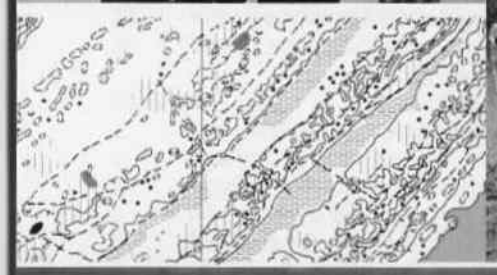


Rory Morrish at the Winter Olympics; Waterford event for St. Martin's school; part of the Bull Island map for the Leinster Championships in April; orienteering at Paddock Hill, Co. Wicklow. Peter and Daniel Kernan lead the charge to the finish at Paddock Hill. (Photos: Rory Morrish, Andrew Cox, Martin Flynn).

the Irish Orienteer

No. 111 Spring 2006

THE IRISH ORIENTEER ADDRESS LIST

AJAX ORIENTEERS Jane Brennan, 99 Drimnagh Road, Dublin 12 (01-4557335)
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 Danny O'Hare, 3A Old Blackrock Road, Cork
CURRAGH-NAAS ORIENTEERS Gareth Evans, Hillfarm, Narraghmore, Ballitore, Co. Kildare
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 Susan Healy, 11 Belmont Grove, Stillorgan, Co Dublin
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).
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 Colleen Robinson, 60 Dunville Ave, Ranelagh, D 6 ; www.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) www.3ROC.org
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 up to date orienteering information check the IOA web page at www.orienteering.ie or the NIOA page at www.niorienteering.org.uk.or ring 0044-7020-963986 for NIOA event details.

The Irish Orienteer

No. 111 **Spring 2006**

The Irish Orienteer is available from all Irish orienteering clubs or by subscription from the Editor: John McCullough, 9 Arran Road, Dublin 9 (johnmccullough@bigfoot.com)

Subscriptions cost €9.50 for 6 issues.

Cover: Caoimhe O'Boyle (CNOC) at Donadea (M. Flynn).

NEXT COPY DATE
May 1 2006

CONTENTS

News	4
MTBO WOC	10
2006 Preview	12
Winter Olympics	16
Event Reports	18
WOC Tour	17
Land Rover Challenge	21
Mapping Course	25
Results	27
Hill Running	29
O-Fixtures	30

Printed by Denton Print, Dundrum, Dublin 14.

Results & articles are welcome by e-mail. No responsibility is accepted for errors or omissions, or their consequences.

ISSN 0790-1194

Conflicting Demands

Orienteering and forests are like bread and butter, strawberries and cream, Laurel and Hardy: they are inseparable in people's minds. Open ground orienteering has developed with the availability of good quality aerial photography and photogrammetry to allow accurate mapping of complex areas, but many parts of the country are dependent on access to forests for the sport.
Up to the 1960's, access to forests was prohibited, so orienteering started at just the right time to benefit from the relaxation of this ban in the 1970's. Nowadays we benefit from Coillte's policy on access to forests for recreation, in tandem with their requirement to produce timber.
However, one must wonder where the balance lies between timber production and recreational access. The recent devastation of Hellfire Wood and Three Rock forest in Co. Dublin raises this question. Forest and mountain areas on the doorstep of a capital city, with a population of about one million people in the area, are an outstanding amenity. In this case, surely the commercial value of the timber is outweighed by the amenity value of the forest? If Coillte are determined to recoup the value of the timber, could the three local authorities in the area not pay the value of the timber in order to let the forest survive as an amenity?
If felling in unavoidable, then thinning rather than clear felling should be the method of choice, in order to maintain an acceptable amenity value in the area in parallel with timber extraction.
Quite apart from the interest of orienteers, these are areas which are visited by large numbers of Dublin families for walking, cycling or other activities.

Finally, good and bad news from Cork: Lee Orienteers' Rory Morrish represented Ireland in cross-country skiing at the Winter Olympics in Italy in February, finishing 88th in the 15 k race in very difficult conditions, but his club, Lee Orienteers, has disbanded.

O-Bits

IRISH ORIENTEER COMPETES AT WINTER OLYMPICS

Irish ski-orienteer Rory Morrish finished 88th in the 15km Cross Country Skiing event at the Winter Olympics in Torino, Italy on 17th February. Originally from Cork, now living in Norway, Rory (38) has evolved from foot-orienteer to ski-orienteer and now to the Olympics. Rory has competed at the World Ski-O champs in Finland in March 2005, reaching 55th (Sprint), 53rd (Long) and 59th (Middle) place. Another orienteer, Una Creagh was at the Winter Olympics too, working for the Irish Sports Council.

ELVIS THE ORIENTEER

Elvis is still alive somewhere in the universe, say cosmologists Alexander Vilenkin and Jaume Garriga. They believe the rapid expansion after the big bang divided the Universe into an infinite number of "O-regions", isolated from each other because light hasn't had time to travel between them. In these O-regions, every possible version of history will occur, they calculate. *(from New Scientist, via Sennan O'Boyle).*

MARGARET WILSON

We learned recently that Margaret Wilson, wife of Ernie Wilson of Lagan Valley Orienteers, died suddenly on November 25th. One of Ernie and Margaret's daughters, Jane, was very prominent in Irish orienteering, particularly as a junior. Our sympathies go to Ernie, Jane and Emma.

MTBO IN MUNSTER

CorkO ran three mountain bike orienteering events early in the year, culminating in the Irish MTBO Championships won by John Casey and Mary O'Connell.
The events were 4 February Garrettstown Woods, Ballinspittle, 18 February Clonmore North, Cahir, and 4 March Nagles Mountains. (Irish Championships), Glenville, Co. Cork.

FINGAL SCATTER

Fingal are planning to run an evening league of 4 events on Thursdays in May and June.
May 25th Swords South,
June 1st Malahide Castle
June 8th Newbridge House
June 15th Swords North
The events will be on the same lines as the event in December in Swords, mass start scatter event where you visit the controls in the order of your choice. The two Swords events will use the streets as well as the park.

PLASTIC MAPS

An innovative plastic map developed for outdoor enthusiasts by the British Mountaineering Council (BMC) and Harvey Maps has received a prestigious award for excellence from The Outdoor Writers' Guild (OWG). Printed on a technologically advanced lightweight plastic material that can be folded, stretched, sat on and soaked without losing its performance, the BMC's new 1:40,000 Lake District British Mountain Map from Harvey has received the OWG's first annual Derryck Draper Award, which recognises equipment innovation that is of benefit to the outdoor community.
The ground-breaking map, which covers the majority of the Lake District's fells on a single sheet, and is less than half the weight of a standard laminated map, is printed on plastic material that makes it durable, tear-resistant and 100% waterproof. It uses Harvey mapping data and a unique colour layer shading system to portray relief clearly and, on the reverse, includes 1:20,000 enlargements of the most popular summits in Britain's most visited hillwalking area. Information on mountain rescue, first aid, navigation and useful contacts is also included.
Priced at £12.95, the map is now available to purchase from the BMC and outdoor retailers. Profits made from the map by the BMC will be used to fund work programmes promoting access, conservation, safety and good practice.

HEBRIDEAN CHALLENGE

The classic British adventure race, the Hebridean Challenge, is set to return to the magnificent Outer Hebrides of Scotland from the 3-7th July 2006. This unique race has grown in size and prominence, as the sport of adventure racing has evolved rapidly. This year up to 26 teams and 6 elite pairs will be able to push themselves to their limits. As always the event will be a relay style, allowing teams of four or five, and pairs, to complete the 700 km course in five days, with overnight stops at community halls along the island chain.

The route will involve hill running, mountain biking, road biking, swimming and sea kayaking, although as it's a relay, teams choose which member completes each activity and normally teams have specialists at each sport.
2006 will see the introduction of a 'pairs' category for suitably fit and qualified racers. This will present a major undertaking, as the pair will be entirely self-supporting, and will compete along virtually the same course as the teams. In addition, teams of four will be accepted without the sea kayaker.
The Hebridean Challenge is not necessarily won by the fastest team, but by those who can manage the logistics and cover the ground the most efficiently.

Entries are open now at £500 per five person team, £400 per four person team and £200 per pair. A number of entries have already been accepted. Further details and application forms can be found at the race website www.hebrideanchallenge.com.

COMPASSSPORT CHANGE

Suse and John Coon, who have published CompassSport for many years, have decided to give up publishing the orienteering magazine but will continue with their other publications. Nick Barrable has come to the rescue and will be taking over CompassSport next year. Becky Carlyle will be looking after subscriptions in future. Nick plans a full colour 52 page magazine with a corresponding increase in price.
Suse and John say that they have been really gratified by all the kind words which people have been sending them – Suse says "I have very much enjoyed my spell in charge - and I hope that you will support Nick as he feels his way into what is, for him, a new venture."
If your subscription runs out you can subscribe now on www.compasssport.com

PILOT PLAN

England's Dartford Orienteering Club have introduced a very up to date pilot Development Course for six of their Junior members. If the pilot is successful, then another group can start next September/October. The Development Course is focused around the following activities;
1. A CD-ROM which will be updated each month with new orienteering knowledge, skills and activities for them to undertake at home and send back in to their orienteering mentor.
2. A monthly training session during which they will carry out a number of exercises to enable them to put into practice what they have learned from the CD-ROM.
3. Event Reflections - they will reflect/report on each of their runs at events the previous month. Comments will be made and returned to them to consider.
4. Their Orienteering Portfolio - a place to keep all the material from the Development Programme which will be reviewed with their mentor every three months at the training sessions.

NO TO MICR-O

Micr-O is off the menu for the World Orienteering Championships next year in Denmark

The IOF Council decision made in Japan states that the implementation of the Micr-O concept in the Middle Distance at next year's World Orienteering Championships is conditioned upon an agreement of comprehensive TV coverage, which was to be signed before October 1st. The possibility of extended TV coverage involved cooperation between the organizers and the two Nordic TV channels, Danmarks Radio and TV2 Norge. The practical negotiations were positive and at the original deadline the only outstanding issue was the financing. Unfortunately even though the deadline was prolonged it has not been possible to find the funds to fully cover the additional costs. Therefore the WOC 2006 organizers have informed the IOF that Micr-O will not be put into practice at next year's WOC. It was with regret that they take this decision - they believe that cooperation between TV channels from orienteering countries is a necessity if our sport is to be shown frequently on TV in the future.

However, WOC 2006 still has a contract with the national TV broadcasting company Danmarks Radio and will continue to work hard to secure high quality broadcasts from all four finals. They also hope to maintain a good working relationship with the Norwegian TV2 even if MicrO is no longer in the picture.

GEORGIA JOINS IOF

The IOF Council recently approved an application for associate membership from Georgia, and admitted DPR Korea, associate member since the year 2000, to full IOF membership. Earlier this year, the Council has approved applications for associate membership from Kenya and Somalia, and admitted Mongolia to full membership. The number of IOF members has grown considerably in recent years, and the development in Asia, South America and Africa is particularly pleasing. Georgia included, the IOF now has 67 members.

PORTUGAL, SWEDEN FOR IOF EVENTS

The IOF has appointed Portugal organiser of the 2008 World Masters Orienteering Championships and awarded the 2008 Junior World Orienteering Championships to Sweden.

HOW TO SUCCEED AT O

Hanny Allston of Australia is an inspiration to many young people. With 6th place in the Senior World Championships, she has the best ever WOC result for a non-European runner and she still has one year left as a junior. The Medical student from Tasmania turned to orienteering after a shoulder injury put paid to her swimming career. In an interview, with Erik Borg she explained how she does it.

Erik:How do you get time for everything and what about resting

Hanny: I think I am just incredibly organised with my time. I think it all comes back to the sacrifices. I get everything done that needs doing first and then I play. If you do the work and then play you will never have any problems. And I love to be busy. The more you do the more experiences you have in life. I believe that ultimately this will make me a better person, she says. Hanny's other interests include cross-country running, ultra marathons, kayaking, mountain running, multi-sports, rogaining, road cycling and mountain biking. She has a part time job as a bushwalking guide.

THOUGHT FOR THE DAY ...

If at first you find the control you were looking for, try not to look so amazed.

And some observations from Howard McCord in Listening to Maps: There is no way to satirise a map. It keeps telling you where you are. And if you're not there you're lost. Everything is reduced to meaning. A map may lie but it never jokes..

(Quotes from CompassSport's on-line weekly digest of O-news).

VIKING INVASION

A group of Scandinavian orienteers on a European tour visited Ireland back in October for events in Dublin and Wicklow. Organised by veteran Swedish orienteer Peo Bengtsson, the 38th O-Ringen Autumn East Tour followed a gruelling schedule: just look at this:

2005-10-31 Osnabrück Germany
2005-10-31 De Zwarte Bergen Holland
2005-11-01 Sherbrook England
2005-11-02 Sutton Park England
2005-11-03 Mourne Mountains Ireland
2005-11-03 Killiney Park Ireland
2005-11-04 Djouce Ireland
2005-11-05 Mytchett & Old Windmill Hill England
2005-11-06 New Forest England
2005-11-07 Boulogne France
2005-11-08 Arlon Belgium
2005-11-08 Luxembourg Luxembourg
2005-11-09 Mulhouse France
2005-11-10 Feldkirch Austria
2005-11-10 Liechtenstein Liechtenstein
2005-11-11 Winterthur Switzerland
2005-11-12 Tesserete Switzerland
2005-11-13 Venice Italy

Peo first brought a group to Ireland back in the late '70's. He has brought groups of orienteers to the far east and to a variety of far-flung locations.

ORIENTEERING NEWSGROUPS

Did you know that there are two electronic orienteering for a in Ireland? Both are hosted by Yahoo and their internet addresses are http://groups.yahoo.com/group/nioa_orienteering/messages and http://groups.yahoo.com/group/irish-orienteering/messages.

LEEO DISBAND

At their Annual General Meeting on 16th December, Lee Orienteers put forward a motion to disband the club. The motion was passed unanimously and one of the oldest orienteering clubs in the country is no more.

When orienteering started in the Republic of Ireland, there were two clubs: Irish Orienteers in Leinster and Munster Orienteers. IO split in 1976 to form four smaller clubs, of which three (Great Eastern Navigators, Setanta and 3ROC) remain. MO changed their name to LeeO when other Munster clubs like Cork Orienteers, Thomond, Kerry, Waterford and, much later, Bishopstown were formed but retained many of the original Cork orienteering families (Morrishes, Riordans, Meaghers, Whitings, Murtaghs) and individuals like Clare Nuttall, Pat Long, Marie B. O'Sullivan and Bill and Margaret Gregor/Groegor. Orienteers in Ireland are a small family and the loss of even one member is keenly felt.

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!

www.compasssport.com

Access & Visa cards accepted.

It is a pity to see a club with such a long and distinguished history folding up: many peoplefrom outside Munster were associated with MO/LeeO, from their Irish Championships in Glendav in 1978 up to their more recent Championship events like Combawn, via areas like Castlefreke, Rostellan (with the wrong north lines) and Watergrasshill. What is perhaps most surprising is that Cork was able to support three clubs at all.

Thanks to LeeO for all the good times and let's hope that the remaining members stay active in the sport.

NIGHTO

Martin Flynn's "Dublin by Night" had another successful season again this year, on Tuesday evenings in the Dublin area. Starting on January 17th with Killiney Hill, the series continued with St. Anne's Park, then Hellfire, Belfield, Phoenix Park and Bushy Park.

Overall winner of the long course was Marcus Geoghegan (AJAX) with Conor Short (CNOC) taking the (ahem) Short course.

TRAIL ORIENTEERING

A SPORT FOR ALL.

Imagine a version of an outdoor sport, adapted for those with physical (mobility) disabilities, in which there is no need for classification by the degree or type of disability, by age or by sex. Indeed, a sport so 'open to all' that provided able-bodied people observe one simple rule, they too can compete on equal terms with no advantage. Trail orienteering is a sport offered to people with widely differing physical abilities, including those with severely restricted mobility, who all compete on equal terms. Competitors travel along a track or marked route and study clusters of control markers placed in the terrain. They are issued with a very detailed map, and control descriptions. With these aids, they must decide which of the markers relates to the feature depicted by the centre of the circle. Movement up and down the track is permitted but no-one may approach the control markers in the terrain. Trail O completely eliminates the element of speed over the ground. The markers are designated by letter as seen from a decision or viewing point on the track. The result is recorded by marking the relevant box on a special control card. The sites are chosen so that they can be seen from a wheelchair-navigable path but they may be quite a distance into the forest or non-navigable terrain. The only special equipment needed is a compass. Some controls have a maximum time for this decision-making and the actual time taken is recorded to act as a tie breaker for those with the same number of points for correct decisions.

An escort can give the competitor physical help-pushing a chair, holding and orienting the map and compass, even marking the control card with the decision according to the competitor's instructions. Escorts may not help in the decision-making process. For more information, please look at the Trail-O website: www.trailo.org/introduction/

WATO are including a Trail-O course in their event in the Kennedy Arboretum in Co. Wexford on February 5th.

WORLD CUP 2006

14 January 2006 Finland World Cup Event 1 Middle distance
15 January 2006 Finland World Cup Event 2 Middle distance
18 January 2006 Finland World Cup Event 3 Sprint
21 January 2006 Finland World Cup Event 4 Long distance
22 January 2006 Finland World Cup Relay Relay
2 February 2006 Latvia World Cup Event 5 Middle distance
4 February 2006 Latvia World Cup Event 6 Sprint
5 February 2006 Latvia World Cup Relay Relay
22 February 2006 Russia World Cup Event 7 & EOC Sprint
23 February 2006 Russia World Cup Event 8 & EOC Long distance
25 February 2006 Russia World Cup Event 9 & EOC Middle distance
26 February 2006 Russia World Cup Relay Relay

SKI-O WORLD CUP 1ST ROUND RACES ABANDONED

Following severe weather with temperatures below -20°C at the ski-O World Cup venue at Kiuruvesi, Finland, the organisers and controllers decided that for safety reasons the two remaining races, a long distance individual race and the first of the season's relays, had to be cancelled. The sprint race was also abandoned in temperatures of -26C with 8m/s winds. The next round, consisting of two individual races and a relay, is scheduled for 2-5 February in Latvia.

NEGATIVE DOPING TEST RESULTS

All results of the anti-doping tests carried out at last year's world elite events in Foot orienteering, MTB orienteering and Ski orienteering have been negative. On behalf of the IOF, a total of 76 in-competition tests were carried out at the World Championships in Foot Orienteering, Mountain Bike Orienteering and Ski Orienteering, and at World Cup events.

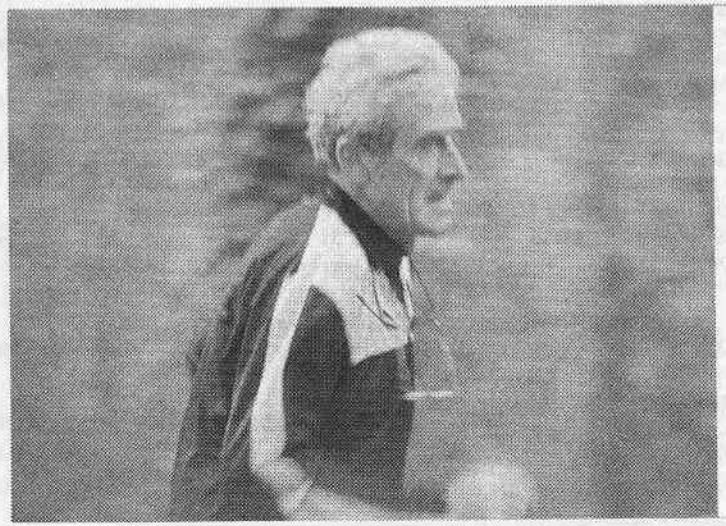
COLOUR TIO

You will have noticed the colour cover on this and the last issue. This increases the cost, but improves its appearance. I think there is no going back to black and white now: would you agree? Changes in printing technology should allow more colour to be used so that maps can be shown in all their glory. Hopefully the next issue will have moved in that direction.

Apologies again for being late with this issue, but work, family and actually orienteering tend to intrude.

SportIdent Names

We call them SI cards, in Britain, "dibbers", in the USA "finger sticks".



Paddy O'Brien (AJAX) in action recently. (Photo: Martin Flynn)

MTB WOC 2005

Banksa Bystrica in Slovakia played host to the 2005 MTB WOC, in conjunction with the city's 750-year anniversary celebrations. In a skiing and hiking area, the distinguishing feature of this year's championship was climb, lots of it, and how to avoid it. The Irish team was Toni O'Donovan, Nina Phillips and Thomas McNally.

Middle Distance (Tuesday 6.9.05)
The opening race was the middle distance, with 19k/17k ideal-route distances for men/women. The map was almost equally divided between forest, mountain meadow (which it was allowed to ride) and urban terrain. The race was won and lost on one or two difficult route choices. Thomas and Toni, both at an MTB WOC for the first time, had steady opening races, while Nina pulled off a long-awaited top 25 result, with the middle distance seeming to be her stronger distance.

Men's results:
1 Ruslan Gritsan RUS 67:02
2 Jaroslav Rygl CZE 68:02
3 Mika Tervala FIN 68:51
119 Thomas McNally IRL 147:40

Women's results:
1 Michaela Gigon AUT 69:42 (successfully defending her 2004 title)
2 Christine Schaffner-Raber SUI 70:17
3 Ramune Arlauskiene LTU 71:05
23 Nina Phillips IRL 81:07
47 Toni O'Donovan IRL 96:42

Relay (Friday 9.9.05)
Although having a 'legal' men's (open) class team, Ireland took the strategic decision not to race the relay, deciding instead to save energy for the long distance finals the following day. Thomas rode the first leg for experience (and had a flying start) and Nina then started the 2nd leg and watched on the course…

Men's results:
1 Finland (defending their 2004 gold)
2 France
3 Switzerland

Women's results:
1 Germany
2 Czech Republic
3 France

Long Distance Qualification (Wed) and Final (Sat)
With only 60 riders allowed in the long finals, the men had a tough job in the qualifying races (3 heats, 20 to qualify from each). Despite a brave effort on a tough course Thomas had to settle for the B Final. In the women's there were only 62 contenders so finishing in a reasonable time was sufficient.

The terrain for the final was mostly hilly forest with a spectacular descent off a steep hill into the city centre to the finish in a park surrounding the city museum. The courses were long with 40k/28k ideal distances for men/women on one large 1:15,000 map. As in the middle distance route choice was critical to avoid significant extra climb and some tempting routes across steep meadows and fingers of green forest (bike could only be carried in forest) got even some of the best navigators into trouble. Toni's navigational skills and experience from the middle distance earned her an excellent 31st place, with Nina 51 seconds behind having suffered in one particularly bad route choice.

Men's results:
1 Ruslan Gritsan RUS 117:27 (thus taking double individual gold)
2 Viktor Korchagin RUS 119:06
3 Adrian Jackson AUS 119:10

Women's results:
1 Päivi Tommola FIN 94:31
2 Antje Bornhak GER 95:14
3 Anke Dannoski GER 96:20
31 Toni O'Donovan IRL 116:06
33 Nina Phillips IRL 116:57

Next year's MTB WOC is in Joensuu, eastern Finland (in July) where the navigation is challenging with complicated networks of small paths in intricate contour detail (though not huge amounts of climb) and times will be fast. If the Irish team can recruit one more woman we could have a relay team with a good chance of a top 10 result or better. In the men's the talent is out there, come to Finland!

See Setanta's MTBO page at http://www.setantaorienteers.org/mtbo.htm for details of upcoming races and more information on MTBO.

Nina Phillips

IOC '06

IRISH ORIENTEERING CHAMPIONSHIPS & IOF World Ranking Event (long distance)

CARLINGFORD MOUNTAIN
Co. Louth
29th April to 1st May 2006

Three days of high quality orienteering with stunning views over Carlingford Lough and the Mourne Mountains. Fast open mountain with multiple natural terraces and intricate rock and contour detail. The maps used for the 1993 Irish Championships are being revised for the event.

DAY 1-Middle Distance Championships Saturday 29th April (afternoon starts)
DAY 2-Long Distance Championships and WRE (Long Distance) 30th April
DAY 3-Relay Championships Monday 1st May (morning)

All three competition areas are within 20 minutes drive from the event centre in Carlingford village.

For entry forms, accommodation and event details see http://ioc.orienteering.ie/2006

If you require entry forms and a copy of the event bulletin 1/2 to be sent by post, send a large stamped addressed envelope to: Nigel C-Crawford, 13 Stamer Street, Dublin 8.

2006 O events

With the availability of cheap air travel, many orienteering destinations have become more accessible and affordable than ever. Here are a selection of mostly multi-day events from Canada to Greenland, Scandinavia, Europe, the Far East, Australia and South America, even as far as Dublin Bay. Multi-day events can make for great holidays and shorter competitions can be done over a weekend, so get your maps, diaries and internet connections and start planning. Most, if not all, of these events have more information available on the internet, usually found through the web site of the national orienteering federation for that country, which in turn can be found on the International O-Federation web site, www.orienteering.org. Irish event details on www.orienteering.ie.

March

2-12 Mediterranean Open Championships, Sicily, Italy. (www.orienteering.it/moc2006)
17-19 Bishopstown OC are again running their Ballyhoura 3-Day over St. Patrick's weekend, in Co.Limerick. Entry on the day this year.
24-26 Spring Cup, Hillerod, Denmark. Denmark will be popular training and competition destination this year, leading up to the World Championships there in August.(www.springcup.dk).
More realistically, there's a BOF National Event in the Lake District on March 19th. SROC are running it, with a World Ranking Event, at Whitbarrow Scar, Kendal.

April

1-2 British Championships, Midhurst, West Sussex.
8-16 Yunnan Festival, China www.pwt-travel.com
9 Munster Champs, near Nenagh,Co. Tipperary (BOC)
10 14-16 Spanish Championships, near Santander, northern Spain
14-17 Australian 3-Day (www.orienteering.asn.au)
15-17 JK, Yorkshire: Ilkley Moor & Keldy. Event centre: Boston Spa, near Wetherby. www.jk2006.org.uk/ Training, 2-day individual,relay. Final closing date 31/3. Accommodation ranges from floor space up.
15-17 3-Jours du Sud-Ouest, Carcans, Bordeaux, France (http://perso.wanadoo.fr/laco/3JSO2006.htm)
15-17 Bavarian 3-Day, Deggendorf, Germany (www.sv-mietraching.de)
29-30 Tio Mila, Sweden (www.tiomila.se/2006) overnight relay.
23 Leinster Championships, Bull Island, Dublin. Ajax run this on a new area of very fast sand dunes in Dublin Bay. See separate article or Ajax web site.
29 – May 1 Irish Championships & WRE, Carlingford. 3ROC and GEN return to the site of IOC 1993 for intricate but steep open mountain orienteering. Incorporates a World Ranking Event on the Sunday. (www.ioc.orienteering.ie/2006)

May

6-14 European Championships, Estonia (www.okilves.ee/eoc2006)
20 British Sprint Championships, Milton Keynes
27-28 Ticino 2-Day, Switzerland

27-28 Ostsee 2-day, Germany's Baltic Coast. (www.iool.de)
30 BOF National Event, BOK, Stourhead
28 – June 5 Thermenland Open: Austria, Hungary, Slovenia (www.thermenlandopen.com)

June

3-5 Belgian 3-Days, March-en-Famenne.
5-11 Bulgaria Cup, Primorsko, on the Black Sea. (www.bgof.org)
10 Harvester Trophy overnight relay, Hawick, Scotland
17-18 Jukola, Finland, 7 man overnight relay. (www.jukola2006.net)
18-19 Yamagata 2-Days, Japan
21-24 Arctic Midnight Orienteering, Greenland
29 – July 2 European Youth Championships, Slovenia (www.eyoc2006.com)

July

1-7 World Masters Champs, Wiener Neustadt, Austria (www.wmoc06.com):only those over 35 need apply, though open competitions are also on offer.
2-9 Junior World Champs, Druskininkai, Lithuania (www.losf.lt/jwoc2006)
4-8 Takas Lithuania. Open races linked to JWOC.
8-15 Swiss O-Tour in advance of the 6-Day (www.tour-o-swiss.ch)
9-14 4th World MTBO Champs, Joensuu, Finland (www.mtbwoc2006.orienteering.org)
9-14 World Trail-O Championships, Joensuu, Finland
9-14 Finnish 5-Day (FIN5) Joensuu, Finland
14-16 Western Canadian Champs, Whitehorse, Yukon (www.yukonorienteering.ca)
15-22 Swiss 6-Day, Zermatt (www.sow2006zermatt.ch)
16-21 Swedish O-Ringen, Halsingland, on the Baltic coast: the biggest multi-day event of all. (www.oringen.com)
26-30 Norvestgaloppen, Nordfjord, Norway.

August

July 28 - 5 World Championships, Aarhus, Denmark The 6-day WOC Tour, being organised in conjunction with the World Championships in the western part of Denmark from 30th July to 6th August, promises to be one of the highlights of the 2006 multi-day event season. Full details can be found on the WOC website, www.woc206.dk. Entries can be made on-line.
6th - 12th Lake District 5-Day: based on the eastern side of the Lake District National Park in the north west of England. The main towns in the area are Kendal, Windermere and Ambleside. The five competitions will all be held within 30 km of Kendal. Cheapest entries before April 22nd.(www.lakes5.org.uk)
14-20 World University Championships, Slovakia
15-19 Brazil 5-Days (www.cbo.org.br)
24-27 Kopaonik Open, Serbia (www.jasenica.org.yu)
30 European MTBO Championships, Poland (to Sept. 3).

September

29 Australian Championships Carnival (to October 12). (www.orienteering.asnau/auschamps2006)

October

3-8 World Cup Final, France (www.wcup2006.fr)
6-9 North American Championships, Ontario, Canada (www.dontgetlost.ca.glof)
7 25-Manna, Stockholm. 25-person relay. (www.25manna.nu)
13-14 World Rogaining Championships, Australia
28-19 Karrimor International Mountain Marathon (www.kimm.org.uk)

November

6-12 CISM World Military Championships, Parana, Brazil.
27 Venice street orienteering. (www.orivenezia.it)

December

1-18 WWOP South America trip (Argentina, Brazil, Chile, Uruguay)
29-31 Asia-Pacific O-Carnival, Hong Kong (www.oahk.org.hk/apoc2006)

There is lots more information about these and other events available on the internet: for that reason only some details have been provided here – enough to whet your orienteering appetite and get you planning.

IOA NEWS

SWEDISH O-RINGEN CLINIC

The Swedish Orienteering Federation (SOFT) runs a five day clinic of technique training, lectures and some social events before the Swedish 5 Day O-Ringen event (18-22 July), . This clinic will be based at the O-Ringen event centre in Mohed which is near the city of Soderham. Registration for the clinic must come through the National Association (IOA) and so IOA are now inviting applications. The IOA can register up to three people.
Registration for the clinic must be before 31st March.

For further information, contact Niamh Lalor (info@orienteering.ie)

AGM NOTICE

IOA Annual General Meeting at 4:30pm on April 30th after the classic event at IOC (looking for motions, nominations to Executive and annual awards)

LAND ACCESS

The IOA submission on land access to the Department of Gaeltacht and Rural Affairs is in the library section of the website www.orienteering.ie.
This submission was drafted by Niall Bourke (CorkO), Paul Dunne (WEGO), Mary O'Connell (3ROC) and Nina Phillips (SET) to whom the IOA wish to express their gratitude for their work on our behalf.

Irish 3 Day 2006 Inishbofin Island, Co. Galway
Saturday 3rd - Monday 5th June 2006

General Information

Organisers: WEGO & CNOC
Dates:
Day 1 Saturday 3rd June Starts 5-7pm
Day 2 Sunday 4th June Starts 11am-2pm
Day 3 Monday 5th June Starts 10am chasing starts

Maps: Scale 1:10,000 with 5 Metre Contours. Surveyed 2004/05 by Pat Healy and used for Irish Orienteering Championships 2005.
Terrain: Open undulating and very runnable hillside with intricate contour detail and few tracks and paths. Ground cover varies from bare rock to low heather. Most of the re-entrants contain marsh with some uncrossable. All rock features are not mapped; the black line symbol without tags will be used for most crags. All open land is shown as white and all fields and farmland, is shown as yellow.
Classes: All classes will be available subject to demand.
Early Fees up to Tuesday 2nd May: Adults €36.00 (£24), Juniors (M/W18-), Students and M/W65+ €18.00 (£12), Family €90 (£60)
Late Fees up to Friday 26th May: Entries received after this date may not be accepted. Adults €45.00 (£30), Juniors (M/W18-), Students and M/W65+ €22.50 (£15), Family €112.50 (£75)
Entries will not be accepted unless accompanied by entry fees or proof of payment. Cheques to be made payable to **Galway Orienteers "The Western Eagles"**
Payment to Bank Account: Payments other than Irish Bank account cheques should be made in euro to Galway Orienteers "The Western Eagles", C/O Frank Ryan, St. Mary's, Ballinfoyle, Galway, Ireland. Account Number: 28095-071 at Allied Irish Banks, Lynch's Castle, Galway, Ireland. (IBAN: IE86 AIBK 9370 9628 0950 71; (BIC: AIBKIE2D) Bank National Sort Code 93-70-96)
Competitors from Northern Ireland or UK only may send sterling cheques as a guarantee and pay in sterling or euro on arrival and get their cheque back or alternatively transfer funds to WEGO bank account as indicated above
SportIdent timing will be used. Remember to include your SI number on the entry form. SI card hire €2.
Accommodation on the Island is limited so it is advisable to book early. See http://www.inishbofin.com. Commuting daily from the mainland is not feasible except for Day 2. Hotels: both Murrays Hotel and Days Hotel offer excellent food and accommodation. The island has several quality B&Bs , and a hostel with 30 bunks and family rooms. There is one shop on the Island.

Entries: Entries to Frank Ryan, Galway-Mayo Institute of Technology, Dublin Road, Galway. Entry Forms available from Frank Ryan Email: frankryan46@hotmail.com

Orienteers at the Winter Olympics, Torino 2006.

It's not every day that an orienteer gets to the Olympics but once there I discovered I was not alone and a few others had made it too. Hilde G.Pedersen of Norway took bronze for Norway in Cross Country, she skied for the Norwegian Ski-O team in the 90's. At 41 she's still going strong. Ola Einar Bjørndalen took two silvers in Biathlon and was a former ski orienteer. Remo Fischer of Switzerland was also an active ski orienteer before taking up cross country. He did the best of the Swiss team in the Cross Country events.

Una May was there on behalf of WADA as well as my sisters Ursula and Catriona and my brother Seán, giving well-needed support. Also one of the Italian organisers at the cross country stadium was a keen orienteer and knew some Irish orienteers. So all in all the orienteering community was well represented at this Winter Olympics! And I'm sure there were a few others besides.

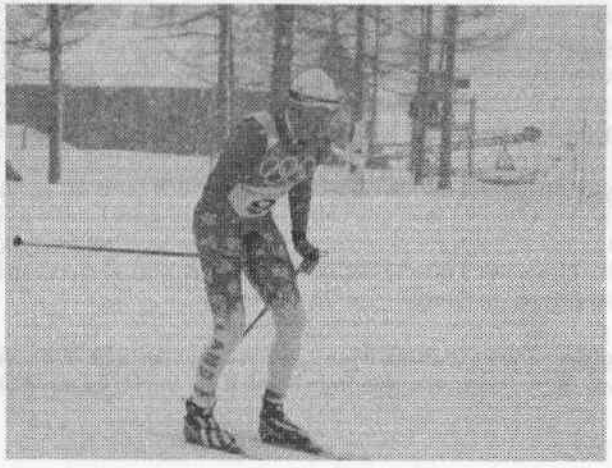
I competed in the 15 km classic cross country race in the Olympic Stadium at Pragelato Plan on the 17th of February. On race day I was suffering from the flu which took the wind out of my sails a bit but I still managed a respectable result, finishing ahead of two competitors ranked higher then me, placed 88 out of 99. As the snow conditions were difficult on the day many of the skiers had problems. All of the top Norwegians had massive problems with their skis having used the wrong kick wax. If anyone is familiar with klister and what happened when you try and ski with it over fresh snow, you'll know it's hell. My skis were pretty OK for most of the course but as the temperature changed rapidly, so did the snow and things became more difficult.

Having being passed out by the Macedonian, Darko, on the long up hill as I struggled with my skis, I managed to overtake him in the last 500m, even though he beat me on time, but the feeling was good! Crossing the finish line did not win Ireland a surprise medal but induced a wee jig all the same. Ireland's best result so far in cross country at the Olympics but there is still plenty of room for improvement.

There was a twenty-strong 'Irish' contingent for the 'victory' luncheon and finally I could have my first drink after months on the dry, a hot toddy.

It was a privilege to represent Ireland at the Olympics in cross country skiing even though I am an orienteer at heart. Carrying the tricolour at the closing ceremony was a great honour, and while I stood there I could only think of all those orienteers that I have known over the years, some that are no longer with us, for without them I wouldn't have made it this far.

Rory Morrish



Rory in action at the Winter Olympics

WOC Tour - the multi-day choice

Mid-Jutland – in the western part of Denmark – is the venue for the 2006 World Orienteering Championships (WOC), to be held in the period 29th July to 5th August. The WOC organisers are intent on making the WOC races as spectator-friendly as possible, and are also planning on filling spectators' spare time too. A 6-day open event, the WOC Tour, is being organised, and with its special event centre and dedicated campsite with full facilities, it is ideal for your 2006 club tour.

The well-tested formula of 3 race days, rest day, then 3 more race days will be used. But in anticipation that not everyone will make it to Denmark in time for the first WOC Tour race on Sunday 30th July, it will be possible to run just in the last 4 days and still find a place in the final results.

Three days on WOC terrain

You can run in the elite runners' footsteps on 3 of the WOC Tour days, when WOC terrain itself will be used. Day 1, a forest used in the 1974 World Championships, follows immediately after the long distance qualification heats. Day 4 – the top attraction of the week - is on terrain new to orienteering, used the day before for the long distance final. And on day 5, WOC Tour competitors will start out on their courses shortly after the Middle Distance Champions have been acclaimed.

Days 2 and 3 are both in forest beside the coast just south of Aarhus, giving different but just as interesting orienteering as the inland forests provide. After day 3 it is just a short drive down the road to the WOC Opening Ceremony and sprint final. The last day is in a challenging area of forest immediately adjacent to the WOC relay terrain. The Tour race is in the morning, with the finish in the WOC relay arena where you can then cheer on your national team in the afternoon's action.

Apart from supporting your country's team, there is plenty to do in this part of Denmark in your free time. The countryside with its many lakes and wooded hills is very beautiful and has some popular tourist attractions, especially in and around Silkeborg. Aarhus is a lively city with a wealth of amenities.

In Denmark most orienteering clubs arrange a summer club tour to a multi-day event. Many of them have already decided that WOC Tour will be the choice for 2006. We look forward to welcoming clubs from many other nations, to make WOC Tour and of course WOC itself a truly international gathering.

O-Tour Programme

30th July	Day 1 Linå Vesterskov
1st August	Day 2 Storskoven
2nd August	Day 3 Fløjstrup Skov
4th August	Day 4 Løndal
5th August	Day 5 Gjern Bakker
6th August	Day 6 Sletten

You can see full details and enter online on the event website www.woc2006.dk/tour.

Clive Allen

EVENT REPORTS

European Junior Championships

This years Junior European Orienteering Championships (JEC) were held in Graz, Austria from 7th to 9th October 2005. The championships involve 4 classes, M20, W20, M18 & W18.

The Irish team included: M20 - Patrick Higgins; M18 - Ruairi Short, Robert Browne, Seamus O'Boyle & Nicolas Simonin; W18 - Erinna Foley-Fisher & Ciara Largey

The competition programme involved a sprint race on Day 1, a classic distance race on Day 2, and finishing with a relay on Day 3. The terrain was of a continental type with lots of contour detail which caused some navigational problems.

The sprint race was held on an area called Ragnitz-Haidegg, a forested area with courses ranging from 2-3km.

The results from the first races are:

W18
Simona Karachova, Czech Rep, 17.21
48th Erinna Foley-Fisher, Ireland, 27.29
50th Ciara Largey, Ireland, 36.44

M18
1st Stepan Kodeba, Czech Rep, 18.16
35th Seamus O'Boyle, Ireland, 22.03
54th Ruairi Short, Ireland, 30.11
55th Nicolas Simonin, 30.18
56th Robert Browne, 31.47

M20
1st Jonas Mathys, Switzerland, 18.06
40th Patrick Higgins, Ireland, 25.07

The Irish Team competed on the second morning in pleasant conditions in the forested hills near Graz. With hot air balloons in the sky, the Irish bravely entered the forest and here are their results:

W18 6.1km 220m climb
1stSimona Karochova, Czech Rep 48.51
47th Ciara Largey, 84.15
48th Erinna Foley-Fisher 93.57

M18 8.4km 320m climb
1st Magne Daehli, Norway, 54.38
44th Seamus O'Boyle, 71.04
45th Nicolas Simonin, 71.14
55th Ruairi Short, 87.24
56th Robert Browne, 106.45

M20 9.6km 400m climb
1st Csaba Gösswein, Hungary, 59.45
41st Patrick Higgins, 91.24

The competition finished with the relay with the only competitive Irish team consisting of Seamus O'Boyle on the first leg, Patrick Higgins on the second leg, and Nicolas Simonin on the third leg. The other Irish men ran on a non-competitive team with a Spaniard on the first leg. The Irish Girls ran on a non-competitive team.

Northern Ireland Championships, Benone, 1st October 2005

First used for the British Championships, Benone is a superb area of open sand dunes on the north coast. A bleak enough spot on a wet and windy day, but conditions for NIOC were fine for running. Allan Bogle planned the courses, criss-crossing the dunes and bringing runners through a mixture of fast runnable areas and slower, scrubby undergrowth. Losing contact with the map was costly, and groups of baffled orienteers were visible scratching their heads and wondering just where they were.

M10A	Angus Fyffe	FERMO
M12A	Cillín Corbett	CorkO
M14A	Kevin O'Boyle	CNOC
M16A	Ruairí Short	CNOC
M18L	Colm Hill	CNOC
M21L	1 Brian Corbett	CorkO
2	Stewart Caithness	Clyde
3	Ian Lockington	NWOC
M21S	Kieran Rocks	LVO
M35L	Igor Stefko	LVO
M40L	Marcus Geoghegan	AJAX
M45L	Aonghus OCléirigh	AJAX
M50L	John Rye	RMOC
M55L	Wilbert Hollinger	LVO
M60L	Alan Gartside	LVO
M65L	David Hogg	NWOC
W10A	Jill Stephens	LVO
W12A	Aine McCann	LVO
W14A	Darina Fyffe	FermO
W16A	Erika Jones	FIN
W21L	1 Ester Logue	EPOC
2	Hazel Thompson	SET
W21S	Niamh Lalor	GEN
W35L	Michele Rainey	
M40L	Fiona Maxwell	LVO
W45L	Bernie O'Boyle	CNOC
W50L	Ann Savage	LVO
W55L	Teresa Finlay	FermO
W60L	Trina Cleary	3ROC
W65L	Rosemary Croley	LVO

Senior Home International

The senior home internationals were staged at the beginning of October by the three clubs of Northern Ireland using Magilligan Sands, scene of BOC '02, and Woodburn, in conjunction with the NI Championships. Several of the top athletes weren't there, due to clashes with international fixtures, unwillingness to travel or to take time off work to get there. It was intriguing to see the M21s being beaten by an M40, albeit one of the best M40s.

Planner Allan Bogle introduced a new format loop race, with four runners starting every two minutes. The area was rougher than most of us remember it and courses somewhat on the long side. By the end of the individual day Scotland had won three of the four classes and held a 3-point lead over England with Wales leading Ireland. While all can change (and usually does) in the relays, this year, Scotland came good again with Duncan Coombs, Jon Musgrave and Murray Strain gaining a clear lead. Wales were second after a sprint with the second Scottish team and Ireland pushing England into fifth. England fared slightly better in the Women's relay, followed by two Scottish teams. This could well be the first time that Scotland has won the SHIs away from home. When they won in Scotland, the crowd was treated to a chorus of 'Flower of Scotland' by manager and organiser Gordon Ross. This time victory was enough!
(from *CompassSport on line*)

The 2005 **Junior Home International** took place in South Wales on 24th-25th September. The competition, for M/W14, 16 and 18 classes, has an individual and a relay event over the weekend. Like the Senior and Veteran events, is normally boils down to England v Scotland for first and second with Ireland v Wales for third and fourth. The Welsh gave the Scots a bit of a fright, coming within 2 points of them in both races. Sadly, the Irish trailed in 4th position. The final results for the Juniors were England 129, Scotland 96, Wales 92, Ireland 43.

The Irish juniors put in good individual performances on the mixed open and forested sand dunes of Whiteford Burrows, running steadily with very few errors throughout the team. The best result was Nick Simonin's 4th in M16, and several others were only a little way off the winning pace. The relay on Broughton Burrows caused a bit more difficulty, more technical courses on a more technical map which some said would have been more suitable for the individual event. But this was no bother for many of the juniors and there were some very good individual runs, though we lack the competitive depth to do really well at relays.

The Welsh improved even more than the Irish this year and finished well ahead on overall points. The final score as usual was 1st England, 2nd Scotland, 3rd Wales, 4th Ireland.

The **Veteran Home International** took place in Kyloe Woods, Northumberland, overlooking the Holy Island of Lindisfarne. The Irish highlight of the relays was Ruth Lynam leading the pack back at the end of the mass start first leg. The finish was exciting, with the first 10 teams spread over 1min 43secs - unfortunately none of them was Irish!

In the individual races there were two Irish winners - James Logue (M35) and Ruth Lynam (W50), ably supported by a 2nd place for Wilbert Hollinger (M55) and 4th places for Steven Linton (M35) and Fiona Maxwell (W40 running as W35). The rest of us couldn't sustain their good work and we finished no worse than in previous years - fourth. My ambition to hold the Stonewall Trophy (for the Ireland/Wales match) has been foiled yet again.

Selection for next year's event (Wales are the hosts) is based on the Irish and provincial championships. Two have already taken place and the third, Connacht, has a closing date of this Friday, so get your entries in! (Alan Gartside, Team Manager).

To what can we attribute our level of success at the Home Internationals? Lack of exposure to regular high-class competition combined with a small orienteering population certainly don't produce teams with the strength and depth required.— Ed

MUNSTER ORIENTEERING CHAMPIONSHIPS 2005

Sunday 16th October 2005 at Clonmore North, Cahir, Co. Tipperary, organised by Cork Orienteering Club.

M21E 10.4 km

1	Alan Barry CorkO	90.47
2	Ivan Millar LVO	101.21
3	Conor Barry CorkO	101.31

W21E 7.47 km

1	Petranka Pacheva BOC	64.41	(78:59)
2	Ruth Lynam CNOC	68.52	(89:16)
3	Ailbhe Creedon CorkO	70.05	(83:57)

M21L	Mick Hannon	DFO
M35	John Scannell	CorkO
M40	Dermot O'Sullivan	BOC
M45	Aonghus O'Cleirigh	Ajax
M50	Gerry Brady	SET
M20	Conor O'Brien	BOC
W21L	Miriam Feehan	BVOC
M18	Seamus O'Boyle	CNOC
M21S	Danny O'Hare	CorkO
M55	Billy O'Neill	CNOC
M60	Ted Feehan	BVOC
W40	Mary O'Connell	3ROC
W45	Bernie O'Boyle	CNOC
W50	Mary Healy	GEN
M16	Ruairi Short	CNOC
W21S	Susan Healy	GEN
W18	Erinna Foley-Fisher	MNAV
W55	Ger Power	3ROC
W65	Faith White	SET
M14	Kevin O'Boyle	CNOC
W14	Laura Cox	WATO
W16	Niamh Curran	BOC
M12	Cillin Corbett	CorkO
W12	Cliodhna Galwey	BOC
M10	Cathal O'Cleirigh	Ajax
W10	Niamh Corbett	CorkO
WNov	Anne Barry	CorkO
MNov	Ken Healy	BOC

CorkO donated the income from the SI card rental and EOD entries to the GOAL "Pakistan Earthquake Appeal", a sum total of €203.

Two times are shown for classes affected by reversed codes: the affected legs were dropped out of the results - one of the advantages of SportIdent timing?

Orienteer for Land Rover Challenge

AT the end of two gruelling days of physical and mental challenges, three finalists were selected to represent Ireland at the Land Rover G4 challenge International Selections in February 2006: Vanessa Lawrenson from Carbury, Kildare, Paul Mahon (Setanta Orienteers) from Dublin and Gary Robertson from Fivemiletown near Fermanagh.

The Irish national selections started on Saturday, November 26, at 7.30am, when 44 competitors from around the country were flown to Land Rover's 'Home of the Legend' off-roading and adventure activity centre in Birmingham.

What followed was a weekend of physical and mental challenges, designed to find the three competitors who have what it takes to win the Land Rover G4 challenge, to be held in April this year.

The eight women and 36 men selected from hundreds of applicants were brimming with expectation and tension as they were thrown into a demanding morning of activities designed to thoroughly test them in a range of mental and physical areas.

After five hours of activities with names like Spine Tingler, Ladder Rack and Jungle Fever, the 44 exhausted, cold and battered competitors had no rest as they then embarked on a new range of 4x4 driving, navigation and initiative assessments, taking them well into the night.

Cold and tired, they were woken from their tents at five the following morning for a group problem-solving exercise of hoisting vehicles before breakfast at the campfire. This challenge was followed immediately by kayaking exercises in the freezing-cold lake, climbing and abseiling a daunting 12-metre wall to a balcony hovering above water, technical 4x4 driving in the Defender, Discovery 3 and Range Rover Sport through the Land Rover Experience Jungle Track and swamp-testing ground, mountain-biking and mechanical aptitude.

This series of activities brought to a close the Irish national selections for the 2006 Land Rover G4 challenge.

"Ultimately we had to find three competitors to go forward to the International selections, but it was a very close call. Everyone who made it this far showed the passion for adventure which is the essence of Land Rover and we wish them every success in their future endeavours," said John Paul Mooney, marketing manager of Land Rover Ireland.
One of the three victors from this weekend will be selected to represent Ireland and compete with competitors from 17 other countries in the actual Land Rover G4 challenge 2006 starting on April 23, 2006, in Bangkok. The challenge takes place over four weeks, incorporating 4x4 driving and multi-sport challenges in Thailand, Laos, Brazil and Bolivia.

(Sunday Independent, 4th December 2005).

LEINSTER CHAMPIONSHIPS 2006

Ajax are now accepting entries for the 2006 Leinster Orienteering Championships on Sunday April 23rd on Bull Island in Dublin Bay. Full details are available on ajax orienteering.ie

Please enter online and pay via paypal or credit card; however if you prefer you can still use a paper entry form (download from ajax.orienteering.ie).

The online entries & payments system has been developed by Martin Flynn and is available to all clubs organising pre-entry events.

The competition area is an intricate sand dune system surveyed and mapped by Aonghus O'Cleirigh in 2005/2006. Aonghus is also planning the courses. This event promises to be exciting, fast, complex and spectator friendly - don't miss it. The map scale will be 1:5,000 with a 2.5m contour interval for all competitors. Longer courses will have a map exchange. SportIdent timing will be used.

The closing date for entries is March 31st, 2006. Enter early because all fully paid-up competitors received by Saint Patrick's Day (March 17th) will be placed in a free draw for an Electronic Map Measurer.

Special permission has been granted by Dublin City Council's Parks Department for Orienteers to use Bull Island and they will be monitoring the event. Please do your best to showcase Orienteering as an environment and family friendly sport.

Information & Queries: email loc2006@orienteering.ie

Cork News

Cork City 's First Permanent Orienteering Course – The Glen Amenity Park "The city's first permanent orienteering course was set up recently in the Glen Amenity Park, the Glen. Neighbouring primary and secondary school teachers and youth group leaders attended an introduction to orienteering and navigation skills at the Park with the aim of encouraging them to make better use of this facility in a healthy and active manner. All members of the public are welcome to use the permanent orienteering course in the Glen Amenity Park. Permanent markers are in place around the Park with set courses planned out by an experienced map maker and orienteering expert. Packs which include maps, instructions, course layouts etc. can be obtained free of charge from the Recreation, Amenity and Culture Dept, Abbey Court House, Georges Quay or by phoning the S. D.O. on 021-4924741."..... from the Cork Corporation Website.

IOA Officers

Executive Chairperson: Dave Weston, Mullinaveigue, Roundwood, Co. Wicklow. Tel. 086 8150512 email *chairperson@orienteering.ie*

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

Honorary Treasurer: John Casey, 10 Fieldstone, Tramore, Co. 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 *junior-rep@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*

Connacht Championships

Portumna, Co. Galway was the venue for a fine Connacht Championships staged by WEGO on November 27th 2005. SportIdent timing meant that the courses could criss-cross the area, perhaps a bit too much on the longest course, but the planner was limited by the existence of a golf course right in the middle of the competition area. Runnable forest with unusual contour features and old walls provided the navigational interest and the map was resurveyed by Pádraig Higgins for the event.

Results

M10 O'Cleirigh, CathalAJAX
M12 Hill, Brian CNOC
M14 Short, Conor CNOC
M16 Higgins, Gerard LVO
M18 O'Boyle, Seamus CNOC
M20 O'Brien, Conor CITO

M21L
1 Corbett, Brian CORKO 1:04:02
2 Tamas, ReluRomania 1:11:04
3 Burke, DarrenCORKO 1:11:31
M21S Coffey, Mairtin DFO
M21N Foyle, John51Bn WEGO
M35 Scannell, John CORKO
M40 Pim, Andrew WATO
M45 O'Cleirigh, Aonghus AJAX
M50 Brady, Gerry SET
M55 Hollinger, Wilbert LVO
M60 Gartside, Alan LVO
M65 Martindale, Frank 3ROC

W10 Corbett, Niamh CORKO
W12 Cox, Jane WATO
W14 Cox, Laura WATO
W16 Curran, Niamh BOC
W18 Foley-Fisher, Erinna MNAV
W21L
1 O'Boyle, Niamh CNOC 1:20:08
2 Creedon, Ailbhe CORKO 1:20:09
3 Feehan, Miriam BVOC 1:29:05
W21S Lucey, Sharon ULO
W21N Felle, Laura 51Bn
W35 Honkasaari, Liisa WATO
W40 Muckian, Sheila CORKO
W45 O'Boyle, Bernie CNOC
W45S Cox, Angela WATO
W50 Savage, Ann LVO
W55 Ui Shuilleabhain, Aine 3ROC
W60 Higgins, Maura SET
W65 Murtagh, Vera 3ROC
W70 White, Faith SET

The Irish MTBO team Nina Phillips,Toni O'Donovan and Thomas McNally at the 2005 World Championships (See report on page 10).

IOC 2006 Details

The closing date for individual entries is 7th April and for the Relays,14th April.
For the Relays, a new class structure is being introduced for all except the open Men's and Women's and the Junior classes.
The handicap system is the one devised by the Scottish Orienteering Association, designed to allow everyone to run an appropriate distance for their age class, and to produce similar winning times for each relay team.
With all of the classes starting together, and with all of the handicap teams running in the single overall handicap competition, it should make for very close racing when allowance is made for the handicapping. Courses for all of the handicap classes are based on an estimated winning time of 35 minutes, and the winners of the overall handicap competition will be the first to finish.

The event centre is at the new Foy Centre in Carlingford, where there will be changing facilities, a restaurant and some self-catering accommodation.
The Classic race on Sunday incorporates an IOF World Ranking Event for the two Elite classes.

Junior News

Time Trials 4 - 5 March, Dublin, for M/W 16's upwards.

The spring 2006 trials were held on 4 and 5 March, on the usual areas, terrain & hill on Three Rock Mountain, and track in Belfield
We stayed in Glendalough Youth Hostel, and a special event was run at Carrigolligan.
There are Squad Tours planned to the JK in Yorkshire at Easter and the Lake District 5-Day in August.

Special Waterford Event

Pupils from Transition Year at Newtown School, Waterford, have taken part in the Young Social Innovators programme. They ran a small event for children at St Martin's special school in Waterford City. They took photos of 6 sites in the school grounds. The children were paired off with their helpers and then set loose to locate the kites. At each of the 6 sites, they had to choose from a set of photos which the correct one was. These they stuck to their master sheet with Velcro. They also had to punch their control cards if they were able. The joy on the children's faces was worth all the effort. We hope to develop a course for the Special Olympics group in Waterford in partnership with the Waterford Sports Partnership and Waterford City Council. (See photo on back cover).

Part of the Angle Tarn map, to be used in the Lake District 5-Day in early August. If you are going, book you accommodation early: It's a popular holiday destination.

IOA Mapping Course, November 2005

The Irish Orienteering Association's Mapping Officer, Marcus Geoghegan, organised a mapping course on the weekend of November 18-20th 2005 near Mullingar, County Westmeath. A previous IOA mapping course was organised by Pat Healy in Avondale, County Wicklow, in February 2001 and in November 2002 Noel Donagh organised a GPS mapping seminar.
The accommodation and classroom sessions were in Lilliput adventure centre (a.k. a Jonathan Swift Park), on the southern shore of Lough Ennell and Padraig Higgins arranged a superb survey area - Belvedere House on the eastern shore of Lough Ennell, a 160 acre area of rolling parkland and deciduous woods.

Belvedere Estate has been registered as a Western Eagles/Galway Orienteers (WEGO) map .and they intend to run an event there, possibly the Irish Park-O Championships, in May 2006. The original 6":1-mile map of Ireland from the 1850's was used as a base-map for the course.

The six instructors were Seán Cotter, Bishopstown OC, Pat Healy, Curragh/Naas OC, Martin Flynn, Ajax OC, Pádraig Higgins, WEGO, Val Jones, Fingal OC and John O'Callaghan, Bishopstown OC. There were 26 students from 11 clubs, representing all three IOA regions and the NIOA.

Friday Evening
Pat Healy took the students through the International Orienteering Federation's mapping instructor's presentation, which introduced the concepts and technologies involved. Samples of base-maps, aerial photographs, diapositives and photogrammetric plots were shown. A stereoscope was demonstrated. Pat also demonstrated the OSI's latest digital product, Trail Master. The students were shown how to prepare their mapping boards and base-maps for Saturday's survey instruction.

Saturday
After assembling in Belvedere the students were shown two methods of creating an accurate pacing scale. They were then divided into four groups with a leader. The rest of the day was taken up with field surveying, covering pacing confirmation, placing a Magnetic North line on the base-map, plotting a traverse, plotting point features, plotting an area, classification of features, and continuation of the survey
The instruction followed the good-practice sequence of plotting the perimeter of an area, then triangulating spot features, plotting area features and finally adding landform. The four groups met for lunch, swapped areas, swapped instructors and continued surveying.

Saturday Evening
Pat Healy demonstrated OCAD, the computer-aided design program for drawing orienteering maps, including setup, scales, templates and point, line & area features. Special emphasis was placed on the use of OCAD's Bézier function – mastery of this single OCAD feature is incredibly beneficial to an OCAD user. In order to teach the use of Béziers Pat used a template that was distributed in the early nineties by the OCAD authors but has never been officially included in the product documentation. The students then drew their day's survey into OCAD under the tutelage of the course instructors.
Val Jones gave a presentation that drew on his extensive experience of park maps. He covered the differences between normal orienteering maps which are drawn using the International Specification for Orienteering Maps (ISOM 2000) and Sprint/Park maps which are drawn using the sprint

specification (ISSOM 2005). He used many map examples and discussed the mapping of schools, the use of freely available aerial photography and the special requirements of park and trail-O maps.
A de-briefing session took place in the local pub.

Sunday Morning
The students spent Sunday morning learning how to survey contours in an area of Belvedere House for which Pádraig had prepared a special base-map the night before. The students were shown how to measure and mark spot heights and how to interconnect them to create landform features.

Sunday Afternoon
Martin Flynn gave a presentation entitled *printing maps from OCAD* that covered best practice in map printing, including: traditional spot offset; CMYK offset; laser; inkjet; photocopying and the problems associated with each technology. He also discussed colours, version control, paper and bagging. Martin included a number of electronic and printed map samples in his presentation.
Marcus Geoghegan gave a short presentation covering mapping costs, club logos, IOA mapping grants, what life was like before OCAD, and OSI copyright permits.
Seán Cotter gave a presentation that reviewed what had been learned over the weekend, emphasising the placement of magnetic north lines and re-scaling the base-map. Sean has given his permission for his mapping documentation to be published on the IOA website.
Marcus gave a presentation that outlined his experiments of orienteering mapping using a consumer grade GPS. He discussed GPS and DGPS technology, reviewed the output of the 2002 GPS seminar, talked about directly entering symbols into OCAD, and discussed base-map augmentation using OziExplorer, both in the field and at home.

Créidhe O'Sullivan of GEN won the instructors' prize of a Silva sighting compass for the best field survey. Each student was given a CD containing the course documentation and presentations, various pieces of reference material, students' OCAD files and photos of the weekend.
Marcus Geoghegan

NEW RECORD

On 4th February in Switzerland, at the traditional Hammen OL event, a world record was broken. A few runners managed to punch the biggest number of controls in one race: 205 control points in 27 km. This was 2 more than the previous record set in September 2005 in the Pawtuckaway State park in New Hampshire (USA). The winner, Fabian Hertner, took 163 minutes 20 seconds to complete this course, an average of 47 sec for each control. Second was World Silver Medallist Marc Lauenstein, some 30 sec behind.

ORIENTEERING TODAY
INDEPENDENT INTERNATIONAL MAGAZINE
Subscriptions: €47.25/year (7 issues). Mary Healy, 11 Belmont Grove, Blackrock, Co. Dublin (01-2885798). See www.orienteeringtoday.com

Carrickgolligan 5th February 2006
Great Eastern Navigators

Planner: Wyn McCormick
Controller: Mary Healy
Organizer: Nora Lalor

SHORT (2.2km 55m 7c)

1	Caoimhe O'Boyle	W8	CNOC	22.05
2	Cathal O'Cléirigh	M10	AJAX	25.10
3	Brennans & Berrys	MIX	AJAX	25.47
4	Jonathan Quinn	M9	GEN	26.19
5	Mark Blake-Knox		GEN	28.10
6	Aedin McCann	W12	DLSO	28.29
7	Anna Mangan	W10	SET	30.23
8	Aoife Kernan	W8	AJAX	31.23
9	Halpin			32.39
10	Basil & Jack Bailey		GEN	32.45
11	Sineád Malin	W10		36.19
12	Fiachra McCann	M8	DLSO	38.20
13	C English	W60	GEN	38.44
14	Dáirine O'Rourke	W12	FIN	43.44
15	Mary Allen			43.54
16	Therese Allen			43.54
17	Michael Butler	M65	3ROC	44.20
18	O'Hanlon Family	MIX		45.26
19	Dara O'Cléirigh	M6	AJAX	45.28
20	Cian			47.45
21	Shauna			47.45
22	Padraig Kearns	M12	FIN	47.53
23	Kevin Cunningham			48.52
24	Zoé Tyner	W4	SET	49.00
25	Cian May	M5	3ROC	50.23
26	Rory Farrell			53.48
27	James Butler			53.48
28	Janet O'Byrne	W55		66.40
29	Jean Mullen	W70	3ROC	66.45

MEDIUM (3.9km 120m 14c)

1	Ruari Short	M18	CNOC	48.56
2	Conor Short	M14	CNOC	50.11
3	Tony Maher	M35	DFO	55.15
4	F O'Brien	W21	AJAX	57.07
5	Sybil McCormack	W21	GEN	57.49
6	Deirdre Bell	W20	GEN	59.03
7	Kevin O'Boyle	M16	CNOC	59.22
8	Paget McCormack	M65	GEN	61.21
9	Jean O'Neill	W55	FIN	61.40
10	D McDevitt	M21	NWOC	65.56
11	Brian Power	M55	SET	68.10
12	Louise O'Sullivan	W21	SET	71.14
13	David Smyth	M40	FIN	71.53
14	Aine UíShuilleabháin	W55	3ROC	75.06
15	C O'Sullivan	W21	GEN	75.38
16	A Bonar-Law	M70	GEN	78.52
17	David Dare	M50	SET	79.56
18	A & D Lehane	M/W21		83.31
19	Deirdre Nagle	W55	3ROC	85.10
20	Melanee Heather	W21	SET	85.44
21	Harold White	M60	3ROC	87.20
22	Laurence Quinn	M11	GEN	89.25
23	Tom Talbot	M40		94.17
24	Clare Walsh	W60	3ROC	94.27
25	Conor McCann	M14	DLSO	
	100.40			
26	Jane Brennan	W40	AJAX	
	106.32			
27	Daniel Kersach	M12	AJAX	
	121.19			
28	Sinead Malin			
	124.45			
29	C Carroll	M70	3ROC	
	127.16			
30	Simon McCormack	M21	GEN	
	138.47			
31	Tom Brennan		SET	
	155.45			
E	Kernan	W40	AJAX	DNF
	Vera Murtagh	W65	3ROC	DNF
	Michael Galligan			DNF
	David Kernan	M13	AJAX	DNF
	Robin McCormack	M21	GEN	DNF
	Matt Ryan			DNF
	J Walsh			DNF
	Pat MacManus fam		AJAX	DNF
	Stephen Brennan		SET	DNF

LONG (5.5km 180m 17c)

1	Brendan O'Brien	M35	AJAX	52.54
2	Séamus O'Boyle	M20	CNOC	54.37
3	Gerard Butler	M21	3ROC	58.39
4	Paul Smyth	M40	AJAX	61.29
5	Angus Tyner	M35	SET	62.12
6	Marcus Geoghegan	M40	AJAX	62.50
7	Peter Kernan	M50	AJAX	63.53
8	Mick Mangan	M45	SET	64.58
9	Niall McAlinden	M21	DUO	65.39
10	Barry Cormack	M21	DUO	67.32
11	Philip Brennan	M21	SET	67.42
12	Brian Bell	M50	GEN	69.16
13	Ruth Lynam	W50	CNOC	72.26
14	Fergal Buckley	M21	DUO	74.02
15	Fiach O'Rourke	M18	FIN	74.30
16	Ciaran Young	M40	FIN	76.21
17	Paddy O'Brien	M55	AJAX	77.28
18	Lolith Kaure	W21	FIN	78.42

19	Tony Lawlor	M40	CNOC	83.42	
20	Ted McCormack	M20	GEN	84.24	
21	Don Short	M50	CNOC	84.26	
22	John Crowley	M45	GEN	85.17	
23	Susan Bell	W21	LVO	86.18	
24	Hazel Thompson	W21	SET	89.29	
25	Mary O'Connell	W40	3ROC	89.58	
26	Eileen Young	W35	FIN	94.27	
27	Dave Weston	M40	SET	94.40	
28	Stephen McCarthy	M21	SET	94.57	
29	Anne Morrissey	W45	CNOC	97.59	
30	Colin Walsh	M40	SET	107.34	
31	Deirdre O'Neill	W35	FIN	107.51	
32	John Agnew		CNOC	109.27	
33	Doyle John		CNOC	111.27	
34	Stuart Scott	M21	DUO	114.14	
35	Ger Power	W55	3ROC	120.33	
D	Walsh			DNF	
K	Walley	W40	FIN	DNF	

Results of 3ROC Night Event, Phoenix Park, Dublin, 18th February 2006.

Long course 7.7km

1	Marcus Geoghegan	M40	AJAX	48.45
2	Alan Ayling	M21	GEN	48.54
3	Ruairí Short	M18	CNOC	49.31
4	Gerard Butler	M21	3ROC	53.06
5	Philip Brennan	M35	SET	53.46
6	Tony Lawlor	M40	CNOC	56.33
7	Fergal Buckley	M21	DUO	57.35
8	Val Jones	M50	FIN	58.46
9	Sennen O'Boyle	M50	CNOC	58.50
10	Dave Weston	M40	SET	59.40
11	Mary Healy	W50	GEN	59.45
12	Eoin Dunne	M35	3ROC	60.14
13	Ruth Lynam	W50	CNOC	60.17
14	Colm McKenna	M35		67.59
15	Somhairle Foley	M21	SET	81.59
16	Brendan Doherty	M60	GEN	87.38
17	Melanie Späth			104.30
18	Ger Power	W60	3ROC	105.48

Non-competitive (Mountain bike):

Martin Flynn	*M35*	*AJAX*	*48.03*

Short course 4.7 km

1	Conor Short	M16	CNOC	38.19
2	Andrew McCarthy	M21	AJAX	39.39
3	Cian O'Reilly	M21	AJAX	42.22
4	Brian Lawless	M60	3ROC	43.52
5	Stuart Scott	M21	DUO	46.04
6	Sarah Ní Ruairc	W21	FIN	51.33
7	Áine Ní Shúilleabháin	W55	3ROC	51.43
8	Claire Walsh	W60	3ROC	59.38
9	Melanie Heather	W21	SET	60.56
10	Donnchadha Quilty	M21	DUO	61.41
11	Owen McCarthy		3ROC	62.00
12	Willie Whelan			62.50
13	Joshua Kirkley	M21		70.51
14	Charlie O'Connell	M60		73.12
15	Sinéad Roche	W21	GEN	77.50
16	O'Malley family			79.44
17	Philip & Ian Marron			83.02
18	Stephen & Tom Brennan		SET	84.59
19	Con Carroll	M70	3ROC	87.18
20	Vera Murtagh	W65	3ROC	96.47
21	Enda Timoney			101.27
22	Fergal & Eoin Smyth & Conor Timoney			102.20

DNF

Kieran Rocks	M21	LVO	
Nigel Campbell-Crawford	M60	3ROC	44.59

Non-competitive

Niamh O'Boyle	W21	CNOC	34.11

John McCullough Planner/Organiser
(with help from Eoin & Clíona McCullough)

Lost property: Hand torch.

Niall McAlinden studies his map at the Hellfire Club.

Results are welcome. Think of future generations of researchers and orienteers and don't just put them on the internet.

Mountain Running Fixtures 2006

Sun, 5th Mar, 11:00 AM, Ballinastoe Winter, 380m, 9.80 km
Sat 11 Mar , Slieve Gullion 3.5 mls, 1000 ft, 12.00
Wed, 15th Mar, 1:30 PM, Irish Schools Championship, 250m, 5.5 km
Sat 18 Mar , Glenariff Mountain Race 6 mls, 1200 ft, 13.00
Sat 1 Apr , Slieve Bearnagh 3.9mls, 2680ft, 12.00
Thur 6 Apr , Castlewellan, short race, 7.30
Thur 13 Apr , Tollymore Mountain Centre 4.5 mls, 1200 ft., 7.30
Wed, 19th Apr, 7:30 PM, Goal Flash, Killiney Relay, 220m, 2.5 km,
Thur 20 Apr , Slieve Martin, 4.5 mls, 1600 ft, 7.30
Sun, 23rd Apr, 8:00 PM, Claragh Mountain, 352m, 6.2 km
Wed, 26th Apr, 7:30 PM, Mountain View, 326m, 5.5 km
Thur 27 Apr , Binnien To The Top, 2 mls,2000 ft, 7.30
Sat 29 Apr , P & O Knockdhu Classic, 4.7 mls, 1470 ft, 13.00
Sun, 30th Apr, 3:00 PM, Round Mountain, 335m, 8 km
Wed, 3rd May, 7:30 PM, Hellfire and Brimstone, 260m, 6 km
Thur 4 May , Moughanmore, 3 mls, 1500 ft., 7.30
Sat, 6th May, 12:00 PM, Circiut of Glenmalure, 775m, 21 km
Sat 6 May , Annalong Horseshoe, 13 mls, 5200 ft, 11.00
Wed, 10th May, 7:30 PM, Three Rock Dash, 198m, 4.8 km
Thur 11 May , Hen & Cock, 2.5 mls, 1500 ft, 7.30
Sun, 14th May, 1:00 PM, Doon, 335m, 10 km
Wed, 17th May, 7:30 PM, Corrig, 235m, 5.6 km
Thur 18 May , Monument Race, Tollymore Forest, 4 mls, 1000 ft, 7.30
Sat 20 May , Rostrevor, 7mls, 2500 ft, 12.00
Wed, 24th May, 7:30 PM, Bray Head, 274m, 5 km
Thur 25 May , Loughshannagh Horseshoe, 4 mls, 1700 ft, 7.30
Sun, 28th May, 1:00 PM, Crohaun, 350m, 9 km
Wed, 31st May, 7:30 PM, Scalp, 244m, 6.4 km
Thur 1 Jun , Rocky, 4 mls, 1300 ft, 7.30
Sun, 4th Jun, 12:00 PM, Carrauntoohil, 1126m, 13.7k m
Wed, 7th Jun, 7:30 PM, Howth, 360m, 8.50 km
Thur 8 Jun , Meelbeg Meelmore, 3.5mls, 1800 ft, 7.30
Sat 10 Jun , Donard & Commedagh, 6.8mls, 3300 ft, 12.00
Sat, 10th Jun, 7:00 AM, Wicklow Way Relay, 120 km
Wed, 14th Jun, 7:30 PM, Paddock Lake, 420m, 9.00 km
Fri 16 Jun , Donard Forest, 4.5mls, 1400 ft, 7.30
Sun 18 Jun , Flagstaff to Carlingford, 11mls, 3000 ft, 11.00
Sun, 18th Jun, 1:00 PM, Sliabh Barna, 532m, 10.00 km
Wed, 21st Jun, 8:15 PM, Brockagh, 400m, 8.00 km
Fri 23 Jun , Slieve Donard, 5mls, 820 ft, 7.30
Wed, 28th Jun, 7:30 PM, Tibradden, 305m, 8.00 km

See www.imra.ie or nimra.org.uk for more details of races.

Orienteering Fixtures 2006

March 2006

4 **Irish MTBO Championships**, Nagles Mountains Co. Cork CORKO
4 Drum Manor, Co. Derry NI Series 1 NWOC
5 Coolbeggan Wood Co. Waterford Cork Spring League 1 BOC
5 Gortin, Omagh, Co. Tyrone Tough Guy #2 FERMO
12 Glenpatrick Waterford Southeast Spring League 3 WatO
12 Knockreer Estate, Killarney, Kerry Spring League 2 KERRYO
12 Modeligo Wood Co. Cork Cork Spring League 2 BOC
12 Sugarloaf Co. Wicklow Leinster Spring Cup 4 UCDO
11 Castlearchdale, Co. Fermanagh. Local Club Score FERMO
11 Event Safety Training LVO
17-19 **Ballyhoura 3 Day** Thomastown Wood, Ruppulagh Wood, Garryarthur Wood, Co. Limerick BOC. Entry on the day.
18 Garvagh Forest, Co. Derry Local Club Score NWOC
19 Burren, Co. Fermanagh Tough Guy 3 FERMO
19 Glengarriff Forest Park Cork Local Event CORKO
21 Tickancor Waterford Munster Secondary Schools Champs WatO
23 Melleray Co. Waterford Munster Primary Schools Champs WatO
25 Slieve Martin, Rostrevor, Co. Down. NI Series 2 LVO
26 Glendasan, Laragh, Co. Wicklow Leinster Spring Cup SET
26 Knockaun Wood Waterford Cork Spring League 4 BOC
26 The Crags, Glenflesk, Co. Kerry SW League 3 CORKO

April 2006

1 Mahon Falls, Co. Waterford SE Spring League 4 WatO
2 Howth Summit Dublin Local Event FIN
2 Davmore Waterford Southeast Spring League 5 WatO
2 Rochestown Woods Cork Cork Spring League 5 BOC
4 Doneraile Forest Park Cork All-Ireland Secondary Schools Champs BOC
6 Glen Amenity Park Cork Business Houses Spring League 1 BOC
8 Woodburn, Co. Antrim. LVO Spring Cup 1 LVO
9 **Munster Champs** Castlelough Demesne, Portroe, Co. Tipperary BOC
13 Curragh Wood Cork Business Houses Spring League 2 BOC
20 Currabinny Wood Cork BH Spring League 3 BOC
22 Mullaghcroy NI Series 3 FERMO
23 **Leinster Championships, Bull Island** Dublin AJAX
23 Modeligo Wood Co. Cork Cork Spring League 6 BOC
26 Delamont MTBO LVO
27 Rostellan Wood Cork Business Houses Spring League 4 BOC
29-30 **Irish Championships, Carlingford**, Co. Louth 3ROC/GEN

May 2006

1 **Irish Relay Championships, Carlingford**, Co. Louth

4 Ardargh Wood Cork BH Spring League 5 BOC
6 Slieve Croob, Co. Down NI Series 4 LVO
7 Monaloo Wood Cork Cork Spring League 7 BOC
7 Inch Sand Dunes Kerry SW League 4 KERRYO
9 Farran Forest Park Cork Inter-Firm League 1 CORKO
11 Doneraile Forest Park Co. Cork All-Ireland Primary Schools Champs BOC
11 Doneraile Forest Park Cork Business Houses Spring League 6 BOC
14 Coumshingaun Waterford Southeast Spring League 6 WatO
16 Currabinny Wood Cork Inter-Firm League 2 CORKO
18 Farran Forest Park Cork BH Spring League 7 BOC
20 Kilbroney/Rostrevor Forest, Co. Down Spring Cup LVO
21 Trooperstown Co. Wicklow Leinster Inter-Club Champs GEN
23 Corrin Hill Cork Inter-Firm League 3 CORKO
25 Glenbower Wood Cork Business Houses Spring League 8 BOC
28 Dinish Co. Kerry Kerry Spring League 4 KERRYO
30 Lyredane Cork Inter-Firm League 4 CORKO

June 2006

1 Corrin Hill, Fermoy. Cork Business Houses Summer League 1 BOC
3-5 **Irish 3-Day 2006 Inishbofin**, Co. Galway WEGO / CNOC
6 Ballincollig Regional Park (East) Cork Inter-Firm League 5 CORKO
8 Rochestown Woods Cork Business Houses Summer League 2 BOC
10 Tollymore,Co. Down LVO Spring Cup
13 Watergrasshill Co. Cork Inter-Firm League 6 CORKO
15 Rathcormac Mountain Wood Co. Cork Business Houses League 3 BOC
20 Farran Forest Park Cork Inter-Firm League 7 CORKO
22 Martin Valley Trail Cork Business Houses Summer League 4 BOC
24 Wicklow Mountains Rogaine SET 24 hour score event
27 Glenbower Wood Co. Cork IFL 8 CORKO
29 Currabinny Wood Cork BH Summer League 5 BOC

October 2006

7 Northern Ireland Champs FERMO Lough Navar

AND FINALLY ...

Once again, apologies for the late arrival of TIO 111. Thanks to all the contributors to this issue and to those who provided photographs (particularly the injured Martin Flynn!).
More and more information on orienteering (fixtures, entry forms and results especially) are readily available from the internet so the emphasis of TIO may change. I would be very interested in articles which help orienteers to improve (navigation techniques, map reading, competition preparation, training). We do very little to help in the development of new orienteers on the technical side. More photos and maps are always welcome.
JMcC.