# the Irish Orienteer

No. 109 Spring 2005 €1.90

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**INTERNATIONAL O-FEDERATION** Radiokatu 20, FI-00093 SLU, Finland (00358-40585 3801, fax 00358-93481 3113); www.orienteering.org

**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

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e-mail johnmccullough@bigfoot.com

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**Cover**: Eoin Rothery (AJAX) hands over to Mark Geary in the World Mountain Bike Orienteering Championships Relays in Australia in October (Nina Phillips)

**NEXT COPY DATE**
**1st April2004**

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## A NEW PLAN

At the Extraordinary General Meeting of the Irish Orienteering Association last December, one of the areas dealt with was the adoption of a very ambitious Strategic Plan for 2005 to 2007. The plan, of course, requires action at all levels in the sport for it to succeed. The IOA Executive cannot possibly carry it through on its own. One of the beauties of the sport is that the Executive are all very active in the sport as competitors: not a single blazer to be seen among them.

The main points of the plan are:
Increased promotion of orienteering at all levels; Support for inclusion in the Summer, Winter and Special Olympics; Increased support for mapping; Increased administrative and technical expertise in clubs and regions; Promotion of trail-O and MTB-O; Further development of the coaching programme; Develop technical instruction courses for novices; More professional management of the National O-Squads; Improved communications; schools development programme; co-operation with NIOA; child welfare and anti-doping directives.

The IOA tends to hide its light under a bushel: there are people working away in the background all the time to give us our few hours of enjoyment at the weekend. If we all do a little, rather than leaving the lot to the Executive, the outcome will be far better. Various officers have been tasked with different parts of the plan. It may be on the ambitious side, particularly for an amateur organisation, but it does highlight how much we need to do to keep the sport healthy.

A plan is a start, but it takes us all to do it. Remember the palindrome – A man, a plan, a canal – Panama!

In the meantime, take a look at the orienteering choices on offer this year and go out and try something or somewhere new.

## ACCESS - THE WHOLE STORY!

LVO have a map of Copeland Island, off Donaghadee in Co.Down. However, orienteering there isn't all plain sailing, as Stephen Gilmore outlines …

We can't use the area in the winter as the boat service doesn't run and in any case the island is too exposed with no shelter.
We can't use the area in the summer as most of our club regulars are off on holiday or orienteering elsewhere.
We can't use the area in the spring as there are nesting terns.
We can't use the area in the autumn as the said terns are being shot!
So there's actually only one date - the first Saturday in September – when we can have access!
Since the boat takes everyone over at once, the planner needs some time to check the course he set the previous day. So on our last trip to the island planner Richard Williamson hopped off the boat and headed off around the island, whilst club members got ready to run and relaxed by the beach. Organiser Bill Simpson sat in the comfort of his deck chair seeding start times to ensure that everyone would be back in time to catch the return ferry. Bill was getting impatient and called Richard on the club's walkie-talkie.
Bill: "Richard, are you ready yet? Over."
Richard: "Not quite. I can see a couple of men and I think they are shooting! Over."
Bill: "Go and tell them that we had access agreed for today. Over."
Richard: (after a pause) "But they've got guns Bill!"
After some careful negotiations, a cease fire was agreed to allow the event to take place and everyone was later counted onto the ferry back to Donaghadee.
Stephen Gilmore, Hon Sec, LVO

## ORIENTEERING ABROAD?

Orienteering abroad next summer? Check out the Irish Orienteer guide to holiday events in this issue!

## IOA LIMITED

Following an Extraordinary General Meeting in December, the Irish Orienteering Association is now a company limited by guarantee. This step was taken to reduce the exposure of the executive committee to liability in the event of a financial or other catastrophe. The EGM also approved the next IOA Strategic Plan and the policy relating to doping. Curiously, the final article (check it on the IOA web site) is *"The constitution of the Old Association stands repealed and is replaced by these articles and memorandum of association. The Old Association will cease on a date to be decided by the old executive and its assets and liabilities be transferred to the Irish Orienteering Association Limited"*.

## IOC 2005 NEWS

Entry forms are in circulation for the 2005 Irish Championships on Inisbofin, off the coast of Co. Galway, on April 30th-May 2nd. The weekend will again feature short distance, classic and relay events. Accommodation may be in short supply, so you are advised to book early.
The island is a 45 minute ferry trip from Cleggan and more accommodation may be available on the mainland if the island fills up.
The terrain is described as open undulating and very runnable hillside with intricate contour detail, so if the weather is reasonable it should be a memorable weekend. (Maybe even more memorable if the weather is bad?).
The Championships is being organised jointly by Western Eagles, Galway-Mayo Institute of Technology Orienteers and Curragh-Naas OC, while the map was surveyed by Pat Healy. SportIdent electronic punching will be used.
Details: Frank Ryan, St. Mary's, Ballinfoyle, Galway. Phone (mobile) +353 87 6745595; e-mail **frankryan46@hotmail.com**.
Individal entry fees : adults €12, under 18 and over 65 €6, families €30; relays: no details of fees. Entries close on 18th March

## LOC NEWS

Fingal Orienteers are running the 2005 Leinster Championships at Carnawaddy, near Ravensdale, Co.Louth on Sunday 17th April. Entry forms have been sent to all club secretaries and are available on the Fingal web site. Enquiries to Tommy Burke, 2 Sycamore Ave., Beaufort Place, Navan, Co. Meath (046-9074711).
All classes will be catered for. The area is rough open mountainside. Entry fees: Senior €15, Under 18/over 65/student €8, families €30. Closing date April 1st. Limited entry on day but not for Championship courses.
LVO are running a sprint-O at Slieve Gullion, a few km west of Newry, the day before, so you could easily make a weekend of it. Enter the day for the sprint-O.

## DUBLIN BY NIGHT

The Dublin By Night series is currently under way, with events at two new venues (Belfield and Deerpark, Mount Merrion) added to some of the regulars. Unfortunately the GEN event on January 25th was cancelled.
This year there are two courses on offer each Tuesday night and 40-50 orienteers are expected to turn up each evening. The courses take no account of the fact that it's night: 2.5 km on Killiney Hill doesn't sound like a lot until you've tried it!
Details of these, and all Irish events, are in the fixtures list on the IOA web site.

## BIKE-O

Brendan O'Connor (AJAX) is hoping to put together a series of mountain bike orienteering events this spring on Saturdays. Any one who is interested in staging an event should contact him at 087-2968898. The proposed dates are 23rd April, 7th May, 14th May, 21st May, 28th May.
Ajax have agreed to do one in Wicklow, and Setanta have agreed to do one also in Wicklow. Tom Callery (also Ajax) has agreed to do one in Kilsheelan, Co. Tipperary.

## GROUND CONTROL

Fed up carrying stakes around for those SportIdent units? It got too much for the organisers at the Twin Peaks event in the Lake District last September so they mounted (if that's the right word) the SI units on the ground, pegged down securely, with stakes for the seventy controls.

The water resistance of SI units may be decreased if they are mounted vertically, as in Ireland, so maybe horizontal ground-based units isn't completely off the wall, as it were.

## JUNIOR EUROPEAN CHAMPIONSHIPS 2004

*LVO's Patrick Higgins writes ...*

This years JEC was held just north of London's leading queuing tourist attraction, the M25. Ireland had a team of only one woman and three men running this year. The sprint race was held in Harlow Town Park on the Friday evening. The area was rather similar to Ormeau Park in Belfast, although there were large sections of nearby housing used as well. There were no age classes with everyone running as Under 20's. The men's winner ran in at just over 12 minutes for the 2.8km. I was slightly slower at 13:30 as the 46th M20 wondering how did he ever manage to read his map at that pace? I must thank Declan McGrellis and all the organisers of the WEE series at this point, as the races in the summer definitely helped my performance.

The following day's classic was held at Epping Forest. This was the forest that featured in Alan Titchmarsh's "A History of Great Britain" for all the anoraks out there. The terrain was quite flat which made the race fast and furious. However with the lack of contour detail and with indistinct vegetation changes, finding the controls was nearly a game of chance.

This was possibly the reason why the French runners had such strong performances, with the likes of the Swiss and Norwegians in many cases further down the field. I was pleased with my performance as I had a number of strong splits finishing in 38th position despite a few major mistakes.

Sunday's relay was held a stone's throw from Stansted airport in the flat Hatfield Forest. The forest was divided into blocks of woodland at the most 400m x 400m split by open grazing land, providing even more fast racing. All the runners managed to break under 6min/km in the men's class with the winners managing 5mins/km. Meanwhile in the women's race nearly all teams managed 7mins/km. The men's race finished with real excitement when the two Russian men's teams came into the spectator control 15 seconds ahead of the first Great Britain team. All 3 runners came to the last control together after the 2km final loop, providing a nail biting sprint finish down the last 100 metres. In the end Great Britain took the victory by only 1 metre. Our only competitive team, all of whom are still under 18's were down the field due to the high running speed although everyone was happy with their run.

The 2005 JEC is in Austria in October.

The Irish team was Patrick Higgins (LVO), Seamus O'Boyle (CNOC), Nicholas Simonin (BVOC) and Niamh O'Boyle (CNOC).

## Heather Stewart

Lagan Valley's Heather Stewart died suddenly while leading a school ski trip to Bulgaria at the end of January.

Heather was very active in orienteering in the North over the years, particularly in the mid 1980's, travelling to competitions at home and abroad. Three of us spent a great week with herself and Heather Johnston ("The two headers") at the 1984 French 5-Day, at a time when the work "craic" hadn't even been invented, packed into her car in the blistering sun and running in the magnificent forested dunes of the Landes.

Heather was one of four teachers escorting 30 pupils on the annual ski trip she helped to organise. Her school, Priory College, Holywood, held a special assembly in tribute to the much-loved teacher who had taught there for 32 years. Orienteers were well represented at her funeral in Belfast on 2nd February. Our sympathy goes to her sister Rosemary and to her brother in law, Bill Simpson.

As one of the speakers at the funeral service said "You may think that there are no characters any more. I don't agree, but there is one less now than there used to be"

May she rest in peace. JB.

## ORIENTEERING WORLD-RECORD!

A Norwegian Orienteer set a new World Record last year - for competing in the most events!Frode Konst of the Oslo club IL Tyrving ran in 142 races last year, beating Mark Thomson's (FVO) record of 140. He ran in 19 countries en route to his record and even took in a North Gloucester local event in December, just to make sure of his total!

The countries he visited included Norway, Sweden, Denmark, Finland, Germany, Poland, Belarus, Ukraine, Austria, Hungary, Czech Republic, Slovakia, Serbia and Montenegro, Croatia, Slovenia, Belgium, Netherlands, Portugal and England. He thought the most enjoyable race of the year was day 3 of the Czech 5-day, and the toughest was running the super-tough Norwegian Blodslitet then running a race in Goteborg the next day.

## ENGLAND DO IT AGAIN AT VHI

*CompassSport On-Line reports on the VHI last October ...*

It was a familiar story at the Veterans' Home Internationals when England won again with Scotland Wales and Ireland behind. But it could have been very different.

The event was staged on Carlingford Mountain, a beautiful setting and a fiendish Mountain on the east coast of Ireland, with boulders across the lower slopes (spot the boulder amongst the boulders) and interesting tricky contours higher up.

The relays were held on Saturday, and although a Scottish team crossed the line first, they were disqualified after failing to punch a control which wasn't working. The SI units were placed vertically on stakes with the punch on a

string hanging inside the flag. Some runners took time to search for the punch but Gareth Bryan Jones, in the lead for Scotland, didn't take enough time to find it.
This saw Wales in second place behind England overnight. Scotland fought back in the individual and actually beat the English, but not by enough to close the gap. What if.....
*(CompassSport on line news service)*

## FROM GOLD MEDALLIST TO 'GOLDEN' COACH

*by Erik Borg*

Marita Skogum was a competitor when the World Championships were last held in Sweden in 1989. Last year in Vasteras, when Sweden again hosted a World Championships, Marita's orienteering reputation was again put to the test, but this time as the coach of the Swedish women's team. On both occasions with the same result - gold medals. Sweden was the best nation measured in number of medals won and was without doubt the best women's team in Vasteras. Marita believes the explanation for the excellent results lies in thorough preparations. –"We had a physical fitness project for the three years prior to the 2004 WOC and a mental fitness project for the last one and a half years. We also organised many short training camps covering O-technical training in relevant terrain. When the World Championships finally arrived, we were very well prepared. The team spirit was very good, and there was a feeling of confidence and calmness about the team", comments Marita.
(From *O-zine)*

## CORRECTIONS

It is the policy of The Irish Orienteer never to admit to making errors unless we have been found out, and to deny that mistakes are possible until it is no longer deniable.

No, seriously: in the last issue it was stated that the World Championships in Sweden were Violet Linton's first WOC: as every schoolboy knows, they were Violet's second WOC. Equally erroneous was the omission of LVO's Alan Gartside from the listed team who traveled to Sweden for the event: Alan took part in the Trail Orienteering WOC. The question now is, does he have a yen to travel to Japan to improve on his Swedish performance next August?

## FINAL WORLD CUP 2004 STANDINGS

With the World Cup Finals completed and the 2004 World Cup champions determined, the 2004 European foot-orienteering season is at its end. Simone Niggli-Luder, Switzerland, has again proved to be the strongest woman orienteer taking the season as a whole. She won one gold medal in the World Championships (WOC) and two in the European Championships (EuOC), and gained top placing in the World Cup standings overall by a significant margin. She proved unbeatable in the top sprint races, and won both the EuOC and World Cup Final in long distance. These successes have given her a 91-point lead in the IOF World Rankings. Valentin Novikov, Russia, holds the overall lead in the men's IOF World Rankings, ahead of Thierry Gueorgiou, France, and newly crowned World Cup victor Holger Hott Johansen, Norway. Novikov is WOC silver medallist in middle distance and has scored highly in a number of other ranking events this year including O-Ringen in Sweden. He may well have been more closely challenged by Gueorgiou if the latter had not been unable to run in the World Cup Finals through injury.
Fourth-placed Emil Wingstedt (Sweden), European sprint Champion, also missed crucial World Cup Final races because of illness.

Men:
1 5326 Valentin Novikov RUS
2 5276 Thierry Gueorgiou FRA
3 5231 Holger Hott Johansen NOR
19 5019 Jamie Stevenson GBR

Women
1 5644 Simone Niggli-Luder SUI
2 5554 Heli Jukkola FIN
3 5544 Jenny Johansson SWE
19 5100 Heather Monro GBR

## MICRO-O COMES TO DONADEA

Micro orienteering has featured in Scandinavian competitions as a means of adding some extra spice to the orienteering mix. CNOC's event in Donadea, Co. Kildare, launched Micro Orienteerig in Ireland.
What is different? Well, at some controls, instead of having just one control marker in the circle, there are three or more kites, all with the same identification code. You have to choose which one is the right one, and suffer a time penalty if you get it wrong. At Donadea there were three kites in some of the control circles and the penalty was 30 seconds. So, if you couldn't makeup your mind you could save 30 seconds and still have a 1 in 3 chance of being right if you just punched at the first control you came to …
It certainly made you think – some of the mental elements of trail orienteering with all the physical component of normal orienteering.
Well done, CNOC, for trying it. Maybe other clubs will follow suit, but it is something which could only be incorporated into low-key events where the competitive element isn't as high as in the bigger competitions.


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# 2005 ORIENTEERING PLANS?

Now that the World Championships take place every year, the Irish team will be heading to Japan for this event. Once it consisted only of a long race and a relay, the WOC now includes sprint and middle distance as well, with Trail Orienteering an emerging discipline even at the top level. However, the WOC also includes events open to all, so you can run on the same maps, terrain and even courses as the world's best just hours after they have run.

The rest of us will have to content ourselves with the Scottish 6-Day in August, the Swedish 5-Day in July, and multi-day races in places like Switzerland.

Here are some of the 2005 highlights. There are more events than these – CompassSport as always, has an excellent review of many of them in the December issue. A trawl through the web sites of the various orienteering federations will give you details, once you choose which country you'd like to visit. I
've tried to give a web site or some contact details. Nowadays, that's probably all that's required for most of you to find out more. Many local libraries have free internet access if you don't have access personally.

**February**

5-8: Portugal O-Meeting, northern Portugal. Also has four training camps from January 29th. (www.pom2005.web.pt)

February 12-13 3-Day in sand dune forests near Obidos, Portugal. (www.oriagist.com/en/actividades)

Those of you doing the Dublin By Night series, or other night-O enthusiasts, might like to take in the British Night Championships on the 19th at Watergrove, Rochdale (www.mdoc.org.uk).

**March**

In Wales, Swansea Bay OC mark St. David's Day with the Welsh Championships on the dunes at Pembrey, near Llanelli, on the 6th, with the Midland Night Championships the day before. (www.sboc.org.uk)

In England, TVOC run a BOF National Event on 13th at Hambledon, near Henley on Thames, not far from Heathrow Airport.

JK 2005, Easter, 23-28th March, Lichfield, near Birmingham. Training, two days individual, relay, based around Cannock Chase. Also trail-O and MTBO. (www.jk2005.org.uk)

An Easter alternative is a 3-day event at The Hague in Holland on March 25-28 (www.nolb.nl/~holland3d/); or you might be tempted by a 3-Day in the fantastic forested sand dunes near Bordeaux at Easter. Elsewhere in France there's an Easter 3-Day in Alsace (www.membres.lycos/coclomar/pied/acc.html)

Further afield, there's another Easter event in Australia: at Jindabyne, near Canberra (www.ozeaster2005.com) and closer to home, Bishopstown OC run their Ballyhoura 3-Day, this year over 2 days in Co. Waterford on March 19-20. Figure that one out! Details from the BOC website, accessible from the IOA web page www.orienteering.ie.

**April**

Fingal run the Leinster Championships on a new area, Carnawaddy, near Ravensdale, Co. Louth on the 17th. Entry forms are available from clubs. Closing date 1st April. Details from Tommy Burke (046 9074711). LVO, incidentally, run a sprint-O at Slieve Gullion, nearby, the day before – a good warm-up for the Championships.

Maybe some readers might be tempted by the sand dunes of Newquay in Cornwall (remember JK'97?) for the British Championships the same weekend (16-17th). Flights from Dublin to Newquay with Air Southwest for less than €70 and the organisers will collect you …

More for night-O enthusiasts in Sweden on April 23-24, with the annual Tio Mila ("Ten mile", but closer to 100 km) overnight relay, 30 km NW of Stockholm (www.tiomila.se).

The World Cup (maybe the last, now that the World Championships are every year?) starts in Surrey, SE England on April 29th and runs till 3rd May. Teams of six men and six women from each country can compete. This event also has open races for everyone. A pity it clashes with the Irish Championships. (www.wcup2005.org.uk). Combined with it is the "Surrey Five-O" open event around Guildford. Same web address for details. Book it, Danno!

Western Eagles and Curragh Naas OC are staging the Irish Championships on Inisbofin, Co. Galway at the end of the month(30th), running on to the May Bank Holiday Monday (May 2nd). Closing date 18th March. Details are elsewhere in this issue.

**May**

Belgium hosts a 3-day on 14th-16th at Kelchterhoef (www.orientatie.org).

On 28th-29th the Scottish individual and relay championships and a National Event are in the fast sand dune forest of Tentsmuir, near Leuchars in Fife (www.interlopers.org.uk).

**June**: Anyone who ran in the World Masters (i.e. veterans) Champs in Italy last year will be interested to see that there's a 3-day in the Asiago area of Northern Italy on June 2-5 (www.erebusvicenza.it). Cheap flights to Brescia, Treviso, Venice … John Feehan territory.

Jukola, the huge overnight relay for teams of 7, is on the weekend of June 18/19 at Anjalankoski, about 150 km from Helsinki (www.jukola2005.net). Imagine 1200 teams of seven runners going through the night…

Also in Finland, the 38th CISM World Military Championships takes place at Lappeenranta from 10th to 16th.

**July**

July is peak season for multi-day events: you can take your pick of the Scandinavian countries, Scotland, France, Switzerland, Italy, or several of the recent EU accession states.

Mountain bike orienteers might like to try a 5-day MTBO event at Plzen in the Czech Republic on July 2-6 (www.mtbo5days.cz).

There's an Italian 5-Day in Trentino, not far from Venice, from July 2-9 (www.oripredaia.it).

Norway's Sorlandsgaloppen in Vestfold runs from the 3rd to the 9th (www.sorlandsgaloppen.no/2005)

Overlapping with the Norwegian event is the Takas 5-Day at Klaipeda on the Baltic coast of Lithuania (www.oktakas.ot.lt) from 6th-10th.

There's a French 5-Day, at Millau, south of France, from July 9-14 (www.cdco12.org/5jours2005)

In Finland from 10th-15th there's the five-day FIN 5 in SE Finland (www.hiisirasti.fi/fin5).

The Swiss 5-Day in Ticino, the Italian-speaking part around Lugano, is associated with the Junior World Championships, in Tenero from 10-17 July. www.asti-ticino.ch/jwoc2005

In Duisenbarg in Germany, the World Gales for selected teams from Olympic sports is on July 16-17th..

The Swedish 5-Day this year is in Smaland in southern Sweden from July 17-22 near Jonkoping: Ryanair again! (www.orientering.se/oringen)

World Masters, Canada. Edmonton, Alberta, July 22-31. Anyone 35 or over can enter. Two qualification races and a final. (www.wmoc2005.com/)

Scottish 6-Day, Royal Deeside, from July 31st to August 8th. (www.scottish6days.com). See insert in this issue for more details.

**August**

There's a 5-Day near Lake George in Colorado in the USA from August 3-7. Might be worth a look, with the cheap dollar. (www.colorado5day.com)

The World Championships are at Aichi, Japan from 7th-14th plus four days of spectator races (www.woc2005.jp). Go and support the Irish team!

Bohemia 5-Days, Novy Bor, Czech Republic, 3-7 August. How about five days top class orienteering for only €35? www.ok-bor.cz/bohemia

August 20-27: Pacific Northwest orienteering festival, Washington state, USA (www.pnwof.org/)

The very end of the month sees another multi-day event in Italy, in the Marescina Highlands near Asiago, from August 29 to September 4th. (www.orivalsugana.it)

Into **September** you can still pick up some good orienteering at Parad in Hungary, where the Hungaria Cup runs from 14th – 18th. (e-mail fekete.zoltan@agria.hu).

Finally, the Veterans might like to bookmark **November** 12-13th for the Home Internationatal at Kyloe in Northumbria.

If you get to any of these more or less exotic places, please write about it for TIO when you get back.




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# CAN THE CELTIC TIGER RIDE A BIKE?

*An Irish team of four made the trip to the 2004 World Mountain Bike Orienteering Championships in Victoria, Australia in October. Eoin Rothery describes how they got on...*

The World Mountain Bike Orienteering Championships in Australia, were a great success, particularly for the hosts who scored 5 medals.

The significance of this should not be underestimated. It would be a mistake to put these results down to home advantage. While this was a factor, the Aussies trained hard and long for this and had had previous medals at MTB World Championships and World Cup. In their favour was the benign terrain and conditions in Australia, with year round training in good weather.

In MTBO, the Scandinavians don't have that built in advantage of living in the best terrain. In fact, Norway and Sweden didn't have any competitors in Australia and Denmark only had one. This has opened the door for other countries to succeed and Australia, Austria, Germany, Czechia and Finland have taken full advantage. MTBO is different. MTBO places emphasis on good bike strength and skills with route choice and decision making, but not a huge amount of "fine navigation". Speed is often very high, but extremely variable, so those that can adjust their thinking to their speed are better off. In foot-O it's more important to control your speed in the time-honoured traffic light way. There are no traffic lights in MTBO, but if you have to make a turn on a downhill leg you better watch out! In MTBO it pays off to read ahead when you get the chance, whereas in foot O it is often more important to concentrate on navigating the leg you are on. Luck also plays a part in the equipment area. Australia's results could have been even better if they hadn't had 5 punctures to 4 of their contenders (all riding tubeless). This can combine with the relatively smaller time differences to throw up surprise results. Could the luck of the Irish come in to play?

Ireland already has a good competitor in Nina Phillips, who backed her 2004 World Cup 9th with 35th and 37th, only 14 minutes (26%) down on gold in the Middle Distance. Even an aging Irish cripple got to 20 minutes off gold (39%) in the men's race. Could this sport see the first Irish World Championship medal? I think we have a better chance on bikes than on foot!

My journey to WMTBO began with an innocuous e-mail to Iain Rochford about the Park World Tour. Iain invited me onto the less than full Irish Team for the World Championships (for all the details see http://www.2004worldmtbo.org) and I bunny hopped at the chance. Things were going according to plan until the Australian Championships at Easter. On a bumpy downhill track I was sprinting with my arms shaking like a sheet of corrugated iron in a cyclone. Then a blur with steady arms passed me like I was stopped. I knew something was wrong. The best solution – blame the equipment! So, I gave away the bike and flew home without it, saving the $10 charge at Brisbane airport. With my savings I bought a new one – dual suspension and early results were encouraging as I got within 30 seconds of the winner at the next WA event.

The venue for the Long Qualifying, Creswick, was announced after dark the night before. I had an early start, which was handy because of the baking temperatures (the hail was long gone). Leg 2 was 5.5km, which wouldn't fit on my mapboard so I lost some time map folding. Route choice has never been one of my strong points and on leg 3 I lost significant time. I chose an "around" route that had more climb than the straighter "up and over". The problem was that my route went up and down across 1 or 2 contours lots of times, which were all really sharp ascents and descents with putrid puddles at the bottom of each hollow. I had the 87th fastest split (99 starters) and lost about 3 minutes. That was the only significant time loss and I was never really in the hunt for the top 60 to qualify for the next day. The defending World Champion, Jussi Makila was 66th, after a sidewall puncture, while Mark was just one place behind the lone Brazilian. The women had it easy, as with only 52 starters all they had to do was finish. The Aussie favourite and previous World silver medallist, Emily Viner, stormed around to win by over a minute. Nina Phillips, the Irish team captain, was comfortably home in 34th. An interesting aspect of the women's course was that it had only 6 controls!

**Long Qualifier**

1 Alain Berger SWI 77.06
60 Ronny Klinke GER 93.16
79 Eoin Rothery IRL 99.47
90 Mark Geary IRL 116.00

1 Emily Viner AUS 60.58
34 Nina Phillips IRL 76.55
51 Eunice Cinammon IRL 104.50

The terrain used for the championships varied from open eucalyptus forest mixed with pine plantations (Long), to mature eucalyptus forest with some steep slopes (Long and Middle), to goldmining and spur-gully terrain close to town (Middle), to flat open native forest with a complex track network (Relay). The Long Distance final at Daylesford was, like the qualifying, hilly and pretty easy from both a technical riding or navigational point of view. Alain Berger became the first dual medallist in both foot and bike O, having won gold in 1991 on the Swiss relay team in Czechoslovakia. His time of 94.36 was 46 seconds ahead of 2nd and just over a minute ahead of young Aussie sensation Adrian Jackson in third. In the women's Emily Viner had a flat late on the course while holding second place and slipped out of the medals to 5th behind Anke Dannowski of Germany. Nina had a consistent ride to come in 37th.

**Long Final**
1 Alain Berger SWI 94.36
2 Mika Tervala FIN 95.22
3 Adrian Jackson AUS 95.45

1 Anke Dannowski GER 89.03
37 Nina Phillips IRL 115.30
50 Eunice Cinammon IRL 151.09

After a much needed rest day the Middle Distance was held at Castlemaine – in fact all of the events were held within a few km of town centres, a very good initiative which should help participation numbers into the future. At Castlemaine (Middle-Distance Final) students from the local Middle School collected autographs from competitors at the finish area, a novel experience for the Irish at least.

This was another hilly event but more tricky. In fact the hardest was number 1, and despite stopping at the start triangle I didn't make the right choice, losing about 2 minutes with the 87th fastest time. On number 2 I had the 94th fastest split – this wasn't looking good. However it was all (mostly) downhill from there and despite losing another 2 minutes on a dud route choice and a minute at the last in a complex track area I managed 64th with 71.58. I was happy with that, and particularly with the Spanish team for turning up as I finished ahead of all 6 of them. Other scalps were all the Slovenians, Japanese, Latvians and Israelis. The "if only" situation would have had me on 66 minutes and that would have been good enough for 52nd, beating my previous best at a World Championships (57th in 1979). Mark pulled out a 10th fastest split on number 15 and finished a respectable 80th, one place ahead of the Brazilian, and in time for his ASDA drug test with which he was stoked: he'd made the big time!

Young Aussie tyro Jackson went even better than in the Long, knocking Berger back to second to win Australia's first championship gold medal in this sport. It looked like they might make it two as Belinda Allison led late in the event. Laure Coupat, the French favourite, came in and tied Belinda's time, but then Austrian Michaela Gigon (who finished 6th in the recent Australian foot-O championships) shaved 14 seconds off for gold. Nina improved to 35th place.

**Middle Final**
1 Adrian Jackson AUS 51.47
64 Eoin Rothery IRL 71.58
80 Mark Geary IRL 84.11

1 Michaela Gigon AUT 60.58
35 Nina Phillips IRL 67.57
51 Eunice Cinammon IRL 95.37

So to the relay at Maryborough, and hopes were high that I could bring the team home not last on the first leg. These skyrocketed when the terrain turned out to be flat, with a complex track network. At last! All those flat km around the Swan river in Perth were going to pay off! I was last to my bike in the 32 team Le Mans start, after carefully folding my big 1:15,000 map to get the first part of the course folded and a good route to number 1. However



I wasn't last to the start triangle, as I passed people looking at their maps. At every track junction to the first control I passed more people stopped and by the second control I was up to 14th. At this stage I was ahead of the eventual winner of this leg, Finland, and both Australian teams. However, the window of opportunity slammed shut in seconds – I was looking at my map, looked up to see a chest-high branch across the track, thought maybe I'll get through it and then – impact! After some swearing at other teams to leave me alone I got back on to assess the damage – it didn't seem too bad (X ray back in Perth showed a broken collarbone, fractured near the outer tip, about 5 mm displacement - not enough to warrant surgery). A look at the map told me I had a long way to go, but this was a team event so no choice really. The adrenalin wore off after about an hour and I started riding around potholes instead of through. Turning my bike was difficult, but overall it wasn't that bad. I handed over in 28th place of the 30 left in the race, incredibly still ahead of a Russian and a Japanese. Mark dropped a bundle at number 1 to let the Russians get through, but passed a Portuguese later to maintain 28th. Nina held that place and with 5 non finishers on the third leg we were up to 23rd (or 17th country of the 20 starters – some countries had two teams).

**Relay (Men)**
1 Finland 171.53,
2 Czech Republic 175.30,
3 Australia 175.31
4 Estonia 176.00,
17 Ireland 261.13 (E Rothery 82.53, M Geary 94.40, N Phillips 83.40),
18 Japan 317.38,
DNF Great Britian, Poland

Finland won both Men's and Women's easily, and Australia was involved in two close races for the minor medals coming away with bronze in both. Adrian Jackson got to the last control in silver position but lost it with a very slow punch to one of the two Czech teams in the finish chute. In the women's Australia's medallist Belinda Allison went out in third place on the third leg, just ahead of the other Aussie team and Russia. Second-placed Czechia made a 10 minute mistake on the long leg and the Russian faded – so could Australia finish 2nd & 3rd? Anna Sheldon on the Aussie second team was the revelation having the ride of her life with the second fastest time of the day. In fact Anna was nearly a minute quicker than all the rest late in the course, but a stumble at no. 10 let Austria's Gigon through with the fastest leg of the day for the silver medal – more bronze for Australia, leaving Aussie favourite Emily Viner without a medal this time. Overall, the Irish performed very well, with all competitors finishing every race. This is a sport we can do!

*(Eoin Rothery is a several times Irish O-Champion and WOC team member now based in Australia. He has been orienteering since the very start of the sport in Ireland in the '60's.)*

***Nina Phillips adds ...***

*The staging of only the second MTBO world champs in Australia was always going to reduce the numbers taking part. A side effect of this was a proportionate rise in the quality of the field, as European countries funding teams only sent their best riders. Looking on the bright side for those of us who could afford to go, Ireland didn't have such a funding problem. But good results weren't going to come easy. Ireland had four riders – Eoin Rothery and Mark Geary (both Aussie resident) in the men's, Eunice Cinnamon and Nina Phillips in the women's.*

*After a few days recovering from jet lag and taking in the sights of Melbourne, the girls made full use of the training events and maps in the week before the races. No major surprises thankfully with relatively easy path networks to navigate (which would favour those from an MTB background) and steep but short hills to tackle. Much of the terrain is former gold mining country. A bit of koala spotting did take eyes off maps occasionally! The final training event was incorporated into the Victorian MTBO Championships, where Mark was presented with a gold medal for his performance in the Victorian State Series earlier in the year. And so the Irish were the first nation to take a medal in world championships week...*

*Following an opening ceremony through the streets of Ballarat, the first race of the World Championship was a qualifier to select fields of 60 men and women for the long distance final the following day. With fewer than 60 women in the field, the requirement was only to complete the course, as non-finishers would not be allowed ride in the final. The men had to race, with 100 riders seeking a top 60 finish. Ireland's men would have been doing extremely well to make the cut, but their placings weren't bad for their first ever international race.*

*In the long final, the race was very much weighted in favour of the mountain biker over the orienteer, with long and navigationally easy routes between controls. This didn't suit the Irish girls, both of whom are stronger on navigation than speed.*

*At the top of the race, highlight of the day was the taking of two medals by Germany in the women's, including Germany's first ever world championship gold in any orienteering discipline.*

*After a welcome rest day, the middle distance was a bit more challenging orienteering with a denser path network and consequently more route choices and more opportunities for error. Australia took their first gold in the men's race while the Irish all had good races. Eunice was unlucky with a puncture before the first control but recovered well. With local school children spectating during their lunch hour, Ireland even happily signed some autographs!*

*The last race was the relay, with Ireland able to enter a competitive mixed team in the men's (open) race. Team selection was based on calculated minutes per km in the middle distance. Eoin completed the first leg in good time, especially as he went directly from the finish line to the local hospital for x-ray of a suspected broken collar bone after an altercation with a large branch early in his race. Thankfully the injury wasn't too serious. Mark and Nina both completed their legs in similar time to give the Irish an excellent 23rd overall, a result to be very proud of.*

*The Finns recovered from disappointment in the individual races to take gold in both the men's and women's relay and consequently retain their 2002 place at the top of the overall team rankings.*

*All in all the Irish should be pleased with their performances. A noteworthy achievement is that there were no Irish non-finishers in any race, in a championship where punctures, mechanical failure, crashes, mispunches and other mishaps claimed numerous victims in each of the races. Ireland appears also to be the only team to have travelled with no federation or government funding. We'll have to aspire a little longer it seems to the day of having a manager, coach or mechanic to look after us too. Or is there a sponsor out there...?*

*Full results, photos and race reports are on the web at www.2004worldmtbo.org, or look forward to the next world championships in Slovakia, Sept 2005 at www.orienteering.sk/mtbo2005 where Ireland should be preparing to field a full team. A very promising summer MTBO 5-day is taking place in Plzen (home of beer...), Czech Republic in July, and there will be various other European and world ranking events. At home it's hoped to repeat last year's popular MTBO series in early summer 2005, hopefully culminating in a national championship. Contact 2nina@email.com for all enquiries!*

*Nina, Eoin, Mark and Enice at the 2004 WMTBO*

irish mountain running ASSOCIATION

IMRA

# Mountain Running Fixtures 2005

| | | | | | |
|---|---|---|---|---|---|
| Sun | 13th Feb | 11:00 | Three Rock Winter | 200m | 8.00km |
| Wed | 23rd Feb | 12:00 | Munster Schools | 240m | 4.50km |
| Sun | 27th Feb | 11:00 | Ballinastoe Winter | 380m | 9.80km |
| Wed | 2nd Mar | 8:00 PM | Winter League Prize Giving/Table Quiz | | |
| Sun | 17th Apr | 8:00 PM | Claragh Mountain | 352m | 6.20km |
| Wed | 20th Apr | 7:30 PM | Goal Flash | 220m | 2.50km |
| Wed | 27th Apr | 7:30 PM | Hell Fire Flicker | 120m | 3.40km |
| Sun | 1st May | 3:00 PM | Round Mountain | 335m | 8.00km |
| Wed | 4th May | 7:30 PM | Sugarloaf Rush | 213m | 3.70km |
| Sun | 8th May | 12:00 | Ballybraid | 570m | 13.80km |
| Sun | 8th May | 1:00 PM | Doon | 335m | 10.00km |
| Wed | 11th May | 7:30 PM | Three Rock Dash | 198m | 4.80km |
| Wed | 18th May | 7:30 PM | Corrig | 235m | 5.60km |
| Sun | 22 May | 12:00 | Lugnacoille | 718m | 10.10km |
| Wed | 25th May | 7:30 PM | Bray Head | 274m | 5.00km |
| Sun | 29th May | 1:00 PM | Crohaun | 350m | 9.00km |
| Wed | 1st Jun | 7:30 PM | Mountain View | 326m | 5.50km |
| Sun | 5th Jun | 12:00 | Carrauntoohil | 1126m | 13.70km |
| Wed | 8th Jun | 7:30 PM | Scalp | 244m | 6.40km |
| Sat | 11th Jun | 7:00 AM | Wicklow Way Relay | | 120.00km |
| Wed | 15th Jun | 7:30 PM | Howth | 360m | 8.50km |
| Sun | 19th Jun | 1:00 PM | Slieve Bearnagh | 480m | 10.00km |
| Wed | 22nd Jun | 7:30 PM | Brockagh | 400m | 8.00km |
| Wed | 29th Jun | 7:30 PM | Tibradden | 305m | 8.00km |
| Sat | 2nd Jul | 2:30 PM | Croagh Patrick | 762m | 7.70km |
| Sun | 3rd Jul | 12:00 | Nephin | 736m | 5.00km |
| Wed | 6th Jul | 7:30 PM | Sorrel Hill | 412m | 10.00km |
| Sun | 10th Jul | 12:00 | Circuit of Glenmalure | 775m | 21.00km |
| Sun | 10th Jul | 12:00 | European Championships | | |
| Sun | 10th Jul | 1:00 PM | Slievenamon | 591m | 8.00km |
| Wed | 13th Jul | 7:30 PM | Ballinastoe | 430m | 12.00km |
| Sun | 17th Jul | 12:00 P | World Trophy Trial | 820m | 11.00km |
| Wed | 20th Jul | 7:30 PM | Sugarloaf BBQ | 427m | 5.60km |
| Wed | 27th Jul | 7:30 PM | Kippure | 427m | 10.00km |
| Sun | 31st Jul | 1:00 PM | Bar na Stuaice | 718m | 11.40km |



| | | | | | |
|---|---|---|---|---|---|
| Wed | 3rd Aug | 7:30 PM | Earl's Drive | 120m | 7.90km |
| Sun | 7th Aug | 12:00 | Hollywood Delight | | 14.00km 50K |
| Wed | 10th Aug | 7:30 PM | Kilmasogue | 250m | 8.00km |
| Wed | 17th Aug | 7:30 PM | Butter Mountain | 200m | 8.00km |
| Sun | 21st Aug | 12:00 | The Oasis | | 17.00km 50K |
| Sun | 4th Sep | 12:00 | Art's Last Stand | | 21.00km 50K |
| Sat | 10th Sep | 12:00 | World Masters Championships | | |
| Sun | 11th Sep | 1:00 PM | B & I Junior Trials | | 6.20km |
| Sun | 25th Sep | 12:00 | Lobawn | 570m | 7.50km |
| Sun | 25th Sep | 12:00 | World Championship Trophy Race | | |
| Sun | 9th Oct | 10:00 | British & Irish Junior Championships | | |
| Sat | 12th Nov | 12:00 | The Sugar Bowl | 650m | 8.00km |
| Sat | 12th Nov | 2:00 | AGM | | |
| Tue | 27th Dec | 12:00 | Christmas Flash | 191m | 2.40km |

Orienteering O-sport

INTERNATIONAL MAGAZINE OF ORIENTEERING ACTIVITIES

**ACCEPT THE CHALLENGE!! 150 CONTROLS IN A SINGLE RACE!!**

February,26...coast of Spain...Pasi Ikonen, you, and 150 controls...well, besides some dinner with Kournikova, this is the most exciting sport-date for an orienteer in the beginning of the year!

The well-known map of "La Marina", (everybody remembers it from JWOC'02) has been chosen for what will be the World Record number of controls during a single race. After the summer of '04 in Norway, the record had been set at 135, but what's that when you have sun, sea and Minna Kauppi running in your forest? Sant Joan team, with one of the biggest developers of our sport in Spain, the great Victor Garcia Berenguer, prepares another difficult day to forget. Everything is being prepared to the tiniest detail, including the special software for this competition, developed by Stephan Kramer and controlled on the field by Sport Ident's, Gunnar Larsson. You know you're invited, you'll find more info on www.clubosantjoan.org/pruebas/150balizas.htm .(O-Sport magazine www.orient-sport.com)

For Irish subscriptions, contact Mary Healy (GEN).

# 2005 ORIENTEERING FIXTURES

**February 2005**

1 Killiney Hill Co. Dublin Dublin by Night 3 AJAX
6 Rochestown Woods Co. Cork Cork Winter League 5 BOC
6 Sugarloaf Co. Wicklow Leinster Spring Cup 2 UCDO
8 Deer Park, Mount Merrion, Co. Dublin Dublin by Night 4 AJAX
12 **NI Score Championships**, Lough Bradan FERMO
12 Phoenix Park Dublin Dublin by Night 5 3ROC
13 Shipool Wood Co. Cork Local Event Score event CORKO
13 Coumshingaun Co. Waterford Southeast Spring League 3 WatO
13 Currabinny Wood Co. Cork Cork Winter League 6 BOC
13 Phoenix Park Dublin Local Event 3ROC
13 Seskinore FERMO
15 St. Anne's Park, Raheny, Dublin Dublin by Night 6 FIN
20 Lower Torc; Muckross, Co. Kerry Kerry Spring League 1 KERRYO
20 Ruppulagh Wood Co. Cork Cork Winter League 7 BOC
20 Brockagh, Laragh, Co. Wicklow Leinster Spring Cup 3 GEN
20 Gortatole, Co. Fermanagh FERMO
22 TBA Dublin by Night 7
26 Drum Manor NI Series 1 NWOC
27 Carrickbyrne Co. Wexford Southeast Spring League 4 WatO
27 Curragh Wood North, Midleton, Co. Cork Cork Winter Lg 8 BOC
27 Saggart Woods, Co. Dublin Junior Squad Fundraiser AJAX

**March 2005**

5-12 **Ski-O World Championships**, Finland
6 Knockaun Wood Co. Waterford Cork Spring League 1 BOC
6 TBA Leinster Spring Cup 4 CNOC
6 Gortatole, Co. Fermanagh FERMO
12 Slieve Martin, Rostrevor, Co. Down.NI Series 2. LVO.
13 Glenbower Wood Co. Cork Cork Spring League 2 BOC
13 Ross Castle, Killarney, Co. Kerry Kerry Spring League 2 KERRYO
15 **Munster Schools Champs** Coulbeggan Wood Co. Waterford BOC
19 **Ballyhoura 3-Day**, Carnglass Wood Co. Waterford Day 1 BOC
20 Gougane Barra, Ballingeary, Co. Cork Southwest League 2 CORKO
20 **Ballyhoura 3-Day** Coulbeggan Wood Co. Waterford Day 2 BOC
20 Clarabeg, Laragh, Co. Wicklow Leinster Spring Cup 5 3ROC
25-28 **JK2005: Jan Kjellstrom Orienteering Festival, Staffordshire** Brown Clee, Cannock Chase, Hopwas. WMOA.
28 Glenpatrick Co. Waterford Southeast Spring League 5 WatO



**April 2005**

3 Lisnabrin Wood Co. Waterford Cork Spring League 4 BOC
3 Djouce Co. Wicklow Leinster Spring Cup 6 SET
7 Martin Valley Trail Cork Business Houses Spring League 1 BOC
9 Baronscourt NI Series 3 FERMO
10 The Crags,Glenflesk, Co. Kerry Southwest League 3 KERRYO
10 Currabinny Wood Cork Co. Cork Spring League 5 BOC
14 Bottlehill Wood Co. Cork Business Houses Spring League 2 BOC
16 Slieve Gullion, Co. Armagh. LVO Sprint-O
17 Kilmurry Wood Co. Cork Cork Spring League 6 BOC
17 **Leinster Championships** Carnavaddy Co. Louth FIN. Entry details elsewhere in this issue.
21 Glenbower Wood Co. Cork Business Houses Spring League 3 BOC
21 **Irish Schools Orienteering Champs** John F. Kennedy Arboretum, New Ross, Co. Wexford WatO
23 Drum Manor, Cookstown, Co.Tyrone NI Junior Event.
24 Banna Sand Dunes Co. Kerry Southwest League 4 KERRYO
24 Ballinora Wood Co. Cork Cork Spring League 7 BOC
28 Glen Amenity Park Cork Business Houses Spring League 4 BOC
30 **Irish Orienteering Championships** Middle Distance Inishbofin Co. Galway WEGO / CNOC / GMITO. Entry details elsewhere.

**May 2005**

1 **Irish Orienteering Championships** Inishbofin Classic Distance
2 **Irish Orienteering Championships Relays** Inishbofin Co. Galway
7 Mullaghmore, Co. Derry. NI Series 4. NWOC.
8 Davmore Co. Waterford Southeast Spring League 6 WatO
15 Dinish; Muckross Co. Kerry Kerry Spring League 3 KERRYO
15 **Leinster Inter-Club Championships** Trooperstown, Laragh, Co. Wicklow: Score event GEN
21 Slieve Croob, Co. Down. LVO Sprint-O 2.

**June**

11 Delamont. LVO Sprint-O 3.

**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.**