number of "ran-once-never-seen-again" people has remained incredibly high throughout the three years. This implies to me that there is a large awareness and curiosity in the general public about orienteering, but when they turn up to try it out they are somehow disappointed with the experience. Presumably some of these are serial one-timers, i.e. running once per year, but I am unable to quantify this. It is important to note that this very high public awareness still exists in the near-total absence of national publicity for the sport (nobody wants to be the IOA communications officer).

The introduction of the inter-club league has probably stimulated some casual orienteers to become more committed as there has been an increase in the percentage of "ran more than three times" orienteers from 16% to 23%, a trend which is very heartening. Even though this year there were four less league events than last year, our committed orienteers ran more times (824 as opposed to 820), which means that they are becoming much more enthusiastic; this is probably a combination of the new shorter league format and club pressure to get out there more often.

Season	Total number of distinct competitors	Total number of runs	Average runs by all competitors	One-time only runners	Number of committed competitors (ran more than 3 times)	Total runs by committed competitors
2001/2002 (16 events)	669	1,737	2.59	429	118 (17.5%)	915
2002/2003 (15 events)	666	1,698	2.55	445	107 (16%)	820
2003/2004 (11 events)	556	1,518	2.73	323	125 (23%)	824

What sex are you?

As the information that was captured in previous years by clubs on control cards was very poor, it is impossible to analyse the competitor profile by gender and age-group for seasons other than 2003/2004. For example, 17% of 2001/2002 runners are of unknown gender, and a full one-third are of unknown age, making the data useless. In 2003/2004 we became better at determining a person's sex, only failing to do so for eight people, but we still failed to capture proper age class information for 22% of people who ran.

However using the information that we do have we can determine that a healthy one quarter of our competitors are juniors, which can't be a bad thing for the future of the sport. For every female orienteer there are two males, there are twice as many veteran men as women and for every junior female there is a veteran female. Approximately four out of every ten orienteers are between 21 and 40 years of age and nearly one in three are over forty.

2003/2004 (excluding entries unknown)	Junior (M/W16-)	Senior	Veteran (M/W40+)	Total
Male	16%	28.5%	20.5%	65%
Female	10%	15%	10%	35%
Total	26%	43.5%	30.5%	100%

Clubbing

100 less runners competed this year than did last year, and 96 fewer non-club runners appeared in this year's results, so presumably these are the same people.
The recent non-club decline from 31.5% to 26% is healthy and hopefully will continue in future years as the inter-club league becomes imbedded in Leinster Orienteering culture. I believe that this 5.5% drop is nearly totally attributable to the introduction of the inter-club league which gave clubs a big inventive to hoover-up non-club competitors. Note that less than five of the Orienteers who run more than three times in each year are non-club. However I personally do not think it is a healthy thing that a full quarter of the people who orienteer in Leinster do not belong to a club; non-club orienteers do not get involved in organising events, so they should not benefit from our very low event entry fees and from league participation.

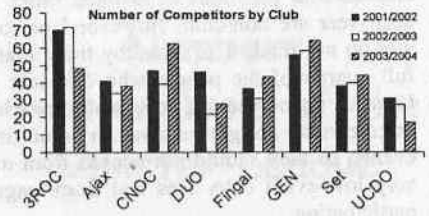
As you can see from the chart which shows the number of competitors declaring for each club each year, big isn't necessarily best when it comes to winning the inter-club league. Setanta & GEN, first and second in the league, are not the biggest clubs. (the defence Forces are omitted as their variable membership causes distortion in the graph).
12% of the 2003/2004 orienteers were from non-Leinster clubs, with Midland Navigators and Lagan Valley featuring prominently. Welcome, and please come again.

Seasonal Variations

Which league was more popular, the Autumn Series or the Spring Cup? This table shows the total number of runs on each course across the entire league:

	# Runners	Club member	Non-Club Member (%)
2001/2002	669	471	198 (29%)
2002/2003	666	456	210 (31.5%)
2003/2004	556	442	114 (20%)

If you remove the approximately 40 one-timers from the Army Cadets who went to the Autumn Series event in the Curragh, then on average 153 people attended each Autumn Series event and 119 attended each Spring Cup event, a dramatic difference. This cannot be explained by a proximity to Dublin factor as Autumn Series events were held in Brockagh, Sugarloaf, Glendalough, Curragh East and Donadea, most involving about an hour's travel and only one of which is in County Dublin. With the exception of



Mulaghmeen, Spring Cup events were at roughly the same distance from Dublin (Mall Hill, Djouce, Paddock Hill, Oldboleys, Clarabeg). I leave it up to you to speculate on why we get about four people at a Spring Cup for every five we get at an Autumn series. It is probably a combination of many factors such as an area's reputation; perceived travel distance; how well known an area is; it's associated other amenities (eg Glendalough); how we promote the event (family versus high-performance); buggy-friendliness; hassle factors such as bussing and parking; seasonal meteorology etc etc.

Forget the past?

Finally, I would like to take this opportunity to highlight our appalling data-loss habit. Event results are usually published without course information (length/climb/controls) included, we rarely note weather conditions and the historic fixtures list is nowhere to be found. How easily could we answer a simple question such as "was there an event in Raven's Rock in 2001 and if so how many people ran each course?". Of the sixteen event results for 2001/2002, three have already disappeared completely, six more are on the eGroup and will presumably drop-off at some stage. The remaining eight results are still available on club websites.

I hope that you found this article useful and that the numbers did not make it too difficult to follow. Of all these statistics, the most encouraging is the 25% of you who are under nineteen; hopefully in future years you not be joining the ran-once-never-seen-again club.

	Yellow	Orange	Lt Green	Green	Blue	Brown	Total	Events
Autumn Series	84	101	198	201	128	91	*803*	5
Spring Cup	71	65	154	173	158	94	*715*	6
Total	*155*	*166*	*352*	*374*	*286*	*185*	*1518*	11

SKI-O IN MAY-O?

Believe it or not, County Mayo is preparing a bid for the 2026 Winter Olympics. Despite having only six days of snow a year, Claremorris is further north than the last two Winter Olympic venues, Salt Lake City and Nagano, and the next two, Turin and Calgary. If global warming turns off the Gulf Stream, the resulting climate change might make Mayo the venue of choice.

Will Rory Morrish and Eunice Cinnamon stick at ski-O for the next 22 years, and will it be in the winter Olympics by then?

If you don't believe it, check out www.winterolympics2026.com.

IOA AGM REPORT

A spectacular setting, overlooking the strand at Inch after the Irish Championships, only attracted a smallish crowd to the Annual General Meeting of the Irish Orienteering Association on the May Bank Holiday weekend.

The meeting dealt with all the usual things: officers' reports, finance, elections etc. There were a couple of unusual matters, though: the proposal was accepted that the IOA become a company limited by guarantee, to protect the executive in the event of a financial catastrophe such as a large insurance claim.

Another motion which was accepted was to abolish the current arrangement of event levies (10% payable on the income from an event, not the profit) and replace them with increased registration fees, tooperate from later this year. The minimum registration fee will be €35, with Leinster League events €70, major events €100. There are economies of scale, though: if a club registers more than 10 events in a year, all events over 10 will attract a registration fee of €20. This move is to cover the high costs of insurance for orienteering (more than €12,000 last year but expected to fall this year).

There will be no increase in affiliation fees for clubs this year.

There was little change in the executive committee: Chairman Dave Weston, Treasurer John Casey, Fixtures Secretary Fergal Buckley, Mapping Marcus Geoghegan, High Performance Orienteering Brendan O'Brien, Juniors Mary Healy, Technical Trina Cleary. Secretary, Public Relations and Development are still vacant.

There will be a workshop on the new IOA Strategic Plan at the Munster Championships in October.

VETERAN HOME INTERNATIONAL 2004 – IRISH SELECTION

VHI 2004 is being hosted by 3ROC on 2nd & 3rd October in Carlingford. The Irish Team Manager will again be Alan Gartside, who will be gathering and collating information to assist the selection process. The selectors will be appointed by NIOA.

For Irish-based orienteers, selection will take into account performance in the Irish and Provincial Championships plus the Leinster Spring Cup event at Clarabeg on 25th April (on a mins/km basis across the colour courses). Individuals will be considered to be available in the class which they entered in the Spring 2004 series of selection events. Anyone running out of a class for which they wish to be considered must advise the Manager accordingly. Anyone wishing to have other performances considered should furnish the Manager with results.

Those not based in Ireland who would like to be considered for selection should provide the Manager with results for those events, since VHI 2003, that they wish to have taken into account as well as the basis of their eligibility for selection. The present eligibility rules are:

- born in Ireland or
- have at least one parent born in Ireland or
- have established permanent residency in Ireland for one year prior to the competition and
- have not represented another home country in an international event within the three years preceding the competition (the length of this period is under discussion).

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ORIENTEERING FIXTURES 2004

June 2004

15 Curragh , Co. Kildare, CNOC Summer Series 5
15 Tracton Wood, Carrigaline, Co. Cork, Inter-Firm League 6, CORKO
17 Moynass Mountain, Co. Cork, Bus. Houses Summer League 3, CGO
19 Slieve Croob, Co. Down, LVO Summer Series 4, LVO
19-20 Setanta Rogaine, Co.Wicklow. 24 hour score event.
20 Lough Bradan, Co. Tyrone, FermO Summer Series 6, FERMO
22 Hollywood, Co. Wicklow, CNOC Summer Series 6, CNOC
22 Farran Forest Park, Co. Cork, Inter-Firm League 7 - Relays, CORKO
24 Lyradane Wood, Co. Cork, Bus. Houses Summer League 4, CGO
22-26 FISU World University O-Champs, Pilsen, Czech Republic
29 Glenbower Wood, Co. Cork, Inter-Firm League 8, CORKO

July 2004

1 Warrenscourt Wood, Co. Cork , Bus. Houses Summer League 5, BOC
3-10 World Masters O-Champs, Asiago, Italy
4-11 Junior World O-Champs, Gdansk, Poland
4 Necarne, Co. Fermanagh, FermO Summer Series 7, FERMO
6 Warrenscourt Wood, Co. Cork, Inter-Firm League 9, CORKO
8 Farran Forest Park, Co. Cork, Bus. Houses Summer League 6, BOC
10-17 World Cup 1 & European Championships, Roskilde, Denmark.
13 Garretstown Wood, Co. Cork, Inter-Firm League 10, CORKO
15 Inniscarra Woods, Canon's Cross, Co. Cork, BH Summer League 7, BOC
19-25 Swedish 5-Day, Gothenburg
20 Curragh Wood, Co. Cork, Inter-Firm League 11, CORKO
22 Glenbower Wood, Co. Cork, Bus. Houses Summer League 8, BOC
27 Ballincollig West, Co. Cork, Inter-Firm League 12, CORKO
29 Bishopstown Parklands North, Co. Cork, BH Summer League 9, BOC

August 2004

7 Spring Grove, Co. Fermanagh, FermO Summer Series 8, FERMO
15-21 Croeso 2004 - Welsh 6 Days, Brecon Beacons, Powys
22 Killeter, Co. Tyrone, FermO Summer Series 9

September 2004

4 Castle Archdale, Co. Fermanagh, FermO Summer Series 10
4-5 Junior Home International, NW England
11 Slieve Gullion, Co. Armagh , LVO Summer Series 5
11-19 World O-Champs & World Cup 2, Västerås, Sweden
19 Necarne, Co. Fermanagh, FermO Summer Series 11
25 Slieve Martin, Co. Down, LVO Summer Series 6
26 Florencecourt, Co. Fermanagh, FermO Summer Series 12

October 2004

2-3 Carlingford, Co. Louth, Veteran Home International, 3ROC
8-10 Junior European Cup, Epping Forest, England.
9 Northern Ireland Championships, Tollymore Forest, Co. Down, LVO
19-24 World Cup final, Dresden, Germany.
23 Binevenagh, Co. Derry, Northern Ireland Series 5, NWOC
31 Burren, Co. Fermanagh, 'Tough Guy' Series 1, FERMO

November 2004

6 Glenariff, Co. Antrim, Northern Ireland Series 6, LVO
14 Lough Navar, Co. Fermanagh, 'Tough Guy' Series 2, FERMO
14 BOF National Event, Flyingdales, Whitby, Yorkshire
27 Crossmurrin, Co. Fermanagh, Northern Ireland Series 7, FERMO
27 Northern Irish Night Champs, Ely Lodge, Co. Fermanagh, FERMO

IMRA

MOUNTAIN RUNNING FIXTURES 2004

Date	Time	Venue	Climb	Distance
16th Jun	7:30 PM	Howth, Co. Dublin	360m	8.5 km
20th Jun	12:00 PM	Pier Gates, Co. Wicklow	400m	14 km
23rd Jun	8:15 PM	Brockagh, Co. Wicklow	400m	8 km
30th Jun	7:30 PM	Maulin,Co. Wicklow	457m	8 km
3rd Jul	2:30 PM	Croagh Patrick,Co. Mayo	762m	7.7 km
4th Jul	12:00 PM	Nephin, Co. Mayo	736m	5 km
7th Jul	7:30 PM	Sorrel Hill, Co. Wicklow	412m	10 km
11th Jul	12:00 PM	Croaghan Moira, Co. Wicklow	610m	16.6 km
11th Jul	1:00 PM	Slievenamon, Co. Tipperary	591m	8 km
14th Jul	7:30 PM	Ballinastoe, Co. Wicklow	305m	12 km
21st Jul	7:30 PM	Sugarloaf BBQ, Co. Wicklow	427m	5.6 km
28th Jul	7:30 PM	Kippure, Co. Wicklow	427m	10 km
1st Aug	1:00 PM	Mangerton, Co.Kerry		10 km
4th Aug	7:30 PM	Earl's Drive, Co. Wicklow	120m	7.9 km
8th Aug	12:00 PM	Curtlestown, Co. Wicklow		17 km
11th Aug	7:30 PM	Kilmashogue, Co. Dublin	250m	8 km
15th Aug	12:00 PM	Galtees, Co. Tipperary	1340m	12.6 km
18th Aug	7:30 PM	Butter Mountain, Co. Dublin	200 m	8 km
5th Sep	12:00 AM	World Trophy Race		
5th Sep	12:00 PM	St Kevin's Way		20 km
26th Sep	12:00 PM	Mullaghcleevaun, Co. Wicklow	570m	11 km
13th Nov	12:00 PM	Sugar Bowl	650m	8 km
27th Dec	12:00 PM	Christmas Flash	191m	2.4 km

Full details on www.imra.ie