*A busy weekend of orienteering: IOC at Inishbofin and the World Cup in Surrey. Included are Sennen O'Boyle and Pat Healy; the orienteers leave Inishbofin by boat; Nina Phillips, Toni O'Donovan at the UK World Cup Sprint race; start of IOC short race; Finish of the Classic race at IOC; Colm O'Halloran at IOC; Toni O'Donovan, Steven Linton, Bill Edwards and planner Julie Cleary at the World Cup.*

# the Irish Orienteer

**No. 110 Autumn 2005 €1.90**

## THE IRISH ORIENTEER ADDRESS LIST

**AJAX ORIENTEERS** Peter Kernan, 29 Willowbank Park, Rathfarnham, Dublin14.(kernanpeter@eircom.net)
**ATHLONE IT ORIENTEERS** Nigel Foley-Fisher, AIT, Dublin Rd., Athlone, Co. Westmeath (0902-24465)
**BISHOPSTOWN OC** Seán Cotter, 45 Rossbrook, Model Farm Rd, Cork, (021-4546194)
**BLACKWATER VALLEY OC** Ellen Feehan, Scarteen Lower, Newmarket, Co. Cork (029-60385)
**COMMUNITY GAMES ORIENTEERS** Ted Lucey, Kilpadder, Dromahane, Mallow, Co.Cork (022-47300)
**CIT ORIENTEERS** Padraig Finnegan, Sports Office, Cork Inst. of Technology, Rossa Ave., Cork.
**CORK ORIENTEERS** Rick Austin, Gurteenroe, Macroom, Co. Cork (026-42095)
**CURRAGH-NAAS ORIENTEERS** Ruth Lyman, Baltyboys, Blessington, Co.Wicklow
**DEFENCE FORCES ORIENTEERS** Comdt. Brendan Delaney, Infantry School, Military College, Curragh Camp, Co. Kildare.
**DUBLIN UNIVERSITY ORIENTEERS** The Secretary, DU Orienteers, House 27, TCD, Dublin 2.;
**FERMANAGH ORIENTEERS** Mary Campbell, 5 Knocknamoe Bungalows, Omagh, Co. Tyrone (048-82246818)
**FINGAL ORIENTEERS** Tom Burke, 2 Sycamore Ave., Beaufort Place, Navan, Co. Meath (046-74711)
**GALWAY/MAYO IT ORIENTEERS** The Secretary, P.E. Dept., GMIT, Dublin Road, Galway
**GREAT EASTERN NAVIGATORS** Nora Lalor, 6 Knocksinna Grove, Foxrock, Dublin 18 (01-2893497)
**KERRY ORIENTEERS** Rory Costello, 14 Manor Court, Tralee, Co. Kerry. (066-25532)
**LAGAN VALLEY ORIENTEERS** Stephen Gilmore, 41 Drumlough Road, Hillsborough, Co. Down. BT26 6PX (048-92683812).
**LEE ORIENTEERS** Clare Nuttall, 4 Upr. Panorama Tce., Sunday's Well, Cork (021-4300373)
**MIDLAND NAVIGATORS** Barbara Foley-Fisher, Holly Cottage, Glasson, Athlone, Co. Westmeath (0902-85306)
**NORTH WEST OC** Charles Reid, 55 Brentwood Park, Belfast, BT5 7LQ, (04890-666072)
**NUIGO** The Secretary, c/o Students' Union, NUI, Galway (irene_ralston@hotmail.com)
**OK DCU** Dublin City University. David Healy (david.healy9@mail.dcu.ie)
**SETANTA ORIENTEERS** Hazel Thompson, 2 Orwell Mews, Rathgar, Dublin 6; info@setantaorienteers.org
**SLIGO ORIENTEERING CLUB** Joe Bannon, Corrigeenroe, Boyle, Co. Roscommon (086-8305335)
**THREE ROCK OC** Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W (01-4908237)
**UCC ORIENTEERS** The Secretary, PE Office, UCC, College Road, Cork.
**UCD ORIENTEERS** Box 64, Student Centre, UCD, Belfield, Dublin 4 (orienteering.club@ucd.ie)
**UL ORIENTEERS** Ed Niland, c/o Clubs Officer, ULSU, University of Limerick (0103187@student.ul.ie)
**WATERFORD ORIENTEERS** Andrew Cox, Newtown School, Newtown, Waterford (wato2@waterfordireland.com)
**WESTERN EAGLES - GALWAY ORIENTEERS** Frank Ryan, St. Mary's, Ballinfoyle, Galway (091-753829).
**IRISH O-ASSOCIATION** Niamh Lalor, 6 Knocksinna Grove, Foxrock, Dublin 18 (01-2893497)
**IRISH ORIENTEERING JUNIORS** Niamh Lalor (niamh.lalor@email.com)
**NORTHERN IRELAND OA** Raymond Finlay, Gortatole OEC, Florencecourt, Co. Fermanagh BT92 1ED (048-66348888)
**CONNACHT OA** Padraig Higgins, 24 Alverno Ave, Willow Park, Athlone, Co. Westmeath.
**LEINSTER OA** Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W (01-4908237)
**MUNSTER OA** John Muckian, 13 Elmvale Close, Wilton, Cork (021-4343348)
**IRISH-O STUDENTS ASSOCIATION** Susan Healy, 11 Belmont Grove, Blackrock, Co. Dublin (01-2885798)
**BRITISH O-FEDERATION** Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2H(0044-1629-734042, FAX 0044-1629-733769). www.britishorienteering.org.uk
**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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**Cover**: Irish Champion Andrew Quin approaching the finish of the Classic race at IOC 2005 on Inishbofin.

**NEXT COPY DATE**
**November 20th 2005**

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## HOME AGAIN

Welcome back after the summer lay-off. Mind you, from the reports in this issue from places including Japan, Scotland, France, Italy, Norway, Canada and Australia, it seems that lots of you had a pretty active time.

Since the last issue we've had some outstanding orienteering: the Irish Championships and Shamrock O-Ringen spring to mind, plus any number of superb events to go to abroad. Thanks to all the contributors to this issue, who took the time and trouble to tell us about their experiences, or who gave me photos to use.

A surprise highlight was Alan Gartside's 6th place in the World Trail-O Championships in Japan. There was no Irish team at the World Championships but Alan had a great performance in this mentally demanding variant of the sport. Congratulations! You can read his account inside.

The Irish Championships weekend also saw the IOA Annual General Meeting taking place on Inishbofin: a captive audience and a record turnout. The new officers are listed in this issue. Since the AGM, GEN's Niamh Lalor had taken on the role of Secretary. We wish her all the best with it.

To return to a recurring theme, the IOA are not the enemy: they work very hard for us and for the sport. However, as a bunch of amateurs (in the best sense) there is only so much they can do. Will we ever see the sport growing to the level where we will be able to employ professional development officers and back-up staff? Only then can orienteering successfully compete with the other sports for the hearts, minds and euros of the people. In the meantime, we as individuals and clubs have to support the work of the IOA in promoting and developing the sport.

Finally, once again, apologies for the overdue appearance of this issue: the summer came just at the wrong time! What do you think of the colour cover? It adds to the cost, but I think it's worth it …

# O-NEWS

## NEW IOA SECRETARY

The Irish Orienteering Association has a new Executive Secretary. Niamh Lalor of GEN has just taken up the position. This will obviously mean a change of address for the IOA to 6 Knocksinna Grove, Foxrock, Dublin18.

## IOA MAPPING COURSE IN NOVEMBER

The Irish Orienteering Association is running a mapping course on the weekend of November 19/20, probably near Mullingar in county Westmeath. The event will take two full days over the weekend, and possibly the Friday evening as well. The classes will be at both beginners' and master-class level, both in the classroom and out in the field. I envisage a weekend that is an introductory course, seminar, and master-class rolled into one with lectures, practical classes and fieldwork. The topics could cover areas such as survey techniques, organising the survey team, OCAD intro, OCAD advanced, map layout, sources of information, sprint/bike/trail/foot/park maps, GPS and printing.

The list of instructors is being finalised at the moment but I can say that it includes some of Irish Orienteering's most experienced mappers, so this is an opportunity not to be missed.

The number of students will be limited to 20; possibly this will be extended to 25, but this will only be if demand is very high and I can organise enough instructors. One place will be reserved for each IOA affiliated club until August 31st. Thereafter places will be allocated one-by-one to each club that has expressed an interest in sending more than one person.

It is expected that a fee of €75 per student will be charged, with a deposit required by mid-September.

Each club should send an email to *mapping @ orienteering.ie* giving the names and experience levels of the people they wish to send. Students may be required to bring a laptop or PC.

Note that this event will not happen unless I receive sufficient interest from the clubs. Don't miss this opportunity, it could be years before it comes around again.

Marcus Geoghegan, IOA Mapping Officer

*(This information has already been provided to clubs, with the deadline of August 31st. The response was poor so the course is currently in doubt—Ed).*

## LAKE DISTRICT 5-DAY

The North West Orienteerng Association in Britain has finalised the dates of next year's five-day competition in the Lake District, which will be based on Kendal with the venues no more than 30 km from the event centre. The event will take place from Sunday 6th -Saturday 12th August 2006 and further information will be found on www.nwoa.org.uk/lakes5

## ALAN WORLD TRAIL-O 6th

Lagan Valley's Alan Gartside, manager of the Irish Veteran Team and doyen of Irish Trail orienteering, took 6th place in the World Trail Orienteering Championships in Japan in August. The Trail O WOC were run in conjunction with the foot orienteering WOC from August 7-14 but no Irish team traveled to the event, the first time since 1985 in Australia that we had no team representation. Alan had been lying in second place but a mistake caused him to drop 4 places. A great performance, Alan.

If anyone thinks Trail-O is easy, you haven't tried it! Basically, it involves walking a route with groups of controls on either side: you have to identify which (if any!) of the controls is the one marked on your map.



(For the record, we had two representatives in Australia in 1985, Eileen Loughman and Roxanne White).

Across the seas westwards, the World Masters Orienteering Championships were staged in Edmonton, Canada. Vince Joyce of Southdowns Orienteers won silver in the M50 class. Vince ran in several Irish Championships in the past: his sisters Monica and Regina have represented Ireland in athletics at the Olympic Games. Colm O'Halloran finished 9th in M40.

## LAST MINUTE CHANGES

We've all heard of last minute changes by landowners which mess up our maps for competitions but this one may take the biscuit. Chris Branford of Wimborne was putting out the controls for an evening sprint O at Lytchett Minster School. The school is having major building works done and while Chris was putting out controls, builders appeared and put a fence round the whole of the old bike shed and lawn, enclosing two of Chris' controls.

Although Chris was able to rescue the controls, there was no time to make map corrections. Fortunately most people coped. Not so some of the teachers, who found another new fence had enclosed some of their cars in the staff car park. *(from CompassSport News).*

## OCAD LIVES

Following the death earlier this year of the developer of the OCAD mapping software, Hans Steinegger, Mariann Steinegger and a group of Swiss orienteers have founded a limited company, OCAD AG. The majority of shares belong to members of the group Pro OCAD, whose goals are: keep responsibility for a software for developing orienteering maps which is simple, user friendly and available at reasonable price, make sure the software "OCAD" is maintained help to develop further software for mapping and planning in orienteering Pro OCAD was founded on 28th February. 2005 by Stefan Aschwanden, (Member of orienteering club OLG Goldau and a lawyer) Heinz Oswald (Member of orienteering club OLV Zug), Ernst Moos and Fritz Rufer (President of the Map Commission of Swiss Orienteering Federation (SOLV)) Pro OCAD has share holders mainly in Switzerland and issued 900 regular shares valued at CHF500 each. One third of the shares have been subscribed by Mariann Steinegger, Hans's heir, and the rest by orienteers, members of the association Pro OCAD. Now other interested orienteers can purchase shares. All founders are bound to the objective of the association Pro OCAD by a shareholders' contract. Now it is possible to purchase OCAD-shares. Persons with more than 5 shares get 20% discount for the next OCAD order. The development team, Gian-Reto Schaad and Christoph Stalder, is working on OCAD version 9.0. Thomas Gloor, the managing director (part time), supports them technically and administratively. The second phase of the beta test started at the beginning of May and has been extended to all licensed OCAD 8 users. The beta test version can be downloaded from the OCAD AG website. OCAD 9.0 should be available this Autumn. For further information please check www.solv.ch/pro-ocad/indexeng.htm or contact Heinz Oswald (pro.ocad@bluewin.ch ).

## SCIENTIFIC JOURNAL OF ORIENTEERING

The Scientific Journal of Orienteering is the officially published journal of the IOF (International Orienteering Federation) for scientific research about Orienteering. It has been issued for more than 20 years so far presenting original and review articles on topics from sports medicine to training, sports psychology, pedagogics and environmental questions related to Orienteering.

The Journal will now continue as an online version that is available for free, and will be published on the internet at http://www.orienteering.org/SciJO/SciJOhome.htm. To provide a scientifically good level of articles, an Editorial Board will be elected to find suitable papers for the first online issue, which is planned for September 1st, 2005.
If you have done scientific research related to Orienteering please hand in your manuscript, as an original article, a review or a case report article. Furthermore, if you have already published a paper about Orienteering in another journal, but it would make sense to publish it also in the Scientific Journal of Orienteering, please contact us, so that we may publish it as a reprint.
André Leumannleumann.andre@gmx.ch

## SEASONAL MAPPING

In 1944, some German captives detained in a POW camp in Arizona, escaped by tunnelling under prison fences. Successful escape depended on a map they had somehow obtained, which showed a series of connecting rivers leading to Mexico, where they figured they might find sympathisers who could arrange their return to Germany. They built a crude kayak which they dragged through the tunnel to assemble for a float to freedom. They soon discovered that Arizona's desert rivers rarely carry water. One by one they were soon recaptured or gave up. "Those stupid Americans," the leader exclaimed after their capture. "They put blue on the map where there is no water in the river." *(From Orienteering North America, via CompassSport News)*

### BRITISH TRAIL O CHAMPIONSHIPS

The British Trail O Championships were held at Penhale in Cornwall in April, with the experienced team of Arthur Boyt, Dick Keighley and Brian Parker in charge. 1st place went to Alan Gartside of Lagan Valley Orienteers, 2nd was Anne Braggins of WAOC and Rachel Cooper of SOC took 3rd after the timed controls were taken into account.

## RONNBERG NEW SECRETARY GENERAL OF ARISF

At its Annual General Meeting held in Berlin on 17 April, the Association of the IOC Recognised International Sports Federations elected the IOF Secretary General Barbro Ronnberg Secretary General and Member of the ARISF Council. The position is honorary and the term of office is four years.

*- We are very pleased that such a clear majority of all IOC Recognised federations gave Barbro Ronnberg their support in the elections, and we are happy to be able to contribute to the work of the ARISF during the next coming years*, says IOF President Ake Jacobson
The ARISF Council consists of six members, namely the President, the Vice President, the Secretary General, and three Directors. Jan Fransoo, President of the International Korfball Federation, was elected new President. He succeeds Ron Froehlich, who becomes President Emeritus of ARISF.
ARISF is the Association of the sports recognised by the IOC but not yet part of the Olympic program. The ARISF Annual General Meeting was held in conjunction with the Sportaccord conference in Berlin, Germany. Twenty-six out of the 29 member federations were present.

## ORIENTEERING IN WALES

The 2005 Welsh Championships are at Mynydd Llangynidr,near Tredegar, on Sunday 9th October, preceded by the Welsh Short Championships at Pontypool on Saturday 8th. Details at www.swoc.org.uk.

The 2007 British Championships will be at Teifi Pools, north of Tregaron and Brampton



Bryan.

## ALL IRELAND INTER-CLUB LEAGUE

Gerry Brady of Setanta has taken on the job of compiling an all-Ireland inter-club league that will be based on the results of the five championship events held each year in Ireland. (Four Provincial and one National Champs). Gerry is devising an algorithm that rewards a club for both quality and quantity of competitors. Keep an eye on the usual channels (TIO, e-Group, web) for an announcement from Gerry soon.
One of Gerry's problems is that, since more and more organisers are just publishing the results on the internet rather than actually printing and circulating them, there are large gaps in the results archive. One wonders what will happen in years to come if results, fixtures and other information is only published in electronic format: how will the historians manage?

## HOME INTERNATIONALS

This year the M/W35's move back into the limelight, joining the ranks of the Veterans after some years in the wilderness, following their eviction from the Seniors.

**Junior Home International, Wales, September 24-25**
Whiteford Burrows, Gower, Swansea.
Classes M/W14-16-18
**Senior Home International, Northern Ireland, October 1-2**
1st - Senior Home International & NIOA Championships. Magilligan, Limavady. C/660390.
www.niorienteering.org.uk
2nd SHI/NIOA Relay Championships, Woodburn, Ballyclare, Co. Antrim
Classes M/W20, 21
**Veteran Home International, NE England, November 12-13**
12th - Short Race & VHI Relays. Cockenheugh and Greensheen, Belford. NU/060352.
13th - NATIONAL EVENT & VHI Individual. Kyloe, Belford. NU/045384.
Classes M/W35 up

## MUNSTER CHAMPS 2005

Sunday 16th October, Clonmore North, Cahir, Co. Tipperary.
Classes: M/W 10—65 including M/W21 E, L, S and Novice.
Entries to John Scannell, 114 Curragh Woods, Frankfield, Cork by September 30th.
Fees: Adults €15, Under 18 €8, families €38, adult Novice courses €10.
Sportident timing will be used.
Details on CorkO website www.orienteering.ie/cork

**CompassSport Magazine**

Britain's O-magazine with news from the UK and around the world. The December issue with its review of the major events in the following year is worth the subscription on its own!

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# EVENT REPORTS

## LEINSTER CHAMPIONSHIPS, Carnawaddy, April 17th

In what were probably the worst weather conditions for any major event in Ireland since the memorable Veteran Home International at Slieve Martin more than ten years ago, Fingal Orienteers ran the Leinster Championships at Carnawaddy, Co. Louth, on April 17th.

The area was described in the pre-event information as rough open mountainside, which didn't tell the whole story. The mountainside was fairly bland, but the way the courses were planned brought runners up a detailed river valley, across a deceptively simple hillside, into an intricate maze of contours and crags on the mountain top, in low visibility, rain and wind: the combined challenge of the navigation and the elements proved too much for many competitors, so the level of non-finishers was exceptionally high.

Full marks, therefore, to anyone who finished their course, no matter in what position, and full marks to Fingal for discovering another hidden gem of an area, at least once you make it to the hill top.

Event Controller, Gerry Brady, raised the question later as to when a competition should be abandoned because of the weather. It's easy to be wise after the event, and in retrospect this is one which I think should have been, but it comes down to the judgement of the main event officials on the day.

One of the officials did point out, though, that they could run the event again and it would still be fair because none of the competitors had actually seen the area

**Results**

| | |
|---|---|
| M10 Millar, Harry | LVO |
| W10 No finishers | |
| M12 Mangan, Ben | SET |
| W12 Jones, Ciara | FIN |
| M14 Short, Conor | CNOC |
| W14 Fyffe, Darina | FERMO |
| M16 Short, Ruairi | CNOC |
| W16 Jones, Erika | FIN |
| M18 O'Boyle, Seamus | CNOC |
| W18 Hussey, Rosalind | FERMO |
| M20 Higgins, Patrick | LVO |
| M21E | |
| 1 Corbett, Brian | CorkO |
| 2 Millar, Ivan | LVO |
| 3 Beilmann, Lauri | OK Orion |
| W21E | |
| 1 O'Boyle, Niamh | CNOC |
| 2 Lynam, Ruth | CNOC |
| 3 Feehan, Miriam | BVOC |
| M21L No finishers | |
| W21S Healy, Susan | GEN |
| M35 Scannell, John | CorkO |
| W35 No finishers | |
| M40 Geoghegan, Marcus | AJAX |
| W40 O'Connell, Mary | 3ROC |
| M45 Bell, Brian | GEN |
| W45 Walley, Kathryn | FIN |
| M50 No finishers | |
| W50 Savage, Ann | LVO |
| M55 Henderson, Colin | LVO |
| W55 O'Neill, Jean | FIN |
| M60 Campbell-Crawford, Nigel | 3ROC |
| W60 Higgins, Maura | SET |
| M65 Hollinshead, Brian | 3ROC |
| W65 White, Faith | SET |
| M21S No finishers | |
| W21L Morrissey, Pte N | DFO |

## IRISH CHAMPIONSHIPS

I must admit that I was sceptical about the decision to hold IOC on dates which clashed with the World Cup races in England, but it seems that the organisers had little choice, with the constraints of available accommodation, likely weather, examinations and so on. In fact, the Irish Championships weekend on Inishbofin, Co. Galway, was a magnificent feast of orienteering in superb terrain.

A joint effort by Kildare club CNOC and Western Eagles from Galway, the additional burden of a venue far from home, and on an island to boot, didn't seem to bother the organisers. The whole island was taken over by orienteers, with every available bed taken up. Saturday evening's technically easy race at the west end of the island (there was little agreement on whether it was sprint, short or middle distance) served as a warm up for the main meal on Sunday, the Classic distance at the east end. For Monday's relay, the weather changed for the worse and the choice of area gave little shelter to man or beast. Just as well, then, that SportIdent electronic timing was being used, rather than soggy control cards.

In the classic race, Andrew Quin retained his men's title while Niamh O'Boyle added to her list of excellent performances and took her first Senior Irish title.

No account of IOC 2005 would be complete without mention of the corncrakes. Inishbofin was alive with the birds, with their distinctive call: the bird featured on each of Pat Healy's outstanding maps.

The terrain was mostly fast runnable open with lots of rock and contour detail, lakes, sea cliffs and marsh, but very few linear features, which was just what was needed for the seniors but must have made planning younger junior courses difficult.

The effort required to run this event in an area so remote from orienteering was immense, particularly considering the small number of people involved, but it was a great success. Well done, WEGO and CNOC. This was among the best Irish Championships I have been to: excellent orienteering in a unique setting. Now, what about running the Shamrock O-Ringen there?

JMcC

**IOC 2005 Day 1 Middle Distance Championships**

(M10 Klingenberg Conor FOK(Den))
M12 Corbett Cillín CORK O
M14 O'Boyle Kevin CNOC
M16 Simonin Nicolas BOC
M18 O'Boyle Seamus CNOC
M20 McCormack Ted GEN
M21E 4.4 km 145 m 24 C

| | | | |
|---|---|---|---|
| 1 | Quin Andrew | 3ROC | 22:05 |
| 2 | Makila Jussi | SET | 22:51 |
| 3 | Bourke Niall | CORK O | 24:08 |

M21L Healy David GEN
M21S Rocks Kieran No club
M35 Mahon Paul SET
M40 O'Sullivan Dermot BOC
M45 O'Cléirigh Aonghus AJAX
M55 McSweeney Sean DFO
M60 Campbell-Crawford Nigel 3ROC
M65 McCormack Paget GEN
M75 Rothery Seán 3ROC
W10 McCullough Clíona 3ROC
W12 McCann Aine LVO
W14

| | |
|---|---|
| 1 | Klingenberg Emma FOK(Denmark) |
| 2 | McCann Meabh LVO |

W16 Curran Niamh BOC
W18 Foley-Fisher Erinna MNAV
W21E 3.4 km 130 m 19 controls
1 O'Boyle Niamh CNOC 21:55
2 Creedon Ailbhe CORKO 23:33
3 May Una 3 ROC 24:13
W21L Callery Nuala AJAX
W21S Healy Susan GEN
W35 Schmid-Schilter Susanne LVO
W40 O'Connell Mary 3 ROC
W45 O'Boyle Bernie CNOC
W50 Savage Ann LVO
W55 O'Neill Jean FIN
W60 Cleary Trina 3 ROC
W65 Convery Hazel 3 ROC
W70 White Faith SET

**IOC 2005 Day 2 Classic Distance Championships**

M10 No finishers
M12A Corbett Cillin CORKO
M14A O'Boyle Kevin CNOC
M16A Simonin Nicolas BOC
M18A O'Boyle Seamus CNOC
M20A Higgins Patrick LVO
M21E 10.5 km 410 m 28 C
1 Quin Andrew 3ROC 1:02:10
2 Makkila Jussi SET 1:06:12
3 Rothery Colm AJAX 1:09:37
4 O'Halloran Colm LEE O1:11:39
5 Casey John AJAX 1:13:53
M21L Feehan John BVOC
M21S Rocks Kieran U/A
M35L Callery Tom AJAX
M40L Geoghegan Marcus AJAX
M40S Fitzgerald Willie BOC 1
M45L O'Cleirigh Aonghus AJAX
M45S Perkins Steve BOC
M50L McCullough John 3ROC
M50S O'Leary Diarmuid BOC
M55L McSweeney Sean DFO
M55S Power Brian SET
M60L Campbell-Crawford Nigel 3ROC
M60S O'Neill Billy SET
M65LMcCormack Paget GEN
M75L Calnan Fred CORKO Cork

W10 McCullough Cliona 3ROC
W12A McCann Aine LVO
W14A
1 Klingenberg Emma FOK(Den)
2 Simonin Emily BOC
W16A Jones Erika FIN
W18A Foley-Fisher Erinna MNAV
W21E 8.4 km 250 m 29 C
1 O'Boyle Niamh CNOC 1:13:50
2 May Una 3ROC 1:14:19
3 Pacheva Petranka BOC 1:17:18
4 Lynam Ruth CNOC 1:18:36
5 Creedon Ailbhe CORKO 1:28:01
W21L Callery Nuala AJAX
W21S Healy Susan GEN
W35L Schmid-Schilter Susanne LVO
W35S Millar Mandy LVO
W40L O'Connell Mary 3ROC
W40S Hill Eileen CNOC
W45L Boyle Bernie CNOC
W50L Healy Mary GEN
W50S Lucey Annemarie BOC
W55L Nowlan Monica 3ROC
W55S O'Neill Frances SET
W60L Cleary Trina 3ROC
W65L Convery Hazel 3ROC
W70L White Faith SET

**IOC 2005 Day 3 Relay Championships**

Premier Open
1 AJAX Warriors 1:39:43
brendan o'brien 32:18, colm rothery 31:42, john casey 35:43

2 CorkO 1 2:02:03
danny o'hare 53:20, brian corbett 34:24, darren burke 34:19

3 SET Get-Set 2:02:13
gerry brady 32:19, jussi mkakila 28:56, paul mahon 1:00:58

Women's Open
1 CNOC 1 2:17:23
niamh o'boyle 35:52, ruth lynam 38:59, bernie o'boyle 1:02:32

2 SET Up-Set 2:19:43
nina phillips 36:01, colleen robinson 1:00:34, hazel thompson 43:08

3 AJAX Amazons 2:38:06
nuala callery 40:00, brid higgins 44:55, sonja ewen 1:13:11

Open 40+ SET Re-Set
philip brennan, michael mangan, dave weston

Open 18- CNOC 3
seamus o'boyle, colm hill, ruairi short

Open 50+ LVO Old Lags 1:39:19
clive majury, bill simpson, colin henderson

Women's 50+ 3ROC
monica nowlan, ger power, áine ni-shuillebháin

Open 60+ 3ROC 4
ted mcgrath, harold white, michael butler

Open 16- BOC 12
eanna cantwell, nicolas simonin, alan lane

Open 14- BOC 10
brendan wall, padraig mulry, alex simonin

Open 12- LVO LadsLassies
aine mccann, harry millar, jack millar

Ad Hoc Club MNAV Incredible
erinna foley-fisher, christian foley-fisher , zoltan foley-fisher

Ad Hoc Mixed BOC 8
anne-marie lucey, anne goggin, sharon lucey



# NORDIC CHAMPIONSHIPS REPORT

Marcus Pinker

With WOC this year being so far away (in Japan), in an expensive country and with no opportunity for training, many of the regulars on the Irish team instead decided to travel to Norway at the end of May for the Nordic championships. Although this competition is organized primarily as a competition between the Nordic countries; Norway, Sweden, Finland and Denmark, with up to ten athletes allowed from each nation per class, the rest of the world is allowed to tag along. Unfortunately with most countries using their budget on WOC, this year the foreign contingent only consisted of us (Ailbhe Creedon, Toni O'Donovan, Darren Burke, Neil Dobbs, Colm O'Halloran and Marcus Pinker), the Estonian team and a few other individuals, mostly living in Scandinavia.

With the number of Scandinavian runners and Nordic terrain, it is perhaps the toughest competition to get a decent result Making it even more of a challenge is the format, with four races (Long, Sprint, Middle and Relay) over just four days. Long The event kicked off with the Long, 12.km in tough Norwegian forest for the M21's and 7.8km for W21's. It looked as if Norway's Holger Hott-Johansen was going to take his first Nordic Gold in the race until his late starting team (and club) mate Anders Norberg put in a truly exceptional run in win by three minutes, completing the course in 87.06. Anders caught the Estonian Olle Kärner in the early part of the course; the two pushing each other - though often taking different routes - witch gave the Baltic runner the silver medal, just one second in front of Holger.

In the women's race, it was the Swiss who dominated, pushing the best Scandinavian Jenny Johansson of Sweden down to third, nearly four minutes off the pace of the back to form Vroni Salmi-König. Vroni ran 8.3mpk in the physical terrain to give her a time of 65.17, giving her a rare victory over her more illustrious team mate, Simone Niggli-Lüder, who lost over four minutes in the final part of the race. This was typical Nor-

wegian terrain, which is very physical and technical and very hard to race in without considerable practice. Out of the men I faired best, finishing a few seconds under two hours, a long time to be in the woods, but delighted to be ahead of some Dane's, Estonian's and even a Finn! The rest of the team found it hard work but had a good battle between them, Neil getting the better of Darren and Colm. Toni also had a decent run, managing to beat most of the non Scandinavians, while Ailbhe saw quite a bit of the forest.

**Sprint**

With tired legs we all headed south to the coast the following day for the Sprint race, held in the Olympic bidding town of Brevik (strangely they didn't get very far in the process). This small old town perching on sea side rocks had plenty of steep lanes and small alleys making it an enjoyable location for the event. With the town centre closed to traffic we all set off for a ferocious sprint. Norway's Anne Margrethe Hausken took the victory in the women's races completing the 2.48km course in 13.35, just six seconds ahead of Simone Niggli-Lüder, who had to settle for her second silver. Sweden's Lena Eliasson completed the podium, a massive 47 seconds further back. The men's race was a bit closer, Norway again tasted victory with the young sprint sensation Øystein Kvaal Østerbø running 13.53 for the 2.93km, 5 seconds ahead of the equally talented young Finn, Mårten Boström. Sweden again took the bronze with Martin Johansson 19 seconds off the lead. Today it was my turn to mess up, or rather my Emit unit's. As there was only one punching unit at each control (which was of course usually the wrong way around) I decided just to hold in on the unit rather than rotating myself, and therefore forgoing the manual backup. Not usually a problem, however my Emit unit failed leaving no proof that I had actually visited many of the controls. Neil, Colm and Darren again had a good battle between themselves, finishing in that order, despite Neil making the most public mistake of the day! Toni and Ailbhe also performed very much on par (and in similar positions) with their long performances. Middle (with Micr-O) This was my main reason for wanting to do the event, middle distance is my favorite discipline anyway, but with the added challenge of `micro orienteering' it proved an irresistible draw. This was the debut for the format at a major event and was a major talking point, especially at team leader meetings. The idea behind it was to try and allow both the media and spectators to get more involved in what an orienteer actually does when competing. Basing it on Biathlon (a winter sport when skiers have to come into the stadium to shoot targets, for ones that they miss penalty loops must be skied, hence adding extra distance and time). Though we weren't given guns, we were given plenty of extra dummy controls (with the same codes) and a very detailed map. In theory, it was possible, using the extra detail and control descriptions, to identify the correct flag of the half dozen of so scattered around the control circle. There were a few rules to try and take luck out of the equation, for example, if on a point feature, no two flags could be closer than 180 degrees, so if a boulder was used, there may be a flag on the north side, when you want the south, but there couldn't be one on the east or west side. Unless on a point feature, flags also had to be at least 10m apart, which may sound like a lot but can suddenly become very close when you're tired and approach from the wrong angle. Of course this was all televised with cameras throughout the course and a big screen at the finish, so if you punched the wrong control the watching crowd could immediately see a little red control appearing next to your name (green for correct) and know that you had to do a penalty loop. The race started on a standard 1:10,000 middle map with normal controls,



at about two thirds of the distance there was a map exchange which was the start of the Micr-O section. Here you picked up a 1:5,000 map with 2.5m contours, which is quite a hard adjustment to make in the middle of a race. This is where it gets difficult to explain as you don't actually have to punch any of the controls. However, with six controls in this section (plus a compulsory control with no dummy flags), this would mean six penalty loops, and at about 20 seconds a loop (up and down a hill in front of all the spectators!), it was preferable not to have to do them. For the 6 controls, you are only allowed to punch six times in total, so there is no point in running into the circle and punching everything you see, as any extra punches equate to penalty loops (a maximum of 6). So if you punch the wrong one and immediately realise, you then have make the decision to either punch the correct unit (which would mean an extra punch, so you'd have to completely skip a control later on to avoid going over 6) or to carry on. At the end of the Micr-O section there was a download unit, upon punching this, a number flashed on a screen indicating the number of penalty loops to be run. Once these were complete, a further map exchange back to 1:10,000 and a final few controls finished the race. In the men's race, two of the protagonists from the Long race again battled in out, with Anders Norberg again getting the better of compatriot Holger Hott-Johansen. Anders was once of the few competitors to keep a clean sheet in the Micr-O, whereas Holger missed three and lost 51 seconds to the winner running his loops, finishing exactly a minutes behind Anders time of 29.55 for the 4.7km. Jörgen Wickholm of Finland took the lowest step of the podium just a few seconds further behind and with only one loop to run. Emma Engstrand of Sweden headed a trio of Swedes to take the bronze in the women's race, with one penalty loop she completed the 4.1km in just over 32 minutes. A few small mistakes in the early part of the course and then two penalty loops meant that it was the third time in three days that Simone Niggli-Lüder picked up the silver medal. However it was the young Finn Minna Kauppi who took her first major title in a time of 31.20 thanks to some very strong running, as like the Swiss runner, she lost time early in the course and also had to run up and down the hill two times. Unfortunately the results don't indicate how many penalty loops people had to run, as I can't remember how the other Irish performed in the Micr-O section. Neither Ailbhe nor Toni had a particularly good day, but I think the experience was enjoyed. The men again had their traditional battle, with Neil again getting the better of Colm and Darren. I had a pretty good day and aside from an irritating miss early on in some green I was happy my run. Coming straight down the hill in the Micr-O I lost contact with the map, so decided to skip the following control, however I suddenly found myself on what appeared to be the correct feature and punched. My luck didn't last as my joy of this unexpected bonus caused me to briefly lose concentration with the result that I punched the wrong following control. I realised as soon as I passed the correct control that I was wrong but it wasn't worth the time to turn around and run back and work out which the correct unit was, the result was one penalty loop which I was quiet happy with. Relay After a somewhat timid banquet (finishing at 10.30), weary legs were once again dragged out for the relay. With so many high class runners it was always going to be a close run affair, however in the men's class Norway's first team put in three superb runs to take victory by nearly four minutes. Behind things weren't quite so spread out, with the second to fourth teams finishing just 15 seconds apart, Finland beating Sweden for the silver by just one second. A thrilling final leg in the women's saw Finland's Mina Kauppi repeat her previous day's performance, going out

third and overhauling both the Norwegians and Swiss (who finishing second and third respectfully) to become Nordic champions. As mixed nationality teams weren't allowed, we pooled the Irish runners together to make two teams for the men's relay. Teams were selected using a variety of criteria (Neil was selected for third leg as he was the only who could stay around long enough!). The first team comprising of Marcus, Colm and Neil put in three solid runs in the steep and rocky terrain, however with no other small countries to competed against, we finished comfortably last. Due to the aforementioned time commitments, the second team of Darren, Toni and Ailbhe were unable to complete their courses. Overall I think that this event was a well worth attending, once accept that results aren't important as you're running against the very best in the world and very few others and concentrate on the orienteering, a lot can be learned. The Long and middle course were among the best I have even run for those disciplines and I found the though terrain very much to my liking. As a team we all had a very enjoyable week and hopefully are now well set up for major events throughout the summer.

Irish results: Long:

| | | | |
|---|---|---|---|
| 33 O'Donovan, Toni | W21 | 1:32:44 | |
| 38 Creedon, Ailbhe | W21 | 2:29:45 | |
| 32 Pinker, Marcus | M21 | 1:59:04 | |
| 37 Dobbs, Neil M21 | 2:25:26 | | |
| 38 Burke, Darren | M21 | 2:32:05 | |
| 39 O'Halloran, Colm | M21 | 2:53:31 | |

Sprint:

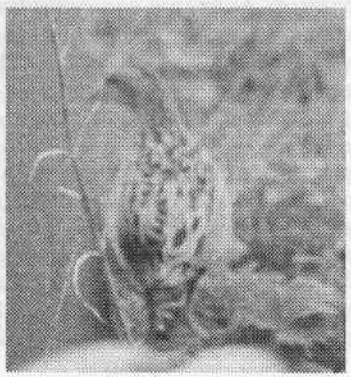
| | | |
|---|---|---|
| 29 O'Donovan, Toni | W21 | 17:14,4 |
| 35 Creedon, Ailbhe | W21 | 20:03,4 |
| 41 Dobbs, Neil M21 | 19:26,8 | |
| 43 Burke, Darren | M21 | 20:17,0 |
| 42 O'Halloran, Colm | M21 | 19:53,4 |
| DSQ Pinker, Marcus | M21 | 18:00,1 |

Middle:

| | | | |
|---|---|---|---|
| 41 O'donovan, Toni | W21 | IRL | 47:26 |
| 44 Creedon, Ailbhe | W21 | IRL | 53:56 |
| 38 Pinker, Marcus | M21 | IRL | 38:56 |
| 48 Dobbs, Neil M21 | IRL | 46:58 | |
| 49 O'Halloran,Colm | M21 | IRL | 47:43 |
| 50 Burke, Darren | M21 | IRL | 52:29 |

Full results, maps with route choices (and the location of the dummy controls for the Micr-O) can be found on the Nordic Championships website: http://www.noc2005.org/

*Left: Eoin Keith displays some of the hallmarks of MTB-O. (H. White) Right: The elusive Corncrake on Inishbofin*





# Scottish 6 days - 2005.

The 2005 Scottish 6 day event was held in Deeside, the 'royal' valley west of Aberdeen last visited by the 6 days in 1993, and used three new areas (new to me, at least) and three extended or remapped from that time.

Day one - Sunday - was on Cambus O'May, a new area close to Ballater, mapped at 1:10000 for all courses and described as 'an exceptional orienteering area' in the programme. It was technical and tough - the toughest of the week, to my mind, but really good orienteering - and produced relatively slow times. Most competitors passed close to a lake soon after starting and many were surprised to see instead of a typical Scottish loch a large dry shallow depression with lots of yellowish vegetation - a sign of Scotland's unseasonable weather this year. In fact during the course of the week we were to encounter a number of dry ponds and ditches which were shown as wet on the map.

Day two was at Scolty, very close to Banchory. The map was an extended version of the infamous Blackhall Forest map, with the name changed, I suspect, to ensure that some people didn't give this one a miss. The shorter courses used the eastern part of the area which was said to be more runnable and which turned out to be fairly ordinary by Scottish standards. Not too rough, not too technical, but with a nice forested assembly area and on my course the alternative of a long road run, which was the only example of poor planning I came across all week. The longer courses, however, started on the old Blackhall part of the map, and then had a series of controls through an area which was reported as being extremely rough with poor visibility until they crossed a fairly featureless open hillside and joined up with the rest of us.

Day three was Glen Feardar, which I remembered from 1993 because much of it was on a most pleasant area of runnable open. Unfortunately, the shorter courses stayed in the forest, which was quite technical and had good visibility but was generally pretty steep. According to those on the longer courses, the open hillsides are still very runnable. The day was made particularly interesting for our group as one of our number, George Hawes, over from the HVO club in upper New York, misread his 11.43 start time and managed to get through the start system at 11.34. Not surprisingly he finished in a very good time, and it was only on studying his splits that he realised he had reached his first control before theoretically starting. George very nobly turned himself in, slipping down a few places as a result, but the incident made for a very interesting discussion over dinner that evening regarding the possibilities it opens up. What seems surprising to me is that if, despite having such a hi-tech timing system these days, we use a non-punch start we still depend on officials maintaining their concentration throughout a long day.

On Wednesday, the day off, there was Mountain Bike orienteering in Blackhall Wood or a Park Race in Aberdeen for those who had the energy. Most of our group opted for more relaxing pursuits such as visiting castles, bird sanctuaries or distilleries, all of which are numerous in this lovely part of the world. Day four was on Allt Cailleach, close to the holiday home of one of Britain's richer families. The walk to the furthest start passed a 'cottage' owned by a member of the family best known for growing organic vegetables, though he apparently wasn't around. The area was quite technical and physical, but was affected by planning constraints (nesting birds?) which meant that most courses felt rather 'bitty'. Talking points this day included the siting of a drinks station on almost all of the courses which was about 20 metres down a hill from

where it should have been thus causing plenty of moaning, and codes 201 and 210 on two controls which were on relatively adjacent field corners. There was also a timed road crossing at which competitors were asked not to hang around.

Day five was at Bogendreip, on the eastern slopes of Glen Dye, close to Banchory. I thought it was a very good area, a mix of partially wooded, marshy low ground and technical forested slopes with a lot of high bracken, the mapping of some of which was questionable. Our group had late starts this day, which ought to have been helpful except for the fact that the 'elephant' tracks always seemed to be have been made by people who were lost. Interestingly, most of the run in from the last control to the finish was along a public road, one carriageway of which was closed off to traffic for the day - orienteering at this level obviously has plenty of clout in Scotland.

The last day was on Glen Dye, bordering Bogendreip to the west and using the same assembly area. To my mind this was the best area of the week, very runnable with good visibility and a wealth of intricate moraine features. It also had at least two road crossings and a lovely walk to the start along a wooded path above the river. A most pleasant end to the week's competition.

Overall the week had everything one has come to expect of the Scottish 6-day - superb organisation, good assembly areas, and top class forests, maps and planning. The weather, too, was generally close to perfect for orienteering for although on many of the days as we drove over the Lecht plateau from Grantown it was wet or misty, once we arrived in Deeside it had cleared up to cool but dry conditions. I got the impression that there were rather fewer Irish competitors this year than in the past though the system of segmented start times for different clubs means that you can easily go through the week without meeting up with people. There also seemed to be slightly fewer Scandinavians and more competitors from Eastern Europe.

2007 will take us back to Speyside, which I know from experience has some of the best, technical areas in Scotland (or the world, even) and which are in general less rough than Deeside. They will undoubtedly provide superb orienteering in beautiful surroundings and any Irish orienteers who haven't had the pleasure of tackling the Scottish 6 day should start thinking about it now.

Frank Martindale.

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### New OS DVD products

Two new Ordnance Survey of Ireland DVD products have been in development over the last few months and are now approaching readiness for launch. They have a common core, but one is tailored to meet the needs of hill walkers, and the other the needs of the educational market. Both contain Discovery (1:50,000) data (including a height model), as well as orthophotos. The software on the DVDs allows the visualization of the landscape, including 'fly throughs', and the integration of GPS data. You can therefore use the DVD to consider different options for a walk, and look at the options in three dimensions using both the map data and the orthophotos. Having chosen a route, you can then mark the key turning points on it, and export them to your handheld GPS receiver, which will provide navigation information as you walk. If you wish, you can also load the actual route you took, back from the GPS into the DVD software as a record. Two areas of the country - Wicklow and Kerry - will be launched initially, with more to follow. The educational version of the DVD will be released in August.

www.OSI.ie



## World Trail-O Champs - Japan

*Alan Gartside - LVO*

I put last year's mediocre performance in the inaugural World TrailO Champs down partially to a lack of familiarity with Scandinavian terrain, so the opportunity to get on to a level playing field (so to speak) and to see an exotic part of the world which I would otherwise never visit led me to ask IOA if I could again represent Ireland at this year's event in Japan.

I met up with the British squad in Charles de Gaulle airport for the onward long haul (14 hours) flight to Tokyo. From there we used Japan Rail (one of the wonders of the modern world!), including the bullet train to get to the event accommodation which, because of the need to cater for disabled competitors, was far from the main WOC areas and included coach trips of one to one and a half hours to get to the WTOC terrain.

The event consisted of two days of model events and two competition days. The model events threw up some "interesting" matters of interpretation (that's what they're for) and terrain (the forest had a slightly "scruffy" look because of the floor covering of bamboo grass) but Day 1 dawned, as always hot and sticky, and competition got under way. Our Japanese hosts were highly organised, with squads available to undertake the event chores such as pushing wheelchairs, providing much-needed watering points and running the results service. I was lying in a group of 9, one point behind a group of 4 leaders on two faults. However, the lodging of a complaint by yours truly led to the leading group reducing to 2 and my chasing group consisting of 4 which left me, by dint of fastest decision times, lying in a notional third place!

However, I couldn't maintain my form on day 2, scoring three faults on a day in which several perfect scores were returned. At one control I misread the ditch structure as shown on the map. While most trail-O faults can be put down to misinterpretation of land form this was a pure error on my part. It meant that I ended up in 6th place instead of 4th – a disappointment to be balanced against a respectable result. I'll just have to try harder, and more carefully, next time.

I took a few days after the competition to have a look at a little bit of Japan and was slightly disappointed. It was difficult to find evidence of the Japan of serene culture and where it did crop up so did lots of Japanese! However, while there might be lots of them they are a remarkably courteous and peaceable society – I didn't see a policeman outside the airport. I had a couple of nights in a Japanese guesthouse – futon on a rush mat floor, meals kneeling at a foot-high table. Sampling typical Japanese cuisine was one of the delights of the trip.

My visit finished with a 300 mile bullet train trip back to Tokyo which took 2 hours but had a view of rooftops all the way, such is the urban pressure on the coastal lowlands. It was also very nice to sit down to a full Irish breakfast in Dublin and handle a knife and fork after two weeks of chopsticks!

*Puzzled competitors at Alan's Irish Trail-O Championships in West Cork in June*

# World Masters Games in Canada

## *Ruth Blair NWOC*

During the last week in July six orienteers and four trusty supporters converged on Edmonton in Alberta, Canada to take part in the world's largest multi-sport event, the World Masters Games. From FERMO we had Raymond and Teresa Finlay and Jim and Marietta Fallis, from LVO Richard and Maureen McCourt and Wilbert and Yvonne Hollinger and from NWOC myself and my Mum Emily. The World Master Games is held every 3-5 years with 27 different activities and over 22000 people taking part. The World Master Orienteering Champs were part of this event for the 2nd time and almost 1000 competitors from all over the world took part. The opening ceremony saw various dignitaries including Canada's Deputy Prime Minister. We had marching bands, Mounties on their horses, Ukrainian dancers and a fly past by the Snowbirds.

The 6 days of orienteering were made up of 3 model events and 3 competitions. First we were based at Winfield, about an hour south of Edmonton in the Medicine Lake Grazing Reserve. At the model event we were encouraged to look at the beaver dams that we could encounter the next day to see what was crossable or not. The first qualifying event took place just beside the model and the map had white, light green, green and dark green and in places it was hard to tell what you were in. The undergrowth in the green areas was up to your arm pits but at least there were no brambles or nettles to contend with. I fought my way through various green areas and found my markers by pure luck or was that expert navigating? Unfortunately Teresa wasn't as lucky and had to retire. Wilbert hurt his leg at the model event so had to hobble round. Everyone else finished and the results are below.

We then all headed north to Fort Assinboinne about an hour north of Edmonton. Here the area was sandy with lots of marshes. The weather got hotter as the week went on. Qualifying 2 was held at Tiger Lily and again some slow legs fighting through the green with 1 leg about 1 km long out of a 4.6 km course. Again everyone finished and most people doing slightly better than the first day. One good result was from Colm O'Halloran who finished 5th in the M40 qualifying races. All courses had a cut off point for qualifying for the A final. I managed to scrape in, in 14th place.

On the final day our starts ranged in time from 10.13 to 12.09. I managed to see Teresa storming in on W55B so got a little insight into the area. I decided on the first leg to play safe and instead of ploughing through the marsh I took the longer route by path. Number 2 was ok but then lost a bit of concentration and made an error on 3. I think went steadily until point 11 where I don't really know where I went but lost 10 mins before eventually finding my marker. Next marker ok and then a steep descent to a large carved wooden bear (thankfully this was the only one that we saw!) at the last marker.

We then all headed off in different directions some to head home the next day, some a couple of days later and some to tour the Rockies for the next week.

Results

| | Class | Q1 | Q2 | overall | Final |
|---|---|---|---|---|---|
| R. Blair | W40 | 13th | 17th | 14th | A 14th |
| T. Finlay | W55 | mp | 14th | | B 5th |
| R. Finlay | M50 | 29th | 34th | 31st | B 4th |
| W. Hollinger | M55 | 44th | 51st | 47th | B 21st |
| J. Fallis | M55 | 52nd | 41st | 50th | B 37th |
| R. McCourt | M60 | 39th | 44th | 41st | B 10th |
| C. O'Halloran | M40 | 6th | 5th | 4th | A 9th |

*(From **Crossing Point**)*



# IOA NEWS

## Executive Officers 2005

**Executive Chairperson:** Dave Weston, 49 Ashlawn, Ballinteer, Dublin 16. Tel. 01-2960854 email *chairperson@orienteering.ie*

**Administrative Secretary:** Niamh Lalor email *info@orienteering.ie*

**Honorary Treasurer:** John Casey, 32 Shanagarry, Collins Avenue, Waterford. Tel. 051-30224 Work email *treasurer@orienteering.ie*

**Mapping Registrar:** Marcus Geoghegan email *mapping@orienteering.ie*

**Fixtures Secretary:** Fergal Buckley, 103 Meadowlands, Oakpark, Tralee, Co. Kerry Tel. 086 3306932 / 066 7126530 email *fixtures@orienteering.ie*

**Controller of Technical Standards:** Trina Cleary, 25 Templeroan Grove, Rathfarnham, Dublin 16. Tel. 01-4936187 email *technical@orienteering.ie*

**Director of High Performance:** Brendan O'Brien, Ashmor House, Willbrook Street, Rathfarnham, Dublin 14. Tel. 01-4950570, 086-8296016 email *elite@orienteering.ie*

**Director of Junior Representative Orienteering:** Ruth Lynam email *juniorrep@orienteering.ie*

**Communications Officer:** Andrew Quin email *comms@orienteering.ie*

**Development Officer:** Vacant

**Coaching and Training Officer** Neil Dobbs, 27 rue Pierre Curie, St-Rémy-lès-Chevreuse 78470 France. email *coaching@orienteering.ie*

## Snippets from the AGM, May 1st, Inishbofin

**Dave Weston, Chairman:** Last year we maintained a strong level of activity with regard to number of club members and total amount of orienteering events. Irish orienteers are now competing internationally in all four disciplines of the sport and mountain-bike and trail orienteering events are becoming more established in the orienteering calendar.

There have been a number of important documents produced and these were adopted at an EGM late last year. These are as follows; -

- The 'Articles and Memorandum of Association for Incorporation of the Irish Orienteering Association as a Company Limited by Guarantee' has superseded the old IOA constitution. This new company limited by guarantee affords protection to the executive in the event of legal or financial difficulties.
- The 'Code of Good Practice for the Welfare of Children in Orienteering' sets out good standard procedures for working with and coaching juniors. A seminar is being organised for Club Child Welfare Officers to facilitate the introduction of this new code.
- The 'Strategic Plan for the Irish Orienteering Association 2005 – 2008' sets out the objectives and goals for the sport. The plan covers all aspects of orienteering in Ireland and for the plan to succeed, it is essential that individual members and all clubs must take ownership of the plan and do their bit in striving to achieve its goals.

The executive continues to represent the Association at all levels and makes submissions on your behalf to all the relevant statutory authorities (Irish Sports Council, Coillte, Federation of Irish Sports, Sports Campus Ireland, other NGB's, landowner forums, and so on).

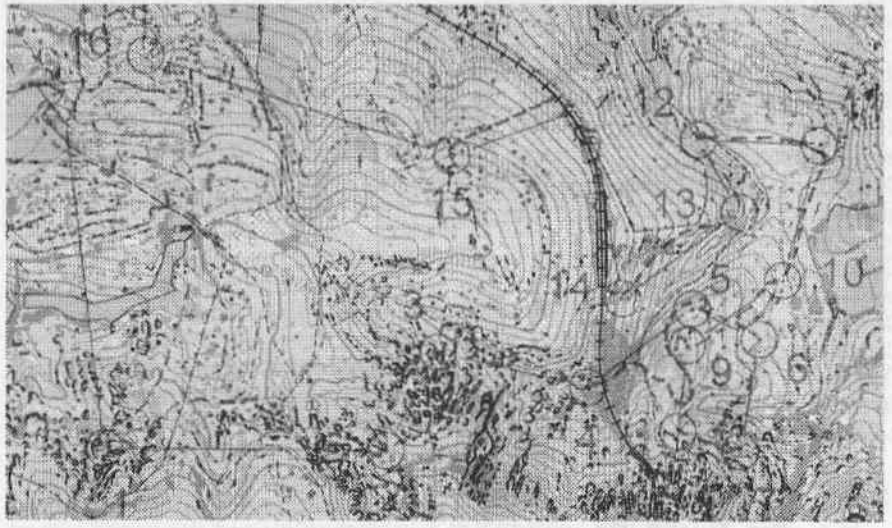
**John Casey, Treasurer:** Overall the IOA has a surplus for 2004 of €5,304, this was

due to a decrease in insurance costs and an increase in registration fees. The main source of the IOA income remains the Irish Sports Council Grant. For 2004 this was €32,515, in 2005 the grant will be €35,956. Given the extra income from SportIdent rental a considerable sum was spent upgrading the units. Over the next two years the IOA intend to spend €10,000 on SI equipment so that at least two full kits will exist. 2004 was a good year for mapping activity and the IOA disbursed a significant sum. Insurance costs decreased significantly in 2004 as a new insurer entered the market forcing down premiums. It is likely that there will be no significant increase in 2005.

**Trina Cleary, Technical Officer:** I hope to launch the updated Rules, Appendices and Guidelines 2005 in September. All controllers will be required to attend the launch which I propose to hold in Leinster, Munster and Connaught. Each club will receive a copy of the updated Rules. In November I intend to hold a Controllers Course for both existing controllers and aspirant controllers. A questionnaire will be sent to all controllers on the existing list, where they will be asked for a resume of their planning, controlling and organizing in the previous three years. If there is no response to this then it will be assumed that they no longer wish to be controllers and will be removed from the Controllers List. Those attending the Controllers Course will be added to the list.

We need to recruit a lot more controllers as the panel is very small and too few people are doing too much work.

Another area we have to get involved in is Trail-O. There is money available to sports, which are helping the disabled. If we can show that we are active in this field, then I think our grant aid might increase. Alan Gartside is very willing to pass on his expertise and I hope that later in the year to get Alan to give a course on setting up a Trail-O course and also how to map the area being used.



*Limestone pillars, scrubby vegetation and very detailed mapping from the French 5-Day in July.*



## *5 Giorni Val di Non 2005 (Italy) more or less.....*

After some time in the competing wilderness, I have over the last couple of years resumed my orienteering, going to local events in the Cork/Kerry areas, and I have also competed in some of the major events elsewhere in the provinces. This year, taking a break from a long-term role in Scouting left even more free time on a number of Sundays and a return to more regular orienteering was on the cards.

After a few years break, it was very enjoyable to be able to compete in areas which, while familiar to many, were new to me!! An early year weekend trip to Dublin allowed me to take in a Leinster League event at Raven's Rock, March brought a trip to Gougane Barra in West Cork (many a family outing over the years, but never for O), on to the Crags (World Cup '98) near Glenflesk and up to Carnawaddy in Louth for LOC - what a day! (In all my years orienteering I can't quite ever remember a day quite so bad - with the winds and sleet - but a very interesting area with great runnability.)

On then to Inisbofin for IOC '05 - didn't manage to stay for the relays but what a weekend - great atmosphere and welcome from the islanders - good detailed maps and efficient organising with the minimal amount of manpower available to WE & CNOC. Congratulations for organising a great Irish Champs in such a difficult location.

On the ferry over to Inisbofin, Fiona and myself got talking to Miriam Feehan about O in general and conversation turned to Italy with John (Feehan, Miriam's brother) now living there - I had read about the "5 Giorni Val di Non 2005" to be held in early July and as it turned out Miriam had been to the first running of this 5-Day in the same areas back in '98. By the time we had reached Inisbofin, I think we had both decided that we'd risk it and head to Italy for the 5-Day and take in some other sights while we where there too! (Now the only problem in the meantime was a little matter of planning Day 3 for the Shamrock O-Ringen on Bere Island!)

4 Weeks after the Shamrock we arrived at the Event Centre (EC) in Coredo, a small village located on the East side of the Val di Non, not far from the Brenta Dolomites. We registered, got our info packs, training maps and headed off to our accommodation in the tiny commune of Toss, (invites the question, what is a native called??!!) All forms of accommodation could have been booked quite reasonably through the organisers, but by the time we registered all 2 bed apartments were allocated so we booked one with a local Agriturismo (farm style B&B) just below the impressive Castle de Thun.

Sunday dawned bright and hot and we headed off to the nearby village of Tres which was one of three training areas available. 10 Controls to locate as we headed off together shadowing, just heading into the 1st control when a flustered fit looking Swede comes quickly out 'I just saw a 1m long snake and got a bad scare, I don't know if it was poisonous or not!' Oh boy! Some careful stepping for a while but soon forget about the snake and locate the controls in a gently sloped, well mapped, pine forest with plenty vegetation changes, clearings and paths offering good running - things looking up, perhaps the events may not be as difficult as expected.

Later that evening we headed back to the EC in Coredo to watch the Elite sprint event start & finish in the village square with winning times around 13 mins followed by the official opening ceremony.

**Day 1** (Campi Golf.)
Detailed semi-steep terrain with areas of stony features and lots of vegetation patches with good path network. Bus transport to each of the events was included with entry and so we arrived at the foot of Monte Roen, (with ski lifts!) to be greeted by the mass organisation and assembly area of a 1200 person O-event. Somewhat daunting as we get ready for action but on we go. As described in TIO #108, (for the WMOC '04 in nearby Asiago) each day we were given a tiny warm-up map of the assembly area showing start/finish and a handful of controls. Nice idea!

Head off on my course, miss the first control by veering off to the W, relocate and find it. Move a bit slower from now on, stay in contact and don't get lost - confidence not as high as yesterday and take long around routes to several controls trying to get a feel for map - make some more mistakes but eventually finish - who said this was going to be easy? Meanwhile Fiona was having her own fun too, near the end of her course. One day down, things can only get better from here.

**Day 2** (Mt. Larsen.)
Another twisty bus journey through narrow streets and umpteen hairpins brings us to the Rifugio F. alle Regole. Very wet & cold today and people scurrying for shelter, erecting tents and utilizing every inch of space in this Rifuge/Restaurant. Reasonably steep and detailed mixed forest leads to a slightly better performance but still well off the pace.

**Day 3** (Mt.Penegal)
Return to the same assembly area as yesterday for today's event which is a World Ranking Event, however today is very warm and there is a 190m climb to the start (at an altitude of 1500m). Very detailed contours with lots of small semi-open areas and scattered larch/coniferous forest. This was the toughest day and the early controls required some major concentration to avoid getting seriously lost, but pick up the pace in the 2nd half as we move into more open terrain.

Thursday - a rest day, time to explore Lago di Tovel, Cles and surrounds - skies open later in the afternoon for deluge!

**Day 4** (Predaia)
Last 2 events are close to the EC, which means a much shorter bus trip for us - 15 mins. Good visibility & runnability in a mixed terrain forest with some dense vegetation and more semi open areas, fitter today and less mistakes leads to my best run of the 5-days.

**Day 5** (Sette Larici)
Middle/short distance event on a clean pine forest offering good running with many paths & tracks with excellent visibility. Overshooting today as we have a 1:10000 map! Nice short course with passage through assembly area to give some spectator interest!!

Organisation was excellent, a great atmosphere with a running commentary, catering facilities, crèche, SI results, transport.

The event was organised with attention being focused on an eco-friendly sport project, with special efforts made to reduce/recycle/segregate waste, utilization of bus transport & dedicated parking and giving prizes from local producers, preferring specialty hampers of foods/wines etc.

I was surprised to see so few competitors from Ireland and UK, but a large contingent of Scandinavians present. It was nice to meet up with some familiar faces in the Irish contingent, consisting of fellow CorkO members Bob, Maria & Marcus Pinker from their new base in the Pyrenees and current Irish Men's Champion Andrew Quin. Andrew had pulled a hamstring a fortnight before the event and only decided to travel at the last moment and so skipped around the H21K (short) course, while Marcus was recovering from a tiring week updating the Offa's Dyke map and gradually built up his performances over the week in H21E.

Next Summer.....

Enthused by this summer's event, I am already looking forward to another multi-day event next year. There appear to be several good options available in mainland Europe, including those listed below. If you haven't gone to one of these multi-day events before perhaps you should consider one...you will be surprised at how much you will enjoy it....you don't need to be the next World Champion - all standards are catered for - from elite to novice classes!!

Go on, try it.....

WMOC Austria, 1-8 July 2006
www.wmoc06.com

Swiss O Week, 15-22 July 2006
www.sow2006zermatt.ch

Italian 2 day + 5 Day
8-9, & 10-16 July 2006
www.terminillo.net
www.5days2006.info

Danish WOC Tour
30 July-5 August 2006
www.woc2006.dk

# French 5-Day 2005

The choice was stark: three weeks camping and orienteering in Scotland or three weeks camping and orienteering in France. As you will have already guessed from the title, and the fact that Frank Martindale has written about the Scottish 6-Day, the French event won.

I have run in France several times: around Fontainebleau and in the forested sand dunes of the west coast, but the arid scrubby limestone terrain of the Plateau de Larzac was new to me. The area is in the Department of Aveyron in south east France, near the motorway bridge at Millau, the highest in Europe, opened last December.

Because of the intense heat in the weeks leading up to the event, "The Minister" (which one, we never discovered) had insisted that start times be brought forward to 7 am. This meant some pretty early mornings, but at least the whole day stretched ahead even after you returned to the campsite.

The areas were largely open, very dry and fast underfoot though with innumerable small prickly bushes, most of which were mapped. There were huge limestone pillars, crags and bewildering contours (which is up? Which is down?).

If anything, the maps showed too much detail for my taste: virtually every bush was shown and there was no way from the map to distinguish a 5 metre limestone pillar from a 30 metre one. On the first day or two the shops sold out of magnifying glasses; later the demand turned to camelbacks or other water carriers.

I had my best run the first day, taking it steady while others ran round in ever increasing circles; however, when they cottoned on to the techniques required to navigate, I started to move down through the ranks. The first three days were based at La Couvertoirade, a walled medieval town which hasn't been spoiled by commercialism. The last two days were at Saint Eulalie, with large rocky spurs and re-entrants reminiscent of West Cork. On the second day I had to do something I've never done before: return to the start kite and try again to find the first control! It was only 100 metres from the start but I wasn't being careful enough. (I read recently that one of the leading Scandinavian orienteers always reads every detail of her map to the first control, taking it ultra-carefully at the start of the course. Must try it myself sometime ...).

Day 5 had a chasing start (your start time was determined by your elapsed timeon the first four days) and several of the Irish had good positions.There was a good Irish contingent there: the names Simonin, O'Boyle, Dobbs, Hill, Lynam and Short were to be found in the results, among others. (Unfortunately M16's Nick Simonin and Cian O'Boyle were also to be found in the list of casualties, falling foul of the rocky ground and stone walls).

Most peculiar experiences? Running from bright sunshine into a pitch black one-man-size tunnel under a railway line, with a rock-strewn floor, lit by candles; then blinded by a flash photographer an the end and emerging maybe 100 metres away from the railway line on the other side and not having the remotest idea where I was. (I wasn't the only one: Bob Pinker was there too); running the entire course without realising that the map scale was 1:7500, not 1:10000 as it had been the day before: Moral - always check that the English and French versions of the event information agree!

Overall verdict? Very different, very challenging and great fun. To run in the sun is such a pleasure, where orienteering is a summer sport!

Best results? Ruth Lynam 3rd W50; Ruairi Short 5th M16; Tom Callery 2nd M35C; Una May 5th W35; Clíona McCullough 1st W10 on Day 3.

The next French 5-Day is in the sand dune forests near Bordeaux in July 2007.

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IMRA

irish mountain running ASSOCIATION

## Mountain Running Fixtures

| | | | | | |
|---|---|---|---|---|---|
| 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 |



# JUNIOR WOC REPORT

## Ruth Lynam

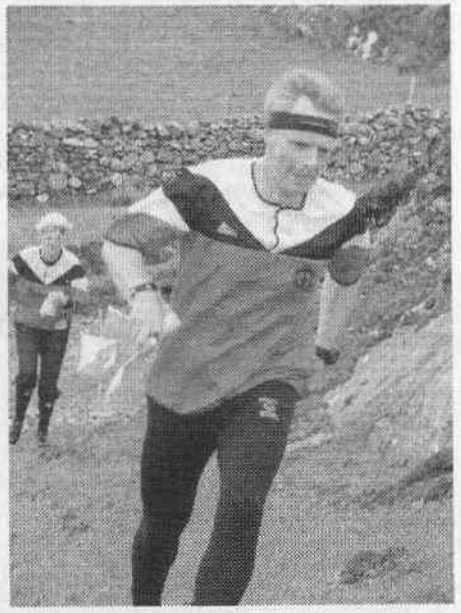
JWOC, the World Championships for Juniors (M/W20) was in Tenero in the Italian part of Switzerland on 11 to 16 July. Christian Foley-Fisher and Patrick Higgins represented Ireland, with Ed Niland going as team leader.

There were 4 Irish competitors at EYOC, European Youth O Championships for age classes 18 and 16, based in Sumperk in Czech Republic on the weekend 24-26 June. The Irish team was: M18 Colm Hill and Hugh Power
M16 Nick Simonin and Ruairi Short
Team leaders Ruth Lynam & David Healy. Robert Browne M18 and Erinna Foley-Fisher W18 were unable to travel, and all the Northern Ireland juniors were unavailable.

Day 1 was a Sprint around the old part of Sumperk. The Classic race on Day 2 and the Relay on Day 3 were just outside the town, on steep forested hills with intricate vegetation variations, and brashings and brambles underfoot. Unfortunately no Scandinavians attended, but there was strong representation from the rest of Europe and the standard was very high. The classic on Saturday was tough, and temperatures were almost 30 degrees, but all the team should be happy with the way they ran, 3 of them on their first international outing.

The Czechs dominated the results, winning 3 of the 4 classes each day. Full results are at http://www.eyoc2005.com

Sprint, Sumperk Fri 24 June
W16 2.1 km, 1 Dorottya Peley Hungary 12:01 (71 ran)
W18 2.4 km, 1 Sarka Svobodna Czech Rep 12:34 (77 ran)
M16 2.5 km, 1 Jakub Zimmerman Czech Rep 11:46, 56 Nick Simonin 15:12, 6 9 Ruairi Short 16:39 (80 ran)
M18 2.6 km, 1 Stepan Kodeda Czech Rep 11:47, 72 Colm Hill 16:04 (80 ran)
Classic, Sat 25 June
W16 5.0 km 185m, 1 Ivana Bochenkova Czech Rep 40:54 (71 ran)
W18 5.9 km 215m, 1 Nina Oleynichenkova Russia 55:23 (75 ran)
M16 7.3 km 310m, 1 Jakub Zimmerman Czech Rep 56:19, 68 Nick Simonin Ire land 95:30, 73 Ruairi Short Ireland 107:47 (80 ran)
M18 9.0 km 405m, 1 Stepan Kodeda Czech Rep 67:22, 71 Colm Hill Ireland 130:17, Hugh Power dnf (injured) (80 ran)
Relay, Sun 26 June
W16 1 Czech Rep 89:14 (19 ran)
W18 1 Czech Rep 103:42 (20 ran)
M16 1 Switzerland 114:47 (20 ran)
M18 1 Czech Rep 130:21, 19 Ireland 202:47 (22 ran)



*NIOA Juniors Officer Greg McCann followed by LVO clubmate Ann Bell at IOC 2005.*

## LVO's Patrick Higgins reports on JWOC...

This years JWOC was held in southern Switzerland, alongside the Swiss 5-day event, with Christian Foley Fisher and myself both running in our second JWOC.

We headed out a few days early to acclimatise (and work on our tans.) The real thing that struck me was the size of the mountains. They just kept going up, higher and higher, with the locals thinking nothing of them at all, whereas I was ready for a break by the time we had walked to the start of the training maps due to the climb and the average temperature of 25°.

The JWOC athletes accommodation was in the Centro Sportivo Tenero, which is a Swiss Olympic training village complete with facilities for every summer Olympic sport, and even a small beach at the bottom of the grounds on the shore of Lago Maggiore which ran down into northern Italy.

The middle distance terrain was technically steep, rocky and extremely rough terrain with the organizers constructing a bridge over the local main road for competitors to run across on the run-in. The most notable result was perhaps Hanny Allston's 3rd place in the women's race for Australia.

The classic was the by far the most demanding race, technically and physically that I have ever done, backed by the fact that over 20 men failed to finish the 9.5 km course with 485m climb. Again the terrain was rocky and most of all extremely steep. I suffered very costly mistakes in the first third of the course which was extremely detailed, I improved considerably in the middle, only to suffer terribly in the heat and humidity on the last loop. With no energy I have no idea how I managed to make it to the finish at all. With only 2 runners we were unable to have a competitive relay team in the semi-open alpine terrain with rather dense forest. Over 1500 spectators making the climb to the small plateau at 1800 metres, next to the ski lifts to see Norway take gold in both the men's and woman's relays by considerable margins over the rest of the field. The TV crews took the easier option using a helicopter to film the mass starts. Never before have I been so tired after a weeks orienteering, although I have to say roll on Lithuania '06!

(From *Crossing Point*, the NIOA Newsletter)

*Part of the IOC 2005 map of Inisbofin*



# Ski WOC 2005 - The Crash Course -

### Nina Phillips

Allow head stop spinning, check for broken bones, unwrap poles from tree, unwrap skis from tree, unwrap poles from tree again, check no broken poles, or skis... stand up, head for next lethal corner. Repeat indefinitely. Afterwards we call it fun.

It all started as something of a humorous challenge... I talked Eunice Cinnamon into the MTBO WOC in Australia, she retorted with Ski WOC in Finland. Eunice held her side of the bargain, so I had to keep mine. The navigation is like bike-o, maybe a little easier even, so that side's okay. Mapped tracks are all pre-prepared by snow plough or snowmobile. Should be 50% of the battle covered off. Just learn to ski so... I'd tried out cross country skiing in Italy once for two hours, two years ago, and loved it. On flat, wide tracks in a big, wide, flat valley. Piece of cake.

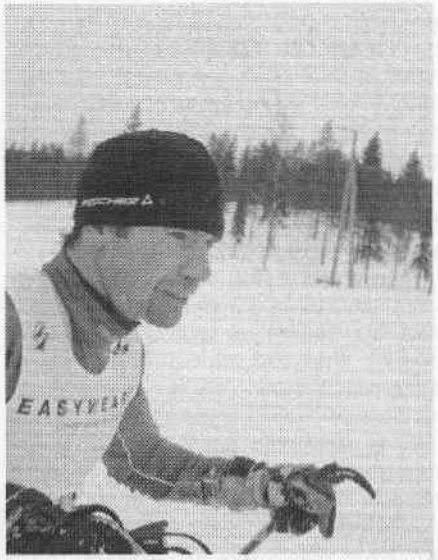
I'd already planned to come to Finland so that sorted a training location, and a bemused coach. The Finns all ski from age 3 or so, so my request to learn enough from scratch for Ski WOC in just six weeks was mostly greeted with 'you can't be serious' but I was, so bemusement became coaching challenge, and the crash course began.

Week one was mostly about staying upright. Week two I started covering some distance – about 2km. The afternoon posse of elderly skiers (some maybe eighty plus) got to know me and gave encouraging smiles as they passed me. Up to now it was all straight line 'classic style' stuff, in ploughed tracks, bit like driving a train. The train thing included regular derailment on corners. Week three had an enormous amount of falling over as I tried skating technique – the racing style. A trip to bigger hills than I was used to left me buried in snow drifts and misery. A wrist injury offered some hope of graceful backing out, but it got better after a few days. I was almost disappointed.

Week four (just three weeks to go and look at the state of me...) brought some focus, and some progress. Goal of the week was a three hour session, just keep skiing for three hours, simulate the Ski WOC long race a bit. Made it!! Suddenly it seemed like I might survive. Week five was the revelation that skiing includes single tracks... had ignored that concept so far. Uphill was ok, I have cheating sticky tape under my skis, gives some grip. Downhill is like trying to learn technical mountain biking. With no brakes or handlebars. Can't make any sense of that one.

MTBO friend Melissa Thomas from Australia had agreed to do Ski WOC too. She came to stay in Tampere for some training. My spirits took another 'hit' to discover she was a much better skier than me, but she didn't have the secret sellotape for the narrow uphills. We entered a Finnish National Event in Ski-O for the weekend. Time to try out attaching mapboards and compasses. The mapboard bindings are like trussing a chicken, straps around neck, chest and waist and the board comes out of your stomach on a pole, so you can't see the skis anymore. Despite a safety collapse system, I managed to wind myself with it, bruise some ribs and break the board within an hour. All very encouraging.

The races at Hyvinkä were shocking. Icy tracks, heaps of single track, horrible steep downhills, rocks and roots hiding in the snow. Navigation was easy but route choice starting to matter for avoiding scary bits. We both finished each day which was good (but slow), but in dread of what WOC might bring. Week six we concentrated on single track technique, careering out of control



*Rory Morrish*

between the trees and only gradually learning something about how to turn and stay upright. The bum-slide became a useful technique for coping with the scariest of the downhills. The learning curve was steep and painful.

And so to Levi, idyllic Lapland ski resort way above the Arctic Circle, complete with Northern Lights and all the Lappish stereotypes. And a hill. Finland is generally flat, but Levi is their best alpine ski resort so there's a hill. It's only around 500m high (and the town is at maybe 200m so it's not exactly Wicklow) but here it looked massive. Meeting Irish ski-o guru Rory Morrish and flying the flag at the spectacular opening ceremony, complete with fireworks, was some light relief from the apprehension. The thrill of competing in the green (and the ski-o suits are GREEN), the atmosphere of the international-ness of it all, it's a special feeling.

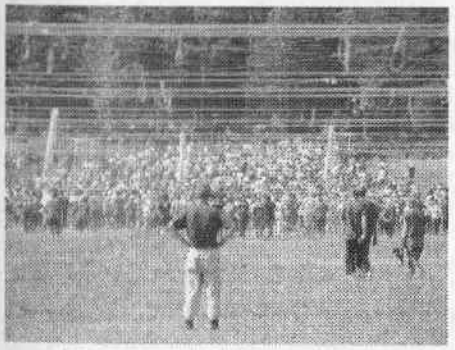
I don't remember a whole lot about the first race – the sprint. It was all over in 28 minutes (even for me) and I was just glad to finish. 42nd place was also last place but only a couple (it's all relative) of minutes behind the next, an American. Finland, Sweden and Norway took all the medals. Rory was 55th.

The long distance will lodge in memory for a long time to come. Three laps over 18k, intimidating mass start. It started reasonably well. The a burst of self-confidence heading towards the third control had me hurtle down the first of the steep descents at way-out-of-control speed and come to a very abrupt horizontal halt at the T-junction below, my attempt at a snow plough stop probably crossing the skis. Not recommended. But I staggered up and on. My damaged pole snapped a couple of controls later. My thumb might be broken too. In more of adventure racing mode than skiing or orienteering I ran most of the rest of that first lap, possibly actually gaining some time on the climb up the mountain. Skiing with one pole just doesn't seem to work. A DNF seemed the only option at the map exchange, and a disappointing one, but many thanks to a Norwegian official who spotted my half-pole and handed me a new one at the equipment control. The second lap passed off without major incident but left me heading for the time limit to not be allowed start the third lap. But there was hope, I could still make the three hour cut off and there was actually someone out behind me. The third lap was very short and flat and I finished to rapturous applause from the two remaining officials, and the entire Australian team of one. 2 hours 51 minutes, good enough for 37th place. And beat an American.

The Russians cleaned up in the rankings, taking five of the six medals of the day, with one left for Finland. Rory was 53rd, beating some old rivals and winning the hearts of the media for promoting the lighter side of it all, starting a couple of minutes behind the mass start after some transport problems. All cause for a well earned night out with a rest day before the next race.

The middle distance was fun, probably the easiest distance – the sprint requires a lot of skiing speed, the long distance was, well, long and mentally trying. The terrain was slightly easier too here making it more enjoyable. Beat the American again so quite happy with the day. Ireland 2 – USA 1. Rory was 59th, Nina 42nd. Russia again dominated the medals.

The final day was the relay. Those without full teams were allowed to do the first leg. Again a mass start, and almost from the beginning the previous three races and stress of it all started taking their toll on me. Some stupid navigational errors early on were followed by a very public one later when I mistook the spectator control for the last control and crossed the finish line without doing the last couple of controls. Enough was enough, and at least that race was purely non-competitive. Skis were swapped for Lappish cloudberry cider and lots of it at the official banquet and beyond. Before too long it had been a fabulous experience, with another season's training there's lots of potential, we can only get better at it, no other way to learn than dive in and do it. Suddenly there was a 'Next Year' in the conversation.



*The start of the Venla Relay*

# Venla and Jukola Relays

The 27th Venla and Jukola relay events attracted 841 women's teams and 1331 men's teams to Sippola in Finland in but there were few surprises in the results. Ulricehamns won the 4 leg women's relay beginning in the afternoon, anchored by Jenny Johansson and Simone Niggli Luder

The main event was the biggest orienteering relay in the world, the largely men's 7-leg Sippu-Jukola, which started off in the evening and featured a grudge match between giants Halden SK and Kalevan Rasti.. Halden SK took the lead after the 2nd leg with a fine run from Finland's Jarkko Huovila 47 seconds ahead of Jamie Stevenson's new club Farum-Tisvilde OK in 2nd. Stephen Palmer brought Malungs OK back in 21st. By the final lap, Thierry Gueorgiou for Kalevan Rasti and Emil Wingstedt for Halden started out with 1 second separating them. The Frenchman ran an inspired race, pulling ahead 3.24 minutes by the 1st radio control, a gap which Emil was never able to close.

This year an Irish Army team also ran In Jukola having been training in Finland and running in the World Military Championships (CISM).

A largely-London OK team finished 945th in 13:59:21 (Ian Searle, Ronan Cleary, David Saunders, Steve Bingham, Julie Cleary, John McCullough, Mark Adams), with the army team (Seán McSweeney, Pádraig Higgins, Kevin O'Reilly, Gareth Evans, Oliver Clear, Naill Verling, Michael Hannon) in 789th place in 12:54:28.

For full Jukola information visit www.jukola.com

# Adventure Down Under

Jean O'Neill

I recently spent three months in Australia, where I did a lot of orienteering. The 'Bush' season is from March to the end of September, then Park & Street-O (evenings) takes over until Christmas. During the Christmas/Summer holidays is the Christmas five day, usually in New South Wales or Canberra. Park & Street-O recommences until the end of March when it becomes Night-O with the darkening evenings.

Bush and State Series (high quality league) events then lead up to the annual excellent 3 day Easter event. If you go to the Bendigo area of Victoria there is a Foot-O event on almost every weekend throughout the year. MTBO is very popular with a full calendar, with events often on the same weekend as Foot-O, but on the Saturday. Rogaining has a big following and there are regular events of varying distances and duration- they were impressed with Setanta's annual 24 hour one!

I had the pleasure of competing in most of these events during my stay. A bonus was a Women's Coaching weekend, organised by the Victorian O.A.

I started off with the Christmas 5 day, from 27th to 31st December, in northern NSW - weather was middling to excellent, maps were good, and swimming was one of the listed facilities available each day, close to assembly in a dam or creek, often on the map. I got a prize for swimming each day- the only one to do so- the Aussies didn't think the weather was warm enough!

The 5-day is a low key, informal holiday event where the best four days count. Courses are colour coded, not age related. I did Red 4 (most technical), approximately 4k each day. The first day included a very flat area with almost clear running underfoot, not good visibility and no features except a few small thickets of new young pine trees- which was which? The rest of the map was gently undulating and littered with termite mounds, 0.5 to 1 metre in height (a brown X). Australian bush has very few line features, it is usually fast running but it's very easy to be caught out. Long legs were a feature on Day 2 (7 controls in 4k, longest 1k). This map had many boulders so guess where the controls were? For the energetic, MTBO was available in the afternoon.

The route decision of the week for all but the very short courses took place on day 3- the Blue Hole- around, or through the gorge (which meant a steep rocky descent). I choose the long route. Some 'through route' takers were successful but most came a cropper! A swim in the Blue Hole on a very hot day was very welcome afterwards.

Day 4, Banalasta, was very technical: the usual spur/gully terrain with a lot of open with lots of small areas of bush dense with boulders, and a larger very steep area with serious rock. This was my worst day, but I could drop it for the scoring. It was very well received by most orienteers; it had only been used once previously, for the 2003 NSW championships. There was excellent swimming in a large dam on the property, followed by a BBQ up outside the winery and produce store (where I spent my prize voucher) in scorching weather.

Areas of bare rock hidden by dense bush featured on the last day, it was also very steep. The prize giving was held quickly in the excellent assembly area (I got in my swim before it!). I came 6th out of 34 and my companions came 5th, 6th and 8th. The total entry was about 250. Then everyone made a quick get-away - it was New Year's Eve. We left at 10.30 am and made it halfway to Melbourne by 6pm, joining in the celebrations in the local club in a small town.



David Brickhill-Jones, an Australian Elite based in Europe won all five days in Men's A. Overseas competitors took 5 of the top 10 places.

After a few days in Melbourne we flew to Auckland, New Zealand for the Oceania Carnival which included the annual AUS/NZ challenge on Day 3. The home country (it is held in Australia and NZ in alternate years) usually wins and this year was no exception, even though Australia fielded a very strong team including their schools team. The terrain was young pine forest on steep and intricate sand dunes- elite men could only manage 9 mins per km! The sand dunes were to my liking, reminding me of Irish terrain and I ignored the trees and won my class that day.

The first 2 days were on adjoining areas, on steep complicated spur/gully terrain. (Day 1 was a World Ranking event for Elites). White on map wasn't very white, and light green meant virtual rainforest! It was wet, muddy and slippery underfoot and controls were not readily visible. Days 4 and 5 were in a totally different area, on sections of the same map- incredibly steep, very poor visibility, many open sandy areas, indistinct vegetation changes and undergrowth. Times were slow. I finished 7th out of 24 in W55A. Just 30 points separated 4th and 7th places. Patricia Aspin of NZ (the 2004 World W55 Champion ) had a maximum score of 4000.

The Carnival commenced with a mass start score event, held in pouring rain. A local woman won the spot prize of a lovely mountain bike. Relays concluded the week where NZ won 19 of the 23 classes from Australia. This was more sand dune (forested) terrain, very steep in parts and one had to beware of the 'cutty grass'- very high clumps of pampas type grass- and weave between them. They were shown as undergrowth on the map but until you ran though an area you weren't sure how dense they were. It was nice to meet Ailbhe Creedon, who was competing in W21E.

It was an exhausting week of orienteering (on top of the Christmas 5 day). Summer finally came to New Zealand after the opening day score event so we could swim, sightsee, BBQ etc. when we weren't in the forests! I spent an extra week on North Island before returning to Australia, finishing with three days in a quiet hostel on the beach just north of Wellington- I was shaken out of my bed on the first morning by an earthquake measuring 5.6! Scary stuff!

Ten days later at the end of January I joined a group of about 20 women for a women's weekend, 2 ½ days coaching course- I was in the right place at the right time and had got to know quite a few Melbourne women- and was allowed to take part. It was for both relatively experienced orienteers and newcomers who had not previously done much bush O. Titled 'Learning to Love the Rocks' it was held in Mount Tarrengower and Mount Kooyora- the site of my 'near disaster' in the WMOC two years before. We had the best coaches. There were several sessions in the bush- learning to read the map, studying how rocks were shown; e.g.. using a magnifying glass to see if grey bare rock perhaps had a black line on one side to help us to differentiate it from other bare areas; a line exercise- walk as close as possible on (the line on the map) finding 9 controls. When we got back we were then told to mark them on our maps! In the difficult terrain of Mount Kooyoora we were given a course on the hilly rocky terrain- but no black (rocks) were marked, only contours. We all found this quite easy- simplified the map. We had already been in exactly the same area using the full map and it was difficult.

We stayed 2 nights in an outdoor centre in Maldon (100k north of Melbourne)

and in the evenings we did 'paper' exercises, short talks etc, saw slides of Mount Kooyoora- venue of the World Championships of 1985. We were shown a video of the championships, and guess what- both Eileen Loughman and Roxanne White appeared several times in the 45 minute long video, and Eileen was interviewed! (I have spoken to Eileen and she says they pestered her until she agreed to be interviewed- she has never seen the video.)

It was a wonderful weekend- we all learned a lot and made lots of new friends- put faces to the names. Before I returned to Ireland I orienteered in similar terrain but will have to wait another day to compete in the daddy of them all again- Mount Kooyoora.

During February and March I did Park and Street O on Tuesday evenings in Melbourne- the Western series. Each area has its own league of 20 events- Melbourne is a big city and very spread out- there is this type of O every Monday to Thursday. I hope to introduce this type of event here soon- watch this space! It is totally unlike the Park or Street events which have previously been held here- a different concept. Power walkers are also catered for. It is very popular and growing all the time. In the summer of 2004/2005 a total of 81 events were held in Melbourne with 8,669 participations by 1,367 people. 100 to 150 compete on each of the four nights.

The bush season started at the end of February and I took part in four events in a variety of terrain before Easter. The annual Easter 3 day event, called SnowE 2005, was a four day this year - there was a Sprint Prologue for elites, and family and handicap relays on Good Friday for the rest, held on a cold and windswept day in the grounds and surrounding rough open moorland of the Sport and Recreation Centre in Jindabyne, high in the Snowy Mountains (not too far from Canberra). This was the event centre and a lot of orienteers stayed there. There was a great quiz one evening and a good dinner on another. Jindabyne is on an enormous man-made lake, the water is funnelled in enormous outdoor pipes visible on the mountainside from all over the region to huge hydro-electric generating stations. Nearby is Thredbo, principal ski area of Australia. Some Ski-O takes place in this region- where else but in the Snowy Mountains?

The total entry was approximately 900. 45 elite men and 35 women competed. After a great battle Troy de Haas won M21E by a minute from Julian Dent with Jo Allison winning W21E after a similar battle with Hanny Alston. The Prologue time was added to the cumulative 3-day times. The Australian Junior Teams for the World Championships held in Switzerland in July this year were announced amidst great joy at the prizegiving on the last day.

The weather fortunately reverted to the usual warm sunny conditions for the rest of the weekend (I got in plenty of swimming!). The terrain for Days 1 and 2 was similar, a lot of hilly rough open with patchy forest and plenty of boulders. Day 3 had more forest, some of it green, and a lot more rock. Assembly for Days 2 and 3 was the same, a lovely site overlooking another large dam, with excellent viewing of the final few controls on each course and the finish. I had mixed fortunes, finishing 14th out of 25 on day 1 (I made one very time consuming error in great heat) but moved up to 7th next day and 1st on the last day. This placed me 12th overall- what might have been if only I hadn't made that mistake! But that's orienteering.

Then it was back to Ireland for the Leinster and Irish Championships.

If you are planning a trip down under, the Christmas 5 day this year is also in Jindabyne region, from 27th to 31st December (a day's drive from Sydney, 2 days from Melbourne).



# Shamrock O-Ringen 2005

Though it now tends to be only every second year, no Irish orienteering summer is complete without a Shamrock O-Ringen. This year's event, run by Cork Orienteers, returned to its home in West Cork on the June Bank Holiday weekend and featured a short race at Tír Roibeard near Ballingeary (named for Bob Pinker who had lived there) and two races on Bere Island.

This year the Irish Trail Orienteering Championships were added to the mix after the first race, for anyone whose brain was still working. Alan Gartside, Trail-O supreme, had traveled from Belfast to prepare the map and run the event.

As is often the case, the weather played its part in the weekend: very pleasant the first day, very unpleasant the second and tolerable the third. Bere Island may conjure up memories of a previous Shamrock, with mist, wind and rain, but that was in March. This was in June but the conditions were the same.

Tír Roibeard was a mixture of complex forest and open, as we expected. The courses were deceptively short: winning times were longer than the competitors expected, but the planner knew his area. Few of the paths or natural routes went toe way you wanted and it was a real challenge to start off the weekend.

The Bere Island map was revised and printed at a larger scale than before and the courses used the complex open mountain, crags, and contours to the full. Heavy rain meant that the whole area was one huge marsh, making it difficult to read the blue features on the map.

Conditions improved the third day so we could see some of the spectacular cliff scenery.

The event was even more low-key and laid back than most Shamrocks, with no real event centre, limited circulation of entry forms and a small entry. Nevertheless, many of the regulars came from abroad to savour this unique competition.

The next Shamrock O-Ringen is already in the fixtures list for the start of June 2007 at Glengariff.

| | | |
|---|---|---|
| M21E | | |
| 1 | Marcus Pinker | CorkO |
| 2 | Colm O'Halloran | LEEO |
| 3 | Ivan Miller | LVO |
| 4 | Darren Burke | CorkO |
| M21L | Mark Saunders | BOK |
| M35 | Neil Conway | AIRE |
| W21E | | |
| 1 | Toni O'Donovan | CorkO |
| 2 | Aislinn Austin | CorkO |
| M40L | Adrian Moir | SWOC |
| M45 | Robert King | AIRE |
| W21L | Alice Bedwell | BOK |
| W40 | Lindsey King | AIRE |
| M50 | John McCullough | 3ROC |
| M18 | Ruairi Short | CNOC |
| M55L | David Rose | PFO |
| W18 | Erinna Foley-Fisher | MNAV |
| M60 | Magnus Landstad | FREIDIG |
| W50 | Mary Healy | GEN |
| M40 | Steve Jones | SBOC |
| W21S | Faye Pinker | CorkO |
| W55 | Ger Power | 3ROC |
| W60 | Trina Cleary | 3ROC |
| M55S | Frank Ryan | WEGO |
| M65 | Bill Vigar | QO |
| W45S | Bridget Stein | SBOC |
| W14 | No finishers | |
| M14 | Conor Short | CNOC |
| W12 | Jana Cox | WATO |
| M12 | Cillin Corbett | Cork O |
| W10 | Clíona McCullough | 3ROC |

*Brian Corbett makes a presentation to Bob Pinker on behalf of CorkO at the Shamrock O-Ringen. The Pinkers have moved to France.*

# 2005/6 ORIENTEERING FIXTURES

**September 2005**
**24-25 Junior Home International, Wales**

**October 2005**
1 **Magilligan, Co. Derry NIOC/SHI NWOC**
2 **Woodburn, Co. Antrim NIOC/ SHI Relay LVO / FERMO**
2 Corrin Hill, Fermoy; Cork County League 5 BOC
9 Mullaghmeen, Co. Westmeath, nr. Oldcastle. Leinster Autumn 1 SET
9 Russeltown, Clonmel, Co. Tipperary SE Autumn League 2 WatO
9 Curragh Wood,Midleton; Cork County League 6 BOC
9 Dinish, Killarney; Kerry Autumn League 2 KERRYO
15 Banagher NWOC
16 Belfield (UCD Campus) Dublin UCDO
**16 Munster Championships Clonmore North, Cahir, Co. Tipperary CORKO. Closing date 30 September.**
18 Corrin Hill, Fermoy; Cork Schools League Intro Day 2 BOC
22 Glenariff, Co. Antrim LVO NI colour Series 5
23 Three Rock Wood, Dundrum, Co. Dublin; Leinster Autumn 2 3ROC
23 Carrickbyrne Co. Wexford; SE Autumn League 3 WatO
23 Rochestown Woods Cork County League 7 BOC
30 Lisnabrin Wood Co. Waterford; Cork County League 8 BOC

**November 2005**
6 Marlay Park Dublin Local Event AJAX
6 Garravagh Wood; Cork County League 9 BOC
11 Rostellan Wood; Cork Schools League Intro 3 BOC
12 Woodburn, Co. Antrim. LVO NI Colour series 6.
13 Tickanor, Co. Waterford, nr. Clonmel; SE Autumn League 4 WatO
13 Waterloo Wood; Cork County League 10 BOC
13 Curragh Wood Cork Local Event CORKO
13 Blue Pool; Muckross, Killarney; Kerry Autumn League 3 KERRYO
19 Westmeath Mapping Course Weekend IOA
**18-19 Veteran Home International, Northumbria**
20 Ballinora Wood; Cork County League 11 BOC
26 NI Colour Series 7, Co. Fermanagh.(Venue to be confirmed)
**26 NI Night Championships Co. Fermanagh (venue TBC)**
**27 Connacht Championships Portumna, Co. Galway WEGO**
27 Glenbower Wood Cork County League 12 BOC

**December 2005**
3 Castlewellan, Co. Down. LVO.
4 Ward River Valley, Swords, Co. Dublin Local Event FIN



4 Sandhills Tramore, Co. Waterford SE Autumn League 5 WatO
4 Farran Forest Park; Cork County League 13 BOC
4 Muckross House Killarney Kerry Autumn League 4 KERRYO
11 Curragh East Kildare Leinster Autumn Series 5 CNOC
11 Coolydoody Wood Co. Waterford; Cork County League 13 BOC
18 Ardargh Wood Cork County League 14 BOC
26 Three Rock Wood Dublin Xmas Score event3ROC
27 Ballincollig Regional Park Cork Christmas Fun Event CORKO

**January 2006**
15 Hellfire Wood Dublin Local Event SET
17 Killiney Hill Dublin by Night 1 AJAX
22 Donadea Co. Kildare Local Event CNOC
24 St. Anne's Park Dublin by Night 2 FIN
31 Massey's Estate Dublin by Night 3 SET

**February 2006**
14 Belfield (UCD Campus) Dublin by Night 4 UCDO
18 Phoenix Park Dublin by Night 5 3ROC
21 Deerpark, Mount Merrion. Dublin by Night 6 AJAX
26 Deer Park Cavan Leinster Spring Cup 3 FIN

**March 2006**
12 Sugarloaf Co. Wicklow Leinster Spring Cup 4 UCDO
26 Featherbeds Co. Wicklow Leinster Spring Cup 5 AJAX

**April 2006**
2 Howth Summit Co. Dublin Local Event FIN
9 Glendasan Co. Wicklow Leinster Spring Cup 6 SET
**9 Munster Championships, Castlelough, Nenagh, Co. Tipperary BOC**
14-17 Jan Kjellstrom O-Festival, near Leeds, Yorkshire
**29, 30,1 May Irish Championships, Carlingford, Co. Louth. 3ROC & GEN.**

**For information on IOA events ring 1890-923490 and for NIOA events ring 0044-07020-963986 or check www.orienteering.ie or www.niorienteering.org.uk. The IOA web site has a link to location maps for most of these areas.**

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