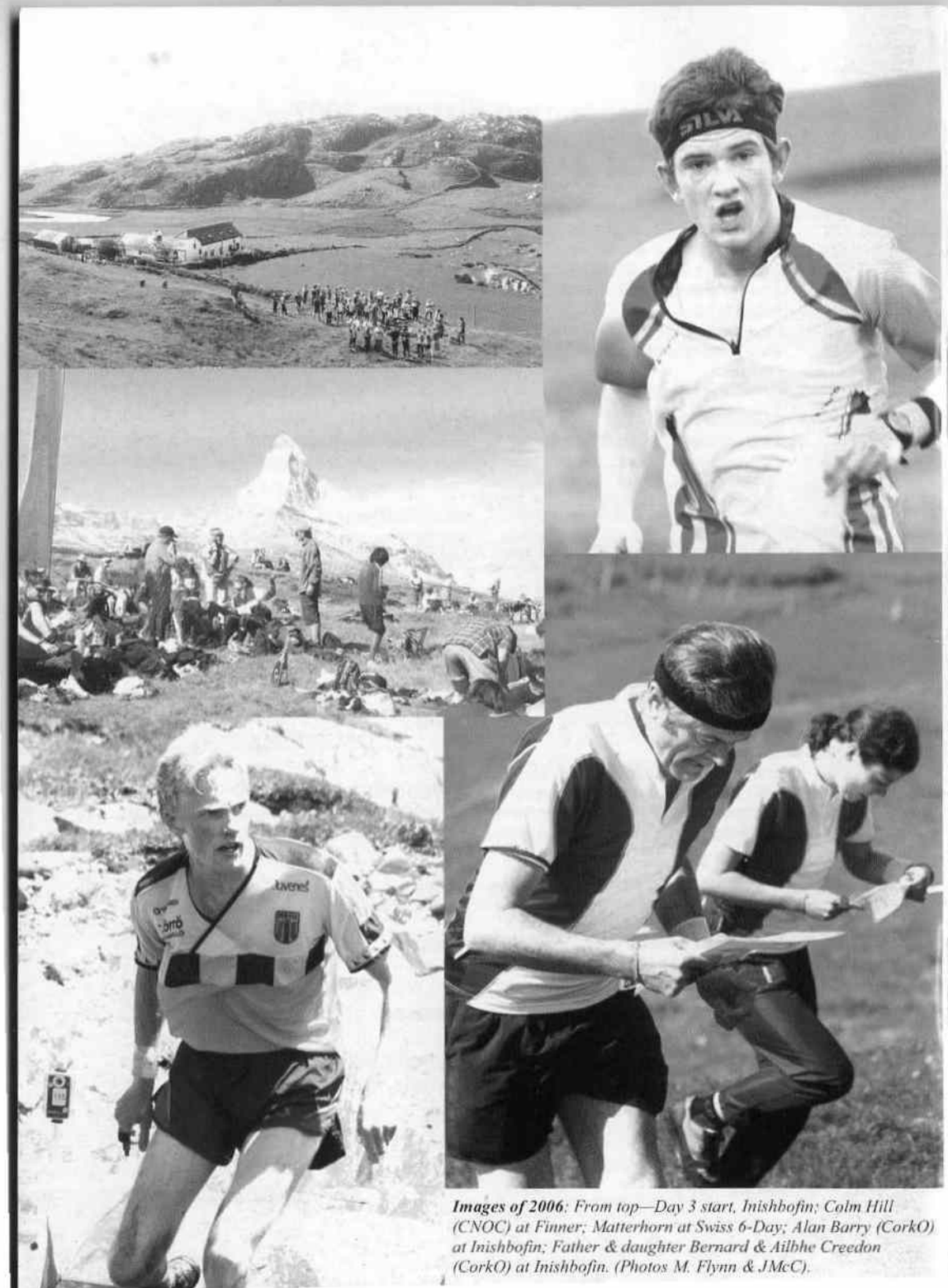

***Images of 2006**: From top—Day 3 start, Inishbofin; Colm Hill (CNOC) at Finner; Matterhorn at Swiss 6-Day; Alan Barry (CorkO) at Inishbofin; Father & daughter Bernard & Ailbhe Creedon (CorkO) at Inishbofin. (Photos M. Flynn & JMcC).*

the Irish Orienteer

No. 112 Spring 2007

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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
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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

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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 one year.

Cover: Jack Millar (LVO) at the Irish Championships at Carlingford (Martin Flynn)

NEXT COPY DATE
31st August 2007

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

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Major Changes for *The Irish Orienteer*

You will doubtless have noted that only one edition of *The Irish Orienteer* was published in 2006. This is due largely to a lack of available time on my part. However, another major factor has been the effect of the internet on the way information is transmitted, and its effect on the orienteering community as a whole. Once upon a time, the only reliable way that information could be circulated was in printed form (fixtures or results, for example). That has all changed with the widespread use of the internet making access to fixtures information, online entries, almost instant results, discussion, even GPS plots of runners' routes available anywhere in the world.

This has revolutionised the world of publishing, particularly for specialist, small-circulation journals like *The Irish Orienteer*. No longer are orienteers waiting for the postman to drop the newsletter through their letterboxes: they can log on and get up to date news from Ireland and elsewhere at their fingertips at any hour of the day or night. No longer are we dependent on *TIO* for fixtures, entry forms or results. It is nice to have a printed copy of something in your hand, and it is important for historians as well as being entertaining to look back at past articles and events, but the fact that Irish orienteering hasn't collapsed in the months since the last issue of *TIO* only proves the point.

There will be some people out there who can't readily get access to the internet - perhaps they don't have a computer at home or at work, maybe they don't ever visit a library – but more and more orienteers (who were always interested in new technology and gadgets) are becoming internet users. You have only to look at the fantastic range of things to do with orienteering which depend on computers: club, event and national web sites, Martin Flynn's Ór software, Routegadget for GPS, Sportident timing, OCAD for mapping and so on: these are becoming the stock in trade of orienteering, a fact

which may tempt some couch potatoes to actually go out and give the real thing a try.

Looking for some information on last summer's Swiss 6-Day, an internet search threw up a listing of US M60 Peter Gagarin's eighty-something orienteering or similar runs, with scanned maps and routes. You might say "who cares?", but it's fascinating for an orienteer to look at, particularly if you have also run on some of these areas.

The upshot of this shortage of time and this technological change is that The Irish Orienteer will appear only twice a year, in Spring (to preview the year's events) and in Autumn (with reports on the national and regional Championships, main fixtures for the season, etc.). I hope that Irish orienteers will again provide articles, reports and reviews for us all to read, and that *TIO* will reprint the best items published on club or IOA web sites in the course of the year.

Once again, thanks to all who have supported *TIO* all down the years. It is particularly heartening to hear from Irish orienteers in other countries, or in far-flung or isolated areas of our own country, that *TIO* is a lifeline which keeps them in touch or brings them back to the sport.

Sadly in the past year we have lost some good friends from the sport: Sven Kulldorff, John Colclough, Michael Dooley and Paul Geary. May they rest in peace.

We have also continued to lose forests in the Dublin area, a fact highlighted in the last issue. Unfortunately the decimation has continued and there doesn't seem to be much we can do to stop it, as the felling permits have evidently been granted by the local authorities, who are the very people who should be helping preserve these areas for recreation.

On the plus side, we have had a great range of competitions in the past year, with new areas being mapped, and there's s new generation of orienteers on the way up: plenty of new names in the results – particularly in the older junior classes – and not all from orienteering families. In 2007 we have a Shamrock O-Ringen 3-day in west Cork to look forward to, new areas for the Irish Championships in Fermanagh, and a Junior Home International run by NIOA in October.

Have a good year orienteering!

John McCullough,

MTB WOC 2006

A small but enthusiastic team represented Ireland at this year's MTBO World Champs in Finland in July. The races were, as expected, very navigationally challenging but also surprisingly physically demanding with a significant amount of climb and technical biking in very hot weather. Probably the most difficult MTB WOC yet.

Midddle Distance - Men, 17km:
1 Tuomo Tompuri FIN 49.50
60. John Houlihan IRL 1.05.37 +15.47
88. Eoin Rothery IRL 1.18.31 +28.41

Middle distance - Women, 13.2km:
1.Michaela Gigon AUT 51.38
24.Nina Phillips IRL 1.02.53 +11.15
Long Distance - A Final Men, 40.4km:
1. Mika Tervala FIN 2.03.06
30. John Houlihan IRL 2.23.52 +20.46
Eoin Rothery IRL 2.54.46 (in B Final)
Long Distance - A Final Women, 29.4km:
1 Christine Schaffner SUI 1.51.28
36. Nina Phillips IRL 2.19.20 +27.52
Relay - Men:
1. Finland
Ireland DISQ (Nina mispunched under pressure from GB2 and Japan2...)
Relay - Women: 1. Russia

Nina Philips.

O-NEWS

Sad News

Since the last issue, we have learned of the deaths of several well-known Orienteers: Sven Kulldorff (Setanta), Paul Geary (BVOC), Michael Dooley (CNOC) and John Colclough (CNOC).

Sven, originally from Sweden, had been a regular competitor in Ireland since the 1980's; Paul was tragically killed in a car accident in July. He was well known as a member of the Irish Junior squad; Michael was a founder of the now defunct Slieve Bloom Orienteers; John was involved in Army orienteering and had been Secretary of the Leinster Orienteering Association.

May they rest in peace.

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.

2007 SHAMROCK O-RINGEN

It's that time of the year again when plans for next year are being hatched so with that in mind Cork Orienteering Club would like to invite you to take part in the 2007 Shamrock O-Ringen which will be held on the weekend of June 2nd- 4th in West Cork.

Saturday June 2: Kilcrohane, Sheep's Head Peninsula Short distance
Sunday June 3: Kilcrohane, Sheep's Head Peninsula: Classic distance
Monday June 4: Cobdubh, Glengarriff: Chasing Start

The terrain is classic West Cork open mountainside with complex contours and fast running. The Sheep's Head area has not been used for orienteering before so the maps for days one and two are new. The Cobdubh map has been updated for day three.
Entries are open, with electronic (accepting credit cards) and paper formats available. More details and information on the location, event centre, accommodation etc. can be found on the Cork Orienteers web site.
Hope you can make it to West Cork in June.

Fachtna Healy,
Chairperson, Cork Orienteering Club.

LEINSTER LEAGUE CHANGE

Marcus Geoghegan writes "Having taken on extra work on the IOA Executive committee I am retiring from the job of producing the Leinster League.
The league format and results presentation needs an overhaul and having done the job for five years now it is it is time for somebody with fresh ideas to take over. I am especially proud of having implemented an inter-club league and I hope that this will continue to grow in the coming years.
I wish the Leinster clubs and the Leinster Chairman, Andrew O'Mullane, the best of luck in the development of the leagues. There are initiatives underway for online results management which will help, and in addition the clubs will need to agree on the best scoring rules and results presentation system before the start of the next season."
Marcus is the new Chairman of the IOA and is still working as IOA Mapping Officer.

QUOTE OF THE DAY

"There are only three routes between any two controls: The way you went, the way you thought you went, and the way you should have gone" - IOA Chairman Marcus Geoghegan at the seminar on GPS and mapping at the Irish 3-Day in Inishbofin.

CORK-O INTER-FIRM LEAGUE

The inter-firm orienteering league promoted by Cork OC is well established as the original and longest established series of its type. This year's league ran over a 13 week period, beginning with Farran Wood on May 9th and continued over the next 12 Tuesdays wrapping up in Ballincollig Regional Park on August 1st.

.An easy "one course only" option is the format, providing a speed trial for the regular club orienteer, but allowing novice and newcomers a chance to complete a course in a reasonable time. Winning times varied from about 15 mins - 25 mins this year.

Competitors complete 6 events out of 11 to finish the league and get a T-shirt, while there is also a fun event (2-leg relay) midway during the league, with the last event being the prizegiving. This year as an added incentive several spot prizes were awarded at each event

Attendance was regular, the lowest 74 after a wet day at Corrin Hill and the highest 150 at Currabinny. In total 1384 finishes were recorded during the series. Over 82 people completed this year's event and CorkO chairman Fachtna Healy was delighted with the turnout. The event at Ballincollig Regional Park (East) was used as a fundraiser for a Rural Aid charity appeal in India, raising €1257 on the night to fund a school roof repair project.

Alan Barry (Focus Surveys) dominated the series winning 10 out of 11 events, followed by some other regular orienteers. In the ladies section Clare O'Brien (Fota Island Resort) lead the field.

In the Inter-Firm Open team competition Freescale Semiconductor (formerly part of Motorola) took their 1st title after several years trying, wrestling the title from the Reserve Defence Forces team in 2nd and from 6-time winners Water Technology in 3rd place while in the ladies team section the experienced Team Razza (CorkO) took the title from newcomers Cork City Council who performed very well during the league with City Life taking 3rd position.

Final Overall League Results '06:

Mens: 1. Alan Barry (Focus Surveys) 6pts, 2. Brian Corbett (Tyndall), Conor Creedon (Water Technology) 17pts, 4. John Scannell (Apple) 31pts,5. Sean Murphy (RDF), Kevin O'Reilly (RDF) 32pts, 7. Fachtna Healy (Freescale) 35pts, 8. Declan Doyle (Pfizer) 44pts, 9. Danny O'Hare(Freescale) 50pts, 10. Robert O'Sullivan (Freescale) 55pts

Womens: 1. Clare O'Brien (Fota Island Resort) 116pts, 2. Una Buckley (Razza) 142pts, 3. Fiona Barrett (Razza) 175pts, 4. Fiona O'Riordan (CSO) 244pts, 5. Anne Barry (Scannells) 254pts, 6. Michelle Welch (Water Technology) 265pts, 7. Deirdre Creedon (Water Technology) 266pts, 8. Elaine Sheridan (Razza) 272pts, 9. Clare Nuttall (BVOC) 281pts, 10. Bernadette Coleman (Musgraves) 325pts.

Open Team Category: 1. Freescale Semiconductor, 2. RDF (Reserve Defence Forces), 3. Water Technology

Ladies Team Category: 1. Team Razza, 2. Cork City Council, 3. City Life

JUNIOR TRAINING WEEKEND

The Junior Squad ran at the JFKennedy Arboretum, near New Ross, Co.Wexford in October. Over 100 competitors took part. They spent Saturday 14th October on Knockanaffrin mountain fine tuning their contouring and feature recognition. Following a sleepless night in Rathgormuck Hostel, they spent Sunday morning eating porridge and learning the intricacies of Norwegian events! Before exhaustion set in and they returned to their various parts of the island, they used the Red course to practice Chasing starts.

We look forward to welcoming them back to the South east in the future. Thank you to Pat Healy who planned the courses; Duchas for permission to use the splendid Kennedy Arboretum; Elaine Mullane for assistance putting controls out; Pat and Veronica Purcell for Registration; and Andrew and Alan Pim for their assistance on start and finish.

NAVIGATIONGAMES.COM

A new US magazine called Navigation Games (www.NavigationGames.com) is devoted to activities that require navigating,like Adventure Racing, Rogaining, Orienteering, Geocaching. We hope you enjoy it and that it continues to attract more and more people to the activities we love. It was conceived as a way to educate and excite those interested in navigation-related activities, especially those that haven't tried them due to the fear of navigating.

Rick Eastman

"ORIENTEERING TODAY"

Mary Healy is taking subscriptions for Orienteering Today magazine. This is a wonderful colour magazine, in English, formerly published in the Czech Republic but now moved to Norway. There are plenty of excellent photos in each issue. They report on main events throughout the orienteering world and keep us updated on any news. I consider this magazine a must for anyone who really enjoys their orienteering and would like an insight into the bigger field abroad. See www.orienteeringtoday.com

Price: €60 1 year subscription.

At events, Mary has some back issues if you want to see what it's like. If you are interested in subscribing, please send a cheque (euro only please) and the following contact details, or give it to her directly at an event:

Mary Healy, 11 Belmont Grove, Galloping Green, Blackrock, Co Dublin

087 987 3200.

You can also subscribe by credit card via the O-Today website, www.orienteeringtoday.com

ALAN WINS MACTIRE

Alan Gartside (LVO) was presented with the Mactire Trophy for services to Irish orienteering at the Veteran Home International in Wales in November.

Alan, the Team Manger for the VHI, is the force behind Trail Orienteering in Ireland. The Mactire trophy dates from the early '80's when Mactire OC, one of the four Leinster clubs founded in 1976, folded. The equipment of the club went to the Leinster Schools OA and the club had a unique trophy made to honour different people who had made a major contribution to Irish orienteering in the previous year.

Trail-O involves looking at a group of controls from a distance, from a specified vantage point, and determining which (if any - a Gartside speciality!) is the one marked on your map.

(Table Quiz factoid: Mactire is the Irish word for "wolf").

Alan, by the way, has also stepped down from the position of Veteran Team Manager—than for all your work on behalf of

CNOC Summer Evening Series 2007

May	
5	Donadea Co. Kildare
22	Curragh, Co. Kildare
29	Hill Wood, Monasterevan
June	
12	Curragh, Co. Kildare
19	Hollywood Co. Wicklow

Start times 18.00-19.30.

www.cnoc.ie

Sven Kulldorff (1926-2006)

Many orienteers will be sad to hear of the passing of Sven Kulldorff earlier this year. Sven came to live in Dublin in 1977 and was introduced to Irish orienteering by an article in the Irish Times by Eileen Loughman, highlighting the upcoming 1978 Leinster Two-Day.
Participating in that event reminded him of the sport he so loved as a boy in Sweden. By good fortune he met Colin Dunlop, Aubrey Flegg and Brian Power at that event and they recruited him to Setanta Orienteers.
Sven became an active member of the club (arranging his work and travel diary as far as possible to fit the orienteering calendar) and a keen competitor who took his disasters in good spirits.
He was very interested in the development of the sport in Ireland, taking a particular interest in how the children of orienteering parents continued in the sport, often with great success. He had an impressive ability to memorise his own and lots of other friends' times at events and could even refer back to one's times at previous events, so he kept well abreast of one's progress or otherwise from season to season and discussed it with typical Swedish directness!
Sven ran the good race and is greatly missed by those who knew him.

- Maura Higgins.

IOA AWARDS 2006

SILVA AWARD:

This is for a person who has made an outstanding contribution to orienteering mainly in a background capacity. The winner is **Breda O'Donovan** of CorkO. The nomination is "for arranging the IOA insurance each year and dealing with all the individual queries that arise over the course of the year"

SILVA TROPHY:

This is for a person who has contributed in a most deserving manner to the development of orienteering in the country.
The winner is **Dave Weston** of Setanta. The nomination read "for his contribution in an administrative capacity, in recognition of his time as IOA chairman bearing in mind he had to double as secretary during some of his tenure"

MACTIRE TROPHY:

This trophy is presented to a person who has made an outstanding contribution to orienteering during the previous year in Competition, Mapping, planning, controlling or organising an event, Administration, or other activities which the IOA may consider meritable The winner is **Alan Gartside** of LVO. The nomination read "for his first place at the British Trail-O Championship and his 6th place finish in the Trail-O World Championships".

Congratulations to all three winners.

Niamh O'Boyle reports on the 2006 World Championships in Denmark ...

Programme for the week:
Saturday, July 29th: Middle Distance Qualification, Hjortsballe Krat
Sunday, July 30th: Long Distance Qualification, Linå Vesterskov
Tuesday, August 1st: Sprint Distance Qualification and Final, Mindeparken, Aarhus; Opening ceremony
Wednesday, August 2nd: Long Distance Qualification, Addit/Løndal Skov
Thursday, August 3rd: Rest day
Friday, August 4th: Middle Distance Final, Gjern Bakker
Saturday, August 5th: Relay, Himmelbjerget
Sunday, August 6th: Departure

Ireland was represented by six athletes at the 2006 World Orienteering Championships. Ailbhe Creedon (CorkO) and Niamh O'Boyle (CNOC/DUO) were competing in the women's races, while the men's team consisted of Andrew Quin (3ROC), Neil Dobbs (WatO), Stewart Caithness (FermO) and Ivan Miller (LVO).

Most of the team flew out a week early to Aarhus, Denmark, to prepare for the races. This week was spent sampling the terrain on offer around the forests of Silkeborg. After a bit of organisation, we managed to get out twice a day most days and relaxed in the evenings. Ivan probably spent the most time training, going missing for 2 hours in the midday heat one day; his explanation was that 'I felt like I hadn't been for a long run for a while'!

Middle distance qualification: Focus on Niamh's race

It wasn't a very satisfying day for the Irish, as none of us qualified for the middle distance finals. The top 15 in each of 3 heats would qualify. Niamh was 27th in her heat, Ailbhe 25th in hers and in the men's Andrew was 22nd, Stewart 30th and Neil was 27th.

The area was divided into two parts - the first half of the course in scattered open and the second half in forest. The scattered open came as a surprise to many people, who had imagined that all the races were to be held in forests. It was undulating throughout with some steep hills thrown in. Nobody made any big mistakes but all found it physically challenging.

I wasn't that pleased with my fitness level, as I had thought that I had some good training behind me. I've decided to take a year out to build a solid base fitness level before attempting senior competition in 2008.

Long distance qualification:

Long, tough races that didn't live up to the expectation of runnable forest were the order of the day. It was also extremely warm out in the forest. The Irish were represented by Ailbhe, Andrew, Neil and Ivan; Andrew's 19th was the best result for the Irish but wasn't in the top 15 necessary for qualification to the final.

Focus on Ivan's race

Ivan's thoughts: Having spent the best part of a week with the rest of the Irish team preparing in the forests around Silkeborg I was getting a feel for the terrain. Navigation was relatively easy but you could still get caught out in the many vegetation types. It was still going to come down to speed through the forest.

As I prepared for my run in the Long qualifier on an already warm and muggy morning (I was first starter) I was getting very negative vibes – I kept thinking about my last training run, which I had over done, and crawled back to the digs with severe dehydration! And was also feeling right out of my depth looking at all the professionals warming up around me. Before I knew it I was off running with Denmark's Carsten Jorgensen and some Russian guy, they soon disappeared and others came and went.. It was a great experience, I only wish I had done better. On reflection I think I kind of freaked myself out and ran too negatively. Because of the relatively simple terrain the planner put emphasis on route choice. I took the safe options and paid the price being well off the pace. However I did enjoy the whole WOC experience and being part of the team; I would like to thank the other members of the team for their support and friendship.

The amusement park section in Aarhus (scale was 1:4,000)

Sprint distance qualification: Focus on Ailbhe's race

Ailbhe was 'pretty disappointed after today's run… and had a tricky no.1 where one had to decide how to cross an uncrossable fence either via an underground passage or around. **Check it out!** It took a few controls before I settled into it and got my head under control,

at which time I fell on a downhill slope (which I am really hoping no-one got on camera!). Unfortunately this was still early on in the course and I banged the same knee as in my last race and ended up limping my way unhappily through the rest of the course. Probably the only time wearing my runners as opposed to orienteering shoes went against me - hadn't anticipated a steep slope with so little overall climb. Enjoyed the novelty element of orienteering through the amusement park - was so tempting to go on the rides! Although I didn't do as well as I had hoped to at WOC'06, I felt fit and was much more relaxed and focused than for the previous two WOCs I had been at. Am already planning for the next one…

Sprint distance final: Focus on Andrew's race

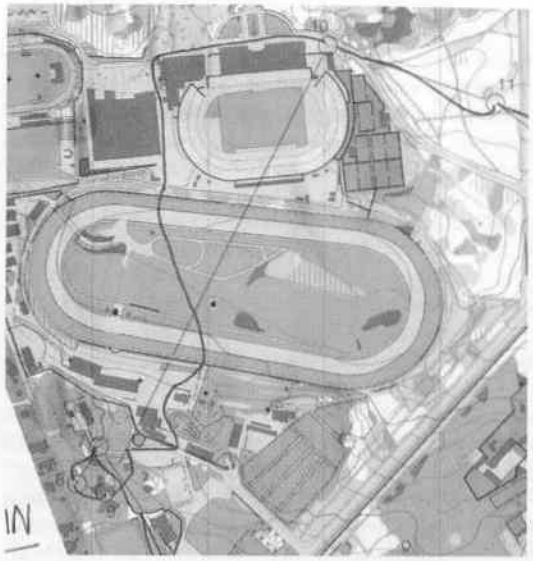
Some words from Andrew about getting through the sprint qualification and into the sprint final:

The first interesting bit was getting into the final, involving having to make a protest. Of course, I don't want to have to make protests in order to get into the final, but then I don't want to have to put up with parked cars blocking controls either! What happened was that a car had parked in front of a control, so that the control description should have been something like "Car, northwest corner". Two officials were asking the driver to move the vehicle when I came around the corner. I couldn't see the control, hesitated, shouted something, figured I was right, ran around the car, punched the control, and ran around the car again. I lost some time, but didn't think about it again - that is until I realised back at the finish that I had missed the final by 7 seconds. I figured it would be no harm to put in a protest. I was very surprised to hear later that my protest had been accepted, and that I would be running in the final.

Now it was time to head home, eat, rest and focus. I would be starting first in the sprint final. After a good warm up, I entered first starting box, 4 minutes before race start. This was time to focus the brain for the task ahead - to get control after control as fast as possible. Closing my eyes I imagined the race - read the control description, plan the route, execute the route, plan the next control, take the current control, etc.

Bursting out of the start block I grabbed the map and flipped it over. We were heading straight into a complicated little area. It was intense - look at the map, look up, look at map, look up - several times within just a few tens of meters. Then there were a couple of long legs, before a simple swing and another long leg.

I realised, on leg 6-7 that I could be running faster, and stepped up a gear. The next few legs were very easy, and it was just a matter of blasting it all the way to the spectator control. But here the planner had prepared a little trick to catch out the runners - after running at top speed, so that the body was filled with lactic acid, and the brain was not working properly, we were thrown into a final detailed area with several controls. I made a couple of small mistakes here, losing in total about 30 seconds. But, for the most part, without actually knowing how or why, I was taking the fastest route to the other controls. After the detailed part all that was left was to give it all one had the last bit into the finish.



I was delighted with my run. I finished 40th after a few other people were disqualified for crossing a hedge marked as uncrossable. A couple of people finished behind me. I was 2:18 behind, which was excellent for me - I'm up against runners who can run 8:30 or less for 3km. My personal best on 3km is a slow 9:45. There is certainly room for improvement!

***Left**: The route choice between 9 and 10 was one of the most interesting on the course. Many of the top runners took the same route as Andrew, to the left of the buildings, but the course planner thought that the quickest route was to go to the right.*

Hopefully the result will inspire the Irish men to put in the training required to reach more finals in the future. (I say the Irish men, because the Irish girls have been outdoing us lately with both Toni O'Donovan and Niamh O'Boyle qualifying for World Cup finals in the past couple of years!) In any case, onwards and upwards - John Feehan's fantastic results from WOC2001, 36th in middle final and 46th in the classic, have yet to be beaten...

You can see Andrew's route choices online at http://live.woc2006.dk/routes/sprint/M1.jpg.

Emil Wingstedt (SWE) retained his sprint title by just 0.01 seconds ahead of Daniel Hubmann of Switzerland. In the women's race, the reigning Junior World Champion Hanny Allston (AUS) defeated Simone Niggli-Luder in an exciting finale by 5 seconds to win her first senior World Champion title.

Long distance final:

With no Irish competing in the final, we were at the event merely as spectators. While this was disappointing, it was nice to relax and watch the event unfold from the finish field. The runners were wearing Trac-Trac, which was not utilised to the maximum but gave us an idea of what was happening in the forest. There were also numerous radio and T.V. controls. The women's race was a battle between Simone Niggli-Luder (SUI) and Marianne Andersen (NOR), with the Swiss superstar winning out by a mere 26 seconds over the 11.7km course. The men's race saw the Finnish Jani Lakanen take the gold medal by over a minute from his nearest rivals. A crucial route choice in the middle of the course was the difference between the top 3. Jani took a route that went to the far right (15 min 27 sec), Marc (2nd) went a more direct line route (15 min 54 sec) and Andrey went to more to the left (15 min 37 sec).

Middle distance final:

The women's race boiled down to a repeat of the long distance final, with Simone Niggli-Luder again bettering Marianne Andersen, this time by 22 seconds. These two orienteers were a class apart from the rest of the field, with 3rd place over 2 minutes down. This is a phenomenal difference for a middle distance race. In the men's race, the Norwegian Holger Hott-Johansen had a nerve-wracking wait to take the title. He was one of the first starters, traditionally viewed as a disadvantage, but he held off the rest of the field to take his first world title. Jamie Stevenson's dedication paid off with a well-earned bronze medal, the first medal for the British.

Relay: Focus on Stewart's race

In his own words: 'I was soon lining up for the 1st leg of the relay and the nerves were working over-time. It was a blistering hot day as I found myself toe-to-toe with the best. A calming, reassuring word from Jon Duncan helped me get focused and before I knew it I was off! This was a tough race that I got completely wrong! I planned to run my own race and lost the pack early and that was race over. I made a big mistake after the spectator control and the heat didn't help matters either – a race I want to forget quickly! However I can now say I have run 1st leg in a World Championships relay!'

Russia was unbeatable in the men's race and Finland took the women's title despite a 3-minute mistake on their anchor leg. Ireland's men came in 32nd position. Unfortunately, as there were only two Irish women, there was no women's relay team.

Overall, a good week with good experience but ultimately, most people were disappointed with their results. There is a lot of optimism for the Ukraine 2007, and training is already well underway. Well done to all involved, and a special thank you to the high performance director, Brendan O'Brien, who organised the week.

Britain's National Orienteering Magazine
CompassSport
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

World Championships Results

Middle Distance Qualification

Men heat A:
1 Matthias Merz SUI 28:40,5
22 Andrew Quin IRL 34:35,0
Men heat B:
1 Jarkko Huovila FIN 27:26,8
30 Stewart Caithness IRL 38:14,7
Men heat C:
1 Thierry Gueorgiou FRA 27:00,9
27 Neil Dobbs IRL 35:26,7
Women heat A:
1 Minna Kauppi FIN 28:58,8
25 Ailbhe Creedon IRL 45:18,3
Women heat B:
1 Helena Jansson SWE 31:44,1
27 Niamh O'Boyle IRL 44:05,5
Women heat C:
1 Simone Niggli-Luder SUI 29:07,3

Long Distance Qualification

Men heat A:
1 Jani Lakanen FIN 58:21.10
19 Andrew Quin IRL 1:13:54.90
Men heat B:
1 Valentin Novikov RUS 1:00:52.40
22 Neil Dobbs IRL 1:18:51.40
Men heat C:
1 Anders Nordberg NOR 1:00:55.90
30 Ivan Millar IRL 1:31:09.20
Women heat A:
1 Tanja Riabkina RUS 48:57.30
Women heat B:
1 Simone Niggli-Luder SUI 47:27.60
Women heat C:
1 Heli Jukkola FIN 47:50.20
27 Ailbhe Creedon IRL 1:20:53.70

Sprint Distance Qualification

Men heat A:
1 Emil Wingstedt SWE 13:55,0
17 Andrew Quin IRL 16:47,5
Men heat B:
1 Daniel Hubmann SUI 14:11,4
22 Stewart Caithness IRL 16:49,1
Men heat C:
1 Fabian Hertner SUI 15:11,4
30 Ivan Millar IRL 19:21,3

Sprint Distance Final

Men (3.2km, 42m climb)
1 Emil Wingstedt SWE 13:35,3
2 Daniel Hubmann SUI 13:36,3
3 Claus Bloch DEN 13:37,0
40 Andrew Quin IRL 15:54,3
47 in final

Women (2.8km, 30m climb)
1 Hanny Allston AUS 13:13,3
2 Simone Niggli-Luder SUI 13:19,1
3 Kajsa Nilsson SWE 13:24,3

Long Distance Final

Men
1 Jani Lakanen FIN 01:45:01,0
2 Marc Lauenstein SUI 01:46:10,5
3 Andrey Khramov RUS 01:46:41,2
Women (11.7km, 590m climb)
1 Simone Niggli-Luder SUI 01:19:50,4
2 Marianne Andersen NOR 01:20:16,1
3 Dana Brozková CZE 01:22:42,4

Middle Distance Final

Men (6.3km, 240m climb)
1 Holger Hott Johansen NOR 35:49,4
2 Jarkko Huovila FIN 35:58,3
3 Jamie Stevenson GBR 36:00,0

Women (5.2km, 200m climb)
1 Simone Niggli-Luder SUI 33:58,1
2 Marianne Andersen NOR 34:20,5
3 Tanja Riabkina RUS 36:13,9

Relay

Women
1 Finland 2:21:05 (Paula Haapakoski, Heli Jukkola, Minna Kauppi)
2 Sweden 2:22:16
3 Switzerland 2:22:55

Men

1 Russia 2:11:41 (Roman Efimov, Andrey Khramov, Valentin Novikov)
2 Finland 2:15:44
3 Sweden 2:18:22
32 Ireland 3:18:24 (Stewart Caithness, Neil Dobbs, Andrew Quin)

HOME INTERNATIONAL PAGE

Three international matches take place every year between Ireland, England, Scotland and Wales, at Junior (up to M/W18), Senior (M/W20 and 21) and Veteran (M/W35-60).

The Irish team for the **Senior Home International** on 2nd/3rd Dec near Sheffield was:
W20: Rosalind Hussey, Ciara Largey, Erinna Foley-Fisher
W21: Aislinn Austin, Susan Bell, Ailbhe Creedon, Violet Linton, Ruth Lynam, Toni O'Donovan;
M20: Patrick Higgins, Seamus O'Boyle, Hugh Power;
M21: Allan Bogle, Stuart Caithness, Steven Linton, James Logue, Ivan Millar, Marcus Pinker.—Ruth Blair, SHI Team Manager

The team for the **Veteran Home International** in Wales on November 11-12 was:
M35 Declan McGrellis (LVO), Ivan Millar (LVO)
M40 Steven Linton (NWOC), Colm O'Halloran
M45 Brian Corbett (CorkO), Mick Mangan (Setanta)
M50 Gerry Brady (Setanta), John McCullough (3ROC)
M55 Colin Henderson (LVO), Wilbert Hollinger (LVO)
M60 Alan Gartside (LVO), Richard McCourt (LVO)
W35 Fiona O'Brien (Ajax), Deirdre O'Neill (Fingal)
W40 Tish McCann (LVO), Roxanne White (Setanta)
W45 Fiona Maxwell (LVO), Bernie O'Boyle (CNOC)
W50 Ruth Lynam (CNOC), Ann Savage (LVO)
W55 Ger Power (3ROC), Áine Ni Shúilleabháin (3ROC)
W60 Clare Nuttall (BVOC), Jean O'Neill (Fingal)
The event was on the Brecon Beacons in South Wales - scarcely a tree to be seen - and Ireland did no worse than in previous years - fourth!. A late cry-off from Steven Linton dues to a training injury meant that the Manager's brilliant relay team selections had to be rejigged at short notice, and it showed, with Ireland ending the first day 32 points in arrears to Wales. In the individual races on the Sunday there were podium places for Brian Corbett (2nd M45), Ruth Lynam (2nd W50) and Colin Henderson (3rd M55) and particularly Jean O'Neill (1st W60). Unfortunately the rest of us couldn't back them up and we finished a further 29 points down on the Welsh, so my ambition of bringing home the Stone Wall Trophy has vanished for good—Alan Gartside.

The **Junior Home International** was near Stirling in Scotland on 23-24 September. The team was:

M14	Seán Knight, Conor Short, Ben Mangan, Barry Higgins
M16	Kevin O'Boyle, Alan Lane, Conor O'Donovan, Cian O'Boyle
M18	Nicolas Simonin, Ruairi Short, Colm Hill, Francis O'Reilly
W14	Louisa Maxwell Andrea Stefko, Laura Cox, Aine Mc Cann
W16	Katarina Stefko, Gemma Malanaphy, Hannah Maxwell, Erika Jones
W18	Erinna Foley-Fisher, Niamh Curran, Martha Callanan.

EC & WC in Estonia

The European Championships and World Cup Sprint races took place in Estonia in May. Andrew Quin was the only Irish competitor.

The qualification races took place in the small town of Otepää, in southern Estonia. The qualification races (3 men's and three women's heats) were intense - on the 2.8km men's course qualifying times were within 60-80 seconds, depending on the heat. There were even some big names that didn't make it to the final (e.g. Carsten Jørgensen, Yuri Omelchenko, Tore Sandvik, Jarkko Huovila). I was rather pleased with my run, given my level of training! I was 2:41 down on the leader in the second heat. I started the same time as Thierry Gueorgiou, and managed to keep up with him for the easy first part of the race, where I had the once-in-a-liftime opportunity to watch the unerring Thierry err - he lost about 4.5 seconds when he ran past a control behind a bush.

The Sprint Final was held in Estonia's second largest city, Tartu, around a number of historical buildings on top of a hill. Jamie Stevenson (GBR) very nearly took 1st place early on in the event, but was outpaced by Sweden's Emil Wingstedt, who seems on top form. In the women's race the unbeatable Simone Niggli-Luder crushed her opponents as usual. 2nd and 3rd place was fought for between Norway's Marianne Andersen and Finland's Minna Kauppi (whose steady racing has made her a regular podium finisher).

Results

Men's Sprint Final:
1 Emil Wingstedt SWE 00:13.02
2 Jamie Stevenson GBR 00:13.07
3 Andrey Khramov RUS 00:13.09

Women's Sprint Final:
1 Simone Niggli SUI 00:12.35
2 Marianne Andersen NOR 00:13.12
3 Minna Kauppi FIN 00:13.14

The Middle Distance Qualification of the European Championships and World Cup event took place in Haanja, south Estonia the following day. The forest was very 'scrappy' with lots of green areas, and most of the white areas on the map were marked with green lines, indicating undergrowth and/or brashings.

Andrew finished in 32nd place (of 38) in 36min 29sec, in the 2nd men's heat. Anders Nordberg won the heat in 29min 35sec - a good 43 seconds ahead of the next person. He was a little disappointed with his run, having made a couple of small mistakes towards the end of the course on an otherwise clean(ish) run. Andrew says "I would be more disappointed, but joining me in failing to qualify are Pasi Ikonen and Mats Haldin (both outstanding Finnish runners), Andrey Khramov (World Champion - in the World Champs classic race last year), along with a couple of other big names. It seems that the days where outstanding orienteers can qualify by just cruising around at a comfortable pace are over."

A WEEK ON THE PUSZTA

Frank Martindale reports on the Hungarian 5-Day ...

Never having visited Hungary and seeing a chance to have a couple of days in Budapest combined with five days of orienteering, I decided to bypass this years Lakes 5-day and head east. The event was the Hungaria Cup based close to Debrecen, a city of about 200,000 people not too far from the Romanian border, with a format of five days on the trot - two long, one medium and then finishing with two long again.

After three days in Budapest, a lovely city not unlike Prague but without the aggressive tourism, I hired a car and drove the 225 km to Debrecen which is the 'capital' of the Great Plain of eastern Hungary. It is also Hungary's second city and despite some Soviet style housing complexes in its suburbs, the town centre is an attractive mix of outdoor cafes and splendid buildings.

The event centre was in one of those camping/sporting sites you find all over the continent and was convenient to both my hotel and the competition areas. I was told later by some Hungarian friends I made during the week that it had been a 'secret' Russian military establishment during their occupation and they hinted that some pretty unpleasant things may well have occurred there.

The actual orienteering was interesting. I was certainly the only entrant from Ireland, and I only met one British competitor, a computer expert married to a Hungarian girl and living in Budapest. The forests were really flat - 1 metre contours - and were pretty green. A hoary old joke about Hungary is the pronunciation in English of their word for cheese - sajt. I'm afraid that word could also be used to describe a lot of the terrain and I finished the week with forearms which showed testimony to my efforts to force a way through. The mapping was good, though, and the planners certainly made best use of the forests - my only complaint was that the courses were a bit on the short side.

My friends, the family of Imry, the first ranked Hungarian M 70, who introduced himself to me early in the week, were at pains to tell me that the areas were not typical at all and indeed maps of other parts of the country that they showed me looked good.

Imry and I had a good set-to over the week, and a couple of mistakes he made on day one proved decisive as I finished just over seven minutes ahead of him over the five days.

I liked Hungary and the Hungarians I met a lot - they were friendly and polite in a slightly formal way, and only too pleased to put themselves out to help when needed. Over in the east of the country they seem to understand

German more than English, which is handy because their language is almost unique and left me baffled.
One other interesting fact is that the country has one of the highest suicide rates in the developed world. Psychologists are baffled as to the reason and I wouldn't know why either - but, after driving for a week there, I think I know how. Their overtaking, and undertaking, techniques are the scariest I have ever seen.
All in all a very enjoyable week. Next year coincides with the Scottish 6 day but I may well have another go over there in 2008.

MUNSTER CHAMPIONSHIPS

Castlelough, Co.Tipperary April 9 2006, Bishopstown OC.

M10 O'Cléirigh, Cathal AJAX
M12 Hill, Brian CNOC
M14 Maunsell, Jonathan BOC
M16 O'Donovan, Conor BOC
M18 Short, Ruairi CNOC
M20 Power, Hugh BOC
M21L
1 Edwards, Bill CORKO
2 Barry, Alan CORKO
3 O'Brien, Brendan AJAX
M21N Frohlick, Jan CITO
M21S Callanan, Jim BOC
M35 Tyner, Angus SET
M40 Geoghegan, Marcus AJAX
M45 O'Cléirigh, Aonghus AJAX
M50 McCullough, John 3ROC
M55 O'Brien, Paddy AJAX
M60 Campbell-Crawford, Nigel 3ROC
W10 O'Leary-Fitzpatrick, Meadb BOC
W12 Lynch, Aoife BOC
W14 Cox, Laura WatO
W16 Maxwell, Hannah LVO
W20 Foley-Fisher, Erinna MNAV
W21L O'Boyle,Niamh CNOC
W21N Ley, Anna BOC
W21S Feehan, Miriam BVOC
W35 O'Neill, Deirdre FIN
W40 O'Connell, Mary 3ROC
W45 Maxwell, Fiona LVO
W50 Foley-Fisher, Barbara MNAV
W55 Ui Shúilleabháin, Áine 3ROC
W60 Walsh, Claire 3ROC

LEINSTER CHAMPIONSHIPS

April 23 2006, Bull Island, Dublin. Ajax OC.

W10, Ciana Jones, Fingal
W12, Cliona McCullough, 3ROC
W14, Clara Jones, Fingal
W16, Erika Jones, Fingal
W18, no champion
W20, no champion
W21E, Una May, 3ROC
W21L, Sara Hendricks, UCDO
W21S, Roisin O'Connor, DUO
W35, Eileen Young, Fingal
W40, Mary O'Connell, 3ROC
W45, Kathryn Walley, Fingal
W50, Mary Healy, GEN
W55, Monica Nowlan, 3ROC
W60, Trina Cleary, 3ROC
W65, Vera Murtagh, 3ROC

M10, Donal Kearns, Fingal
M12, Daniel Kernan, Ajax
M14, Conor Short, CNOC
M16, Cian O'Boyle, CNOC
M18, Ruairi Short, CNOC
M20, Seamus O'Boyle, CNOC
M21E, Niall McAlinden, DUO
M21L, Avelino Pinto, 3ROC
M21S, Paul Nolan, GEN
M35, Angus Tyner, Setanta
M40, Dave Weston, Setanta
M45, Mick Mangan, Setanta
M50, Gerry Brady, Setanta
M55, Paddy O'Brien, Ajax
M60, Nigel Campbell-Crawford, 3ROC
M65, Paget McCormack, GEN

2006 Irish Mountain Bike Orienteering Championships 4th March 2006

Men's Championship

1	John Casey	AJAX	1:27:11
2	Justin May	3ROC	1:31:29
3	Senan O'Boyle	CNOC	1:45:45
4	Dave Weston	SET	1:55:06
5	Ed Niland	AJAX	2:01:44
6	Thomas McNally		2:02:12
7	Alan Barry	CorkO	2:10:39
8	Robert O'Sullivan	CorkO	2:11:20
9	Martin Flynn	AJAX	2:11:52
10	Niall O'Donovan	CorkO	2:13:27
11	Tom Callery	AJAX	2:21:04
12	Michael Grant	WATO	3:09:22
13	Pat O'Driscoll	CorkO	3:26:50

Women's Championship

1	Mary O'Connell	3ROC	1:31:24
2	Maeve O'Grady	DFO	1:35:11
3	Fiona Barrett	CorkO	1:38:06
4	Colleen Robinson	SET	1:41:41
5	Elaine Mullan	WATO	1:45:45
6	Pauline Brady		3:17:01

Irish MTBO internationals John Casey and Mary O'Connell put their experience to use in the Nagles Mountains of north Cork to win the inaugural Irish MTBO championships on March . Long-time leaders Justin May and Maeve O'Grady eventually had to cede as the later starters completed their courses. With a total turnout of over 30, there was keen competition throughout the field. Thanks to Pat Healy (photogrammetry), Marcus Pinker (survey and drawing) and the IOA (for funding the making of the map) - *Gerry Brady*.

IOF MTBO CALENDER 2007

The proposed schedule for International Orienteering Federation Mountain Bike orienteering World Ranking Events is:

3-4-Feb-07 Long, Portugal
24-25 Mar-07 Long & middle Oceania MTBO Champs, Australia
7-8 Apr-07 Middle & long, France; 1st and 2nd leg of 3 days event
11-12 May-07 Sprint & middle, Lithuania; 1st and 2nd leg of 3 days event
19-20 May-07 Middle & long Austria/ Slovakia
8-9Jun-07 Middle & long finals Italy, EOC Finals
16-17 Jun-07 Long & middle (one man relay) Switzerland
30-Jun-1 July 07 Middle Germany - date not confirmed
17-Jul-07 Ultra Long (mass start), 19 Long, Poland (7 day event - 15. - 22. 07.)
7-10 Aug-07 Czech Republic. WOC finals
13/14-Oct-07 Long & Middle Denmark
3/4-Nov-07 Middle & Long Australia

ORIENTEERING TODAY
INDEPENDENT INTERNATIONAL MAGAZINE
Subscriptions: €60/year. Mary Healy, 11 Belmont Grove, Blackrock, Co. Dublin (01-2885798). See www.orienteeringtoday.com

Orienteering in Norway - an Irishman's view

Together with my wife Catherine and kids Róisín (10) and Ruairí (7) I have been privileged to spend at least two months per year in Norway since 2001. UCD have a link with a university called NTNU in Trondheim and I have made full use of the opportunities this relationship has created. Trondheim (pop. 130,000) is the third largest city in Norway and is located in Midt-Norge on the west coast some 7 – 8 hours drive north of Oslo. While there I have competed in some orienteering events each year and I thought people might be interested in my experiences. Those of you who know me, and my orienteering ability (or lack of – as recent Leinster Autumn Series results will testify), will query my qualifications to write this. However it is written by someone who loves the sport and I would like to share some of my thoughts and maybe encourage some of you to visit.

Firstly the orienteering season starts in May and ends in October. Otherwise there is too much snow in the forests and anyway the locals are too busy cross-country skiing. In Trondheim there are at least two and sometimes three events per week. There are also several well organised permanent courses of varying difficulty. I found this amazing for a city of 130,000 people. Orienteering is big, to put it mildly. On my first stay I was invited by a colleague to go for a "run". When I turned up without my compass I realised the local meaning of the word "run".

Mike sporting his Ajax O-suit in Norway

At each event there are generally three course choices: white, red and blue, as well as a "Ny Begynner". Another surprise I had was that although the courses are similar length to what I am used to there are usually far fewer controls with longer legs. I guess that this, together with the small number of courses, lessens the burden for the organisers. Sport-Ident, or the local equivalent, is always used. Cost of entry is 40 NOK (€5) + 20 NOK to hire a Sport-Id tag. Maps are not premarked but you are allowed 5 minutes to take down the controls and to study the course before starting.

There are a good number of clubs in the city (perhaps three times as many as Dublin?) with regular technical and physical training sessions etc. A particular joy is to watch the top class people training by running along in the bike paths reading a newspaper to "get their eye in".

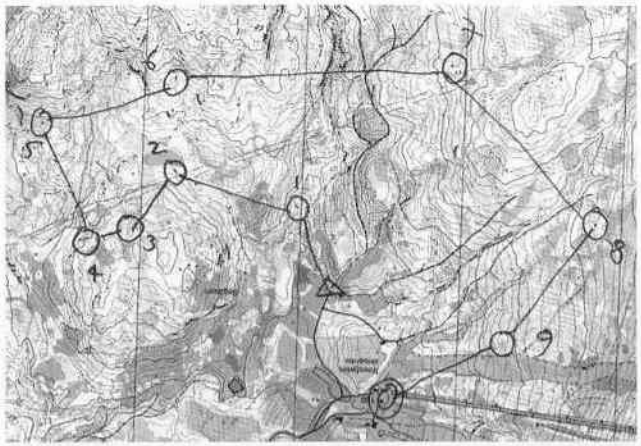
Norwegians pride themselves in their social systems, making everything equal for anyone and lessening the competitive nature of schools for kids etc. But when it comes to sport, especially orienteering and cross-county skiing, they are intensely competitive. At the start you can feel the tension as I am sure the local rivalries are at play. Of course the standard is very high. My typical time would be usually well down the M40's and I would struggle to win the M60 category.

Map 1. Saksvikvollen, 1:12,500, 5 m contour intervals, red course 4.2 km.

The Norwegians are born with in inner sense of direction. Although the compass is at hand they seem to know instinctively what direction to travel. Route choice does not seem to be an issue. Almost invariably they follow a straight line regardless of the terrain and my friends have frowned at me when I suggested it was quicker to go the long way around on a track.

The quality of the maps is very high. I have given two examples below of what I considered "straightforward" and "very difficult" maps. The first of Saksvikvollen I found reasonable as I could navigate using the two lakes and also the "myr" or bogs. These myr are particularly beautiful in the spring when full of flowers and in mid winter where they give fantastic cross county skiing terrain. The second at Vassfjellet I found very difficult as there were so few features except for contours and varying shades of green. To me, the supposed distinct vegetation change around controls 2 to 4 was not easy to identify. The terrain around controls 3 to 7 was - to me at least - un-runnable heavy forest.

If any of you fancy a visit, let me know. Summers in Trondheim are usually a bit more stable than in Ireland and access to the countryside for bik-



Map 2. Vassfjellet, 1:12,500, 5 m contour intervals, red course 4.3 km.

ing, fishing, swimming in lakes or the sea, kayaking, climbing etc. is excellent. SAS via Oslo, KLM via Amsterdam and Norwegian (the local RyanAir) via Stanstead serve the city. I cannot make any promises but accommodation is usually plentiful and cheap when the students are away. (Mike.Long@ucd.ie)

Cinque Giorni d'Italia 2007 - 2nd-7th July 2007

***John Feehan**, formerly of Blackwater Valley OC, is now living in northern Italy. Can he tempt you to travel there this summer?*

This year the 5 Days of Italy returns to the Altopiano (high plain) of Folgaria and Lavarone in Italy's north east. The ever-improving flight connections from Ireland and the beautiful surroundings for these events provide Irish orienteers with a wonderful opportunity to experience the 'bella vita' and get in some good orienteering! Read on for more details from your Paddy on location!!

Getting there:
Ryanair fly into Treviso (Venice) from Dublin and Shannon (prices from around €80 return). Aer Lingus use the main airport for Venice, Marco Polo, from Dublin. Both also operate a Dublin-Bergamo (Milan) route. Bergamo and Marco Polo are nearer the motorways which can make the driving and initial route finding a little easier. All the airports are about 2½ hours from the event centre at Folgaria, in the mountains 25 km south of Trento, or 40 km east of Lake Garda. Even if there are buses to the events, renting a car is essential to get around and make the most of the trip. Public transport in the mountains is very limited.

Folgaria:
An intermediate skier's resort in winter and a summer getaway from the heat, Folgaria is 1,100m above sea-level and is well equipped to deal with holiday-makers. Plenty of accommodation and eating out choices provide a very reliable service to visitors. The Trentino region is probably the most consistent at classifying and inspecting hotels, ensuring comfortable accommodation at all grades. The surrounding area has numerous small villages and the area is mostly forested with some summer pastures and small-scale cultivation. The views from the hills surrounding Folgaria are spectacular with The Brenta Dolomite group to the west.

Weather:
July in the mountains tends to be warm with frequent late afternoon thunderstorms. As you're in the mountains you can't rule out longer spells of rain and temperatures that drop to the low teens but in general temperatures range from 20 to 28 degrees, days starting clear and bright, cloud cover gradually increasing as the humidity of the day rises and with stormy showers bringing back some freshness before the day ends.

After orienteering:
There are plenty of biking trails for those who want to explore the locality. In fact I'd say that the Folgaria and Lavarone area offer fantastic touring opportunities for mountain-bike enthusiasts. Asiago (35km, 1000m) and its more extensive plateau is even better again! The highest points here reach over 2000m but do so quite gradually. The extensive network of trails and paths also make for very enjoyable hiking. Trento (35km) is down in the valley and pretty – could be good for the evening 'passegiata' or 'aperitivo'. Rovereto (20km) has a highly regarded modern art museum. Lake Garda and mountains north of there are less than an hour away. At the southerly end of Garda the amusement park of Gardaland is a fun day out. Wealthy Bolzano (75km) contains a nice mix of Italian and Austrian elements and you can see Otzi the Stone age Ice Man who was found in a glacier a few years back. His world has been recreated from the evidence found frozen in the ice.

The mountains are an attraction in themselves and there are many castles, villas, wineries and pretty villages around. Further afield, Verona, is a wonderfully atmospheric if at times very hot city. A little research and investigation will uncover many other delights and sights. Something for everyone to be sure!!

Food and Drink:
After a day in the mountain air you're going to enjoy the hearty food that is available around here. Fresh vegetables and salads, melon and prosciutto, homemade pasta with wild mushrooms and local cheeses, venison, wild boar, the numerous cured meats plus all the Italian standards. Do as the Italians do and look for local dishes and specialities, also when it comes to wines. For reds look out for Teroldego and Marzemino and whites such as Muller Thurgau and Pinot Grigio. I could go on and on here....

Terrain:
The terrain next year will probably be rougher, steeper and rockier than the last time the 5 Days came here but the forests are for the most part mature and 'white'. Technically challenging for sure! Sometimes the forests here remind me of Muckross in Killarney.. many steep slopes, some detailed rock and contour detail and old forest! Just more extensive. You can see some map samples on the website. You will definitely find the orienteering technically and physically challenging.

Warm up:
Near Asiago there will be three days orienteering from the 29th of June which will lead nicely into the main week. The Highlands Open. You can find details on the organising club's website (see below).

Websites
www.pandamarostica.it/5days
www.erebusvicenza.it (for the Highlands Open)
www.fiso.it Italian O-Federation website

RUNNING ON EMPTY

Welsh orienteer, Richard Wilson, is alarmed about the future of our sport when oil reserves run low ...

Could orienteering exist without oil? Of course you need road fuel to get you to events, and the organisers need it too. But think about all those other components of our sport that we take for granted: compass, map-case, printing ink/toner, e-card and control unit, old-fashioned pin punches, O-flag, O-suit, thermals, waterproofs, shoes, socks, specs, water bottle, plastic mug – all likely to be made partly or entirely from oil. You might even have Edam cheese (surely plastic?) in your sandwiches, but even if you don't, the food you eat will probably have been transported many miles on its way to your stomach, and to have been grown using fertilisers and weed-killers made from (you've guessed) oil.

I enjoy those "What if....?" Programmes on Radio 4, which look at how history might have been changed if something had happened which didn't, or vice versa. But asking ourselves: "What if the oil runs out?" is a bit different, because many of us are going to get a flavour of an oil-less future during our lifetimes.

It's not going to run out that soon: 50 years, give or take? But in 5 to 10 years time, we'll be passing a landmark much more significant that the Millennium. That landmark is called Peak Oil, and it's the day that world oil output will pass its maximum, as the most productive oil-wells dry up, and less easily exploited sources try to take their place. When we pass Peak Oil, it will no longer be possible to increase oil output to keep pace with increasing demand, so there will be real competition for the oil that is available, and prices will rocket, regardless of the presence or absence of any political upheavals in oil-producing regions.

OK, but we're all affluent types with lots of disposable income, so we can afford to pay three times as much for our petrol or diesel and carry on orienteering as usual. And anyway we can convert to LPG because there'll still be plenty of gas – look at those huge new liquid gas terminals they're building at Milford Haven.

Unfortunately, as gas customers already know, gas prices go up in line with oil prices; if there's less oil; more people want to buy gas – simple supply and demand. And if there's an unavoidable large rise in transport costs, then in a world where nearly all of life's necessities and luxuries travel enormous distances, *everything* will be more expensive, and we'll have less disposable income, and a greater incentive to spend our Sundays growing vegetables in the back garden.

What about coal? There's loads of that isn't there? Well yes, but even that's finite, and if we're trying to reduce greenhouse gas emissions.....

What about nuclear and renewables? We can use them to make electricity or hydrogen and run our vehicles on them. Sadly not; if there were a worldwide dash for nuclear energy, the uranium would run out in about ten years. And as for renewables, there just isn't enough energy in the tides and sun to replace what we're currently using, let alone what the world might need when developing nations start catching up.

In fact, if there were no fossil or nuclear fuels, the world would probably have to make do with around a quarter of the energy it currently uses. Achieving that sort of level wouldn't worry your average Sri Lankan (in fact they wouldn't know what to do with it all!) but it would be a serious challenge for you or me; and as for the Americans .....

OK, you're sceptical, and why wouldn't you be? If this were true, it would be all over the media, all the time, and the government would be doing something about it; they certainly wouldn't be wasting time and resources building new roads and new airports, would they?

Well it would be nice to think that politicians think of the future – 10 years isn't that far away is it? – but the problem for politicians with acknowledging that we are facing a problem, is that they would then feel bound to do something about it. For instance, in a world where oil is going to become scarce - a world dependent for its food on oil-based agro-chemicals – should the entire economy be based on the assumption that oil is something that can be burned for transport as though it will always be available in whatever quantities we need? Should people be allowed to jet off to the Seychelles for fun? Answering NO to either of those questions isn't exactly going to be a vote-winner is it? For every voter who is happy to change to a less energy-intensive lifestyle for the benefit of future generations, there will be ten who say "Hey, the oil's going to run out soon; let's party now!"

And they will, so it will, which brings me back to my initial question: could orienteering exist without it?

There were maps and compasses before oil, but the nearest we got to waterproof maps was linen-backed. We could retro-invent a pin punch made of steel and wood. Painted hardboard O-flags? Some of us remember them! Woollen or cotton O-gear? Leather shoes? (Ouch!)

But the crunch issue will be transport, as it will for many leisure activities; you'll need most of what you can afford for getting to work! Of course it needn't be a problem for areas like Wales, which have lots of good terrain fairly close to towns and cities; we'd just become a lot more locally focussed, with the huge majority of events

being small affairs staged by clubs primarily for those within easy reach – mostly their own club members – as is already the case for the more peripheral clubs.

But the era of 200-mile or more round Sunday trips to the nearest regional or national event may, like this article, be approaching its end.

Richard Wilson (POW)

(If you'd like to know more about Peak Oil, visit www.fraw.org.uk/ebo/ - gripping but scary!)

(Recent media attention for global warming and related issues has made this article even more topical than when it was first written. More local events; public transport dictating what areas are mapped; buses organised by clubs to distant events: these are features of orienteering in other countries. This year's Swedish 5-Day, with maybe 20000 runners, has all the events within walking distance of the competition centre and campsite, for example—Ed)

Why Join an Orienteering Club?

Orienteering clubs, any clubs, in fact, survive on the voluntary efforts of their members. Without clubs there would be no structure to the sport, no development, no competitions or new maps or any one of a dozen things we take for granted.

But why would anyone join a club? What incentives are there? More than 20 years ago there was an effort to establish a national register of orienteers, with membership cards which entitled club members to reduced entry fees at events; clubs organised regular training sessions (both technical and fitness); information on fixtures and results was only obtainable from the clubs; transport to events could be arranged; a sense of belonging was a by-product of membership.
Now, fixtures and results are freely available on the internet, non-members pay the same price as members, maps tend to be produced professionally; clubs (in Dublin,at least) see to do little or no training (apart from Setanta for technical training and Crusaders AC for fitness).
What can we do to encourage people to join up? Isn't it time we brought back the reduced entry fee for members? Orienteering is one of the cheapest sports to take part in. Could you turn up on the day and do a hill race or a cycle race, play a football or a hockey match without being a club member? Of course not. With computers it should be easy to create a national register (your SI card could be your membership number, perhaps), produce membership cards and provide an immediate financial incentive for people to join a club.

IOC 06 REPORT

Carlingford, Co. Louth, was the venue for the 2006 Irish Championships, probably the most demanding area in Leinster with its combination of physical and navigational challenge. The event, organised jointly by Three Rock and Great Eastern Navigators, featured a Middle Distance race, Individual and Relay over the May Bank Holiday weekend.

As an additional feature, an IOF World Ranking Event was included for the men's and women's Elite courses in Sunday's Individual competition, though in the end only four men took part in this aspect of the event as unfortunately there were two other WRE's on the same weekend elsewhere. The WRE imposed additional conditions on the organisation, and 3ROC and London OK's Ronan Cleary functioned as the IOF advisor for these courses.

Since the Event, the question has been raised as to whether it was worth holding a WRE Event in view of the additional costs and workload that it placed on many people in the organizing team. Harold White (event co-ordinator) feels that it was worthwhile in that it raised the overall standard of the event, provided an event for Irish competitors to benchmark themselves against overseas competitors, provided them with an opportunity to gain WRE points (at least in the men's class), and attracted overseas competitors to Ireland the numbers of whom could grow over time if there is any continuity in holding WRE events.

The map used for the 2003 Irish Championships was revised and broken into three sections, one for each day's race.

Paget McCormack (GEN) planned the Middle Distance races on the Foxes Rock, in a runnable but complex area typical of the whole map. The Individual event was planned by Trina Cleary and Máire Walsh and the Relay by Ted McGrath.
The character of the courses on the three days was different and presented their individual challenges and they were planned to provide good spectator viewing. The feedback from the competitors on the courses was very positive and best described as challenging but enjoyable. The three controllers were Wilbert Hollinger (LVO), Mike Richardson (DEEO), and Colin Henderson (LVO).

For the Relay Event we adopted the Scottish handicap system for the courses other than the Open and Junior classes and a debate as to whether this format should be repeated needs to take place within the IOA. In all over 20 teams took part in the handicap competition with them reasonably well spread over four of the five classes, with only

one team entered in one class. In the end we had seven teams finishing within ten minutes of the first team and the better teams were spread over three classes suggesting that the handicap system does increase the depth of competition. However the interpretation of the rules caused problems for both the organizers and competitors, that explained why some competitors intending to do a short course found themselves doing a long one and vice versa.

The new Foy Centre in Carlingford village was an excellent event centre, with parking, accommodation, a restaurant, a hall for prize giving, AGM and Céili.

As to the actual orienteering, well ... it's a challenging area and the competitors found it tough but rewarding. The complex open terrain or West Cork must be good training for this type of terrain, as CorkO were prominent in the results. CorkO's Marcus Pinker took the Individual title in the 13.4km Classic distance, with Waterford's Neil Dobbs in second place, while Ailbhe Creedon took the Women's Elite title, followed by her CorkO clubmate Toni O'Donovan and 3ROC's Una May.

CorkO also took Gold in the Open Relay, with CNOC taking the Women's trophy.

The weather was kinder than in 1993 when snow on the mountain in May made the competition even more challenging. Dry, mild conditions for the first two days and windy but dry for the relays: near perfect running conditions.

The 2007 Irish Championships will be in Co. Fermanagh, run by FermO on the last weekend in April, as the British Championships are on the May Bank Holiday weekend. There is a proposal to run the Middle Distance and Classic races in April and the Relay later in the year in conjunction with the Junior Home International in Co. Down.

Irish Championships Results
Carlingford, Co. Louth
29 April 2006.

IOC 2006 Middle Distance

M21E
1 Kurt Schmid OL REGIO WIL
2 Marcus Pinker CORKO

W21E
1 Toni O'Donovan CORKO
2 Niamh O'Boyle CNOC IRL
3 Ruth Lynam CNOC

M10 Cathal O'Cleirigh AJAX
M12 Angus Fyffe FERMO
M14 Sean Knight LVO
M16 Kevin O'Boyle CNOC
M18 Ruairi Short CNOC
M20 Patrick Higgins LVO
M21 Kieran Rocks LVO
M35 Declan McGrellis LVO
M40 Justin May 3ROC
M45 Aonghus O'Cleirigh AJAX
M50 Peter Kernan AJAX
M55 Raymond Finlay FERMO
M60 Bernard Creedon CORKO
M65 David Hogg NWOC
M70 Frank Martindale 3ROC
M75 Sean Rothery 3ROC

W10 Jill Stephens LVO
W12 Niamh Corbett CORKO
W14 Aine McCann LVO
W16 Gemma Malanphy FERMO
W18 Niamh Curran BOC
W20 Ciara Largey FERMO
W21
1 Violet Linton LVO
2 Kate McCormack GEN
3 Brid Higgins AJAX
W21N Susan Scannell CORKO
W35
1 Stella Lewsley BL
5 Deirdre O'Neill FIN
W40 Julie Cleary 3ROC
W45 Fiona Maxwell LVO
W50 Ann Savage LVO
W55 Teresa Finlay FERMO
W60 Brigid Flanagan 3ROC
W65 Vera Murtagh 3ROC
W70 Faith White SET

IOF WORLD RANKING EVENT AND IOC LONG DISTANCE EVENT
30 April 2006

M21E 13.4 km 550 m 26 C
1 Marcus Pinker CORKO 1:40:21
2 Neil Dobbs WATO/BALISE77 1:45:29
3 Kurt Schmid OL REGIO WIL 1:46:01

W21E 7.3 km 340 m 16 C
1 Ailbhe Creedon CORKO 1:15:29
2 Toni O'Donovan CORKO 1:18:11
3 Una May 3ROC 1:20:03

M10A Cathal O'Cleirigh AJAX
M12AAlex Simonin BOC
M12B Harry Millar LVO
M16A Alan Lane MCBS
M14A Cillin Corbett CORKO
M14B Padraig Kearns FIN
M18ARuairi Short CNOCM20A Patrick Higgins LVO
M21L Gabriele Bettega PANDAVIONE ITA
2 Danny O'Hare CORKO
M21SMagnus Fransson SOK
M35L Angus Tyner SET
M35S
1 Tony Joyce AJAX
2 Eoin Dunne 3ROC
M40L Brian Corbett CORKO
M40S
1 Rory Percival HH
2 Nick Butterfield GEN
M45LAonghus O'Cleirigh AJAX
M45S Andrew Butterfield GEN
M50L
1 Andy Lewsley BL
2 Senan O'Boyle CNOC
M50SDon Short CNOC
M55L 1 Raymond Finlay FERMO
M55S Brian Power SET
M60L Bernard Creedon CORKO
M65L Paget McCormack GEN
M65S David Hogg NWOC
M70L Frank Martindale 3ROC
M75L Fred Calnan CORKO

W10A Jill Stephens LVO
W12A
1 Oban Lewsley BL
2 Cliona McCullough 3ROC
W14A Aine McCann LVO
W14B Megan Fyffe FERMO
W16AHannah Maxwell LVO
W16B Fiona Hill CNOC
W18A Erinna Foley Fisher MNAV
W20A Ciara Largey FERMO
W21L Brid Higgins AJAX
W21S Rosin O'Connor DUO
W21N Marianna Biondolillo BVOC
W35L
1 Stella Lewsley BL
5 Pauline O'Hara LVO
W35S Fiona O'Riordan CORKO
W40L Julie Cleary 3ROC
W40S Anne Barry CORKO
W45L Fiona Maxwell LVO
W45S
1 Maggie Roach SLOW
2 Angela Cox WATO
W50L Mary Healy GEN
W55L Monica Nowlan 3ROC
W60L
1 Sue Bicknell OD
2 Andrea McCormack GEN
W70L Faith White SET

IOC 2006 Relays Monday 1st May 2006
Foxes Rock. 3ROC/GEN

Open Premier
1 CORKO 1:53:09
1 Niall Bourke 38:02
2 Alan Barry 40:12
3 Marcus Pinker 34:55
2 SOK 2:00:04
3 LVO 2:02:24

Womens Premier
1 CNOC 1:56:49
1 Niamh O'Boyle 33:28
2 Ruth Lynam 39:02
3 Eileen Loughman 44:19
2 LVO NI 2:12:09
3 CORKO 2:16:02

Handicap 6
1 CORKO 1:33:58
1 Brian Corbett 38:16
2 Colm O'Halloran 30:19
3 John Scannell 25:23
2 MNAV 1:47:31
3 SET 1:52:34

Handicap 9
1 CNOC 1:26:14
1 Pat Farrelly 28:35
2 Kevin O'Boyle 30:10
3 Colm Hill 27:29
2 BVOC 1:28:00
3 3ROC 1:56:34

Handicap
1 BL/BVO 1:19:53
1 Andy Lewsley 24:01
2 Stella Lewsley 18:32
3 Randy Hall 37:20
2 LVO 1:25:02
3 CNOC 1:25:05

Handicap 15
1 LVO 2:21:34
1 Tish McCann 44:44
2 Andrea Stefkova 39:06
3 Katarina Stefkova 57:44

Handicap 18
1 CORKO 1:22:30
1 Bernard Creedon 30:33
2 Robert O'Connor 24:51
3 Jim O'Donovan 27:06
2 3ROC 1:27:44
3 3ROC 1:33:18

Junior 48-
1 CNOC 57:29
1 Conor Short 19:36
2 Cian O'Boyle 18:05
3 Ruairi Short 19:48
2 FIN 2:34:18
3 FIN 2:59:25

Junior 40-
1 LVO 49:17
1 Sean Knight 21:03
2 Aine McCann 13:34
3 Jack Millar 14:40
2 3ROC 56:14
3 LVO 57:56

DUBLIN MOUNTAINS INITIATIVE

The Dublin Mountains Initiative (DMI) is composed of the various user groups who have an interest in how the Dublin Mountain area is developed. Its aim is to foster the creation of a unified development and management policy for the area that recognises its unique social, amenity and economic value. It would see the logical endpoint of such a policy as the creation of a National Park that covers the entire Dublin Mountain area.
Philip Brennan of Setanta, has agreed to be Irish Orienteering's official representative. If you would like more info, or would like to help Philip, please contact him at: Philip@pmbins.com

The IOA are very grateful to Philip for volunteering for this role.

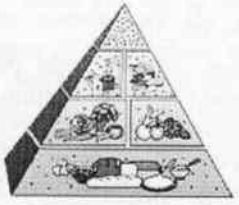
Sennen O'Boyle (CNOC) in action on the Featherbeds on the Dublin-Wicklow border.

Nutrition and Peak Performance Conference, January 2007

Niamh O'Boyle, CNOC

There were four orienteers among the 450 delegates who attended the inaugural nutrition conference run by the Irish Sports Council, hosted in a Croke Park that awaiting its first rugby internationals. The programme for the day was an interesting mix of topics, but the issue of supplement-taking dominated the question and answer section at the end. Despite this, all of the topics were highly relevant and interesting. The conference focussed mostly on elite athletes, but the topics were equally applicable to sports people of any age, ability and level.

In this article, you can find a bit out about:
- Carbohydrate loading
- Sports drinks
- Re-fuelling after exercise
- Some facts on the use of supplements



Nutrition in preparation for exercise and competition

RTE's Shane O'Donoghue, whose voice you would undoubtedly recognise from his commentary on different sporting programmes, chaired the day. The newly appointed nutritionist of the Irish Rugby Football Union, Ruth Wood-Martin, gave the first talk. Her focus was on **'Nutrition in preparation for exercise and competition'** and she outlined the importance of pre-exercise nutrition, both in the week leading up to a competition and in the hours before the exercise. One of the most relevant topics that she touched on was that of carbohydrate loading. In the 1960's, there was a 7-day model for carbohydrate loading, consisting of 3 - 4 days of low carbohydrate intake and hard training, followed by 3 - 4 days of high carbohydrate and exercise tapering. However, evidence suggests that a 1980's model is equally effective; consisting of 3 days normal carbohydrate intake and reduced training, followed by 3 days of high carbohydrate intake and exercise tapering. At the end of her talk, she recommended experimenting to find the balance that is right for an individual, but to do so in training and not the week before a big competition!

Hydration issues in sport

The next session was the highlight of the day for me, both because of the content but also due to the excellence of the speaker. Prof. Ron Maughan from Loughborough University delivered a lecture on hydration. One of the more practically useful points was that drinks with carbohydrates and

electrolytes (e.g. sodium) in them are the best to take, but water alone is better than nothing at all. Usual water loss is in the range of 2 -3 litres per day, but in warm, humid environments, this can rise to 2 -3 litres per hour - something that those of you planning on travelling to events in warmer climates than Ireland might need to consider! In general, in his long experience, sports people do not take in enough fluid to replace that lost as sweat, and dehydration by as little as 2% can impair performance significantly. As well as replacing lost water, you also need to replace lost sodium (salt). I will come back to this topic in the context of sports drinks later in the article.

Recovery from exercise: Nutrition and lifestyle factors.

The final lecture before (a highly nutritious) lunch was co-delivered by Sharon Madigan (a sports dietitian) and Giles Warrington (a sport and exercise physiologist). They examined 'Recovery from exercise: Nutrition and lifestyle factors.' This was a very general talk, but some of the most important points are listed below:

- The first 20 - 30 minutes post-exercise are the most important for refuelling. (of particular note to orienteers: this means that we have to be well prepared going to the event, as it would be unusual that we would be home within this time frame).
- In the first 20 - 30 minutes post-exercise, 1g per kg of body weight of carbohydrate should be consumed, along with about 0.2g protein per kg of body weight. This is in addition to the fluid taken to replace that lost through sweat.

At least 8 hours sleep per night is recommended. If you are napping during the day, it should be for less than 40 minutes, as anything more will disrupt the more important night's sleep.

After lunch, each delegate attended two workshops of their choice. The first one that I went to was **Choosing the right sports drink - what can the label tell you?** The Croke Park cleaners were very efficacious, as they had thrown out all the 20 empty drinks bottles that Jill had left on the table to show us! This was a good summary of the drinks that are available on the Irish market and their content, as well as pointers on what to look out for on the label. Here are some tips:

- *Carbohydrates:* ideally should contain between 6 - 8 % carbohydrate. The closer to 6%, the better. This is equal to 6g per 100ml.
- *Sodium (salt):* ideally the sports drink should contain sodium, as the fluid is easier to absorb into the body with sodium, it improves the flavour and it also maintains the desire to drink. The amount of sodium needed varies depending on if you are a 'high salt sweater' or a 'low salt sweater', an individual thing. Sodium also helps to prevent cramping (as cramping is due to low sodium levels).

Caffeine: ideally, the drink should not contain any caffeine.

If you don't want to spend a fortune on commercially available sports drinks, you can easily make up your own with the following recipe:

1. Mix 250mls of concentrated orange squash (or 60g of glucose powder, available from most pharmacies J) with 750mls of water and add a pinch of salt (1g).

Mix all together and chill to give 1 litre of drink.

The second workshop was titled **'Carbohydrate - Are you getting the balance right?'** by Greg Cox of the Australian Institute of Sport. The key point in this session was that it is best to eat extra carbohydrate during or before exercise.

Supplements

The topic for discussion in the final two talks of the day was that of supplement use in sport. This is a highly controversial issue, with many elite athletes testing positive for banned substances and claiming that they were from their supplements. Greg Cox gave an overview of the Australian perspective of supplement use, pointing out that elite athletes will take anything that may improve their exercise performance and rarely think of the negative consequences on their own health. Consequently, the Australian Institute of Sport has formed a 'Sports Supplement Panel' and categorises supplements in four groups, A, B, C and D, based on the scientific evidence behind their use and their classification as banned or non-banned substances. This is an interesting approach, as the Irish Sports Council's official policy is that it does not advocate the use of any kind of supplements by athletes, and that use of such products is at the athlete's own risk.

The second speaker on the topic of supplements was Dr. Hans Geyer from the Centre for Preventive Doping Research, Cologne, Germany. He showed us a frightening amount of products that his lab had tested and found to be contaminated with anabolic steroids, and other things, that were not declared on the label. In one of his landmark studies, 634 nutritional supplements from 13 different countries (including the U.K., but not Ireland) were tested and 14.8% were found to contain substances not declared on the label.

Overall, the day was very successful in addressing a wide range of topics. All of the presentations will be available on the Irish Sports Council's website (www.irishsportscouncil.ie) if you would like to look at them in greater detail. Some other resources that we were given are listed below:

Dietitians in Sport and Exercise: www.disen.org
Irish Nutrition and Dietetic Institute: www.indi.ie
Gatorade Sports Science Institute: www.gssiweb.com
Lucozade Sports Science Academy: www.thelssa.com (link on the left to 'Sports Nutrition Centre is the best; lots of advertising!)
Performance Food: www.performancefood.co.uk (includes some recipes).
Australian Institute of Sport: www.ais.org.au/nutrition

IOA Rescue Emergency Care Course

Ten orienteers from various Leinster clubs attended the first of three REC (Rescue Emergency Care) courses in Roundwood Co. Wicklow on Saturday January 20th.

While what transpired on the day sometimes seemed to vary from the syllabus we'd received, it was a real experience to have the course given by someone who is actively involved in Mountain Rescue - I know someone who was airlifted from the Wicklow mountains with a broken hip two years ago and on the first coffee break I found out that Pat Reid (the course instructor) was one of the first on the scene before the helicopter arrived... we weren't just getting academic information, but his wealth of experience as well.

The first part of the course focused on the steps that should be taken if you find someone that looks in need of first-aid ("unresponsive" was the technical phrase). It all sounded pretty straightforward - so easy that Pat dragged us out into the freezing rain to give the basics a go. In pairs we each took a turn to see if the person we'd "found" on the ground was breathing. It sounded easy from the comfort of the classroom, but we quickly realised that if we were in deep heather with driving rain coming down (standard orienteering conditions), suddenly the basics become quite challenging.

After a quick lunch, we focused mostly on CPR (Cardio-Pulmonary Resuscitation, or getting the heart and lungs going again). This is the stuff you see in films, where you beat furiously o someone's chest and they come back to life..... not quite that simple, as we found out! In the case of a heart attack (or cardiac arrest), a defibrillator is required, and Pat brought us through how to use one of these devices. Mouth to mouth was also brought to life by use of training 'dummies' - life-size dummies whose 'lungs' you can inflate and 'chest' you can push down on, so none of us had to imagine what it would be like in a real-life situation!

As the afternoon drew to a close, we moved back to some simpler skills such as bandaging and supporting wounded limbs. Pat was able to make it relevant to orienteering as he bandaged me up with a piece of 'fence' sticking out of my leg....

All the topics covered during the day were of interest, which I think caused us to over-run on time (which Pat gave generously). This meant that we had limited time to go into details on some situations more likely to face orienteers (e.g. hypothermia, heat exhaustion), covering them only briefly at the very end.

Additionally, the more we learnt, the more we realised we had questions - each situation brought up more 'what-ifs' than we had time for, making our heads spin further as we tried to remember the basics. That said, I think we all found the course illuminating - although none of us ever hopes to have to use what we learnt, someone could someday be very grateful if we did.

Many thanks to Marcus Geoghegan for 'herding cats' to get us all organised into various groups, the IOA for subsidising the course and to Pat Reid for giving it.

Gavan Doherty

IMRA

irish mountain running ASSOCIATION

7th Apr 12:00 Glencree 275m 6.70km
14th Apr 10:00 AM Wicklow Way Ultra 1500m 44.00km
14th Apr 12:00 Wicklow Way Trail 740m 22.00km
15th Apr 12:00 Kilsheelan 360m 9.70km
18th Apr 7:30 PM Goal Flash Relay 220m 2.50km
21st Apr 12:00 Round Mountain 290m 8.00km
22nd Apr 8:00 PM Claragh Mountain 352m 6.20km
25th Apr 7:30 PM Three Rock - Ticknock 340m 6.50km
28th Apr 1:00 PM Knockdu 448m 7.60km
29th Apr 12:00 Cushbawn 378m 10.00km
2nd May 7:30 PM Prince Williams Seat 410m 9.10km
5th May 12:00 Aughavannagh 1095m 22.60km
6th May 1:00 PM Doon 335m 10.00km
9th May 7:30 PM Three Rock - Stepaside 275m 6.80km
16th May 7:30 PM Corrig 340m 8.20km
23rd May 7:30 PM Bray Head 275m 5.00km
27th May 1:00 PM Comeraghs
30th May 7:30 PM Scalp 325m 5.50km
3rd Jun 12:00 Carrauntoohil 1125m 13.70km
6th Jun 7:30 PM Howth 360m 8.50km
9th Jun 7:00 AM Wicklow Way Relay
13th Jun 7:30 PM Scarr 357m 10.00km
17th Jun 1:00 PM European Trial - Lugnaquilla uphill only 850m 5.10km
17th Jun 1:00 PM Sliabh Bearnagh 532m 10.00km
20th Jun 7:30 PM Brockagh 437m 10.00km
24th Jun 12:00 WMRA Youth Challenge 200m 4.90km
27th Jun 7:30 PM Tibradden 365m 8.00km
30th Jun 2:30 PM Mweelrea 955m 12.50km
1st Jul 12:00 Ben Gorm 823m 10.00km
1st Jul 1:00 PM Curabingen
4th Jul 7:30 PM Sorrel Hill 382m 9.80km
8th Jul 12:00 European Championships
8th Jul 12:00 Glenmacnass 1060m 19.60km
11th Jul 7:30 PM Ballinastoe 430m 12.00km
15th Jul 1:00 PM Mautherclay
18th Jul 7:30 PM Sugarbowl Barbeque 435m 8.00km
25th Jul 7:30 PM Kippure Handicap 335m 9.00km
28th Jul 12:00 Snowdon
29th Jul 1:00 PM Mangerton 500m 10.00km
1st Aug 7:30 PM Trail League 1 200m 10.00km
5th Aug 1:00 PM Ballyhouras 427m 10.00km
8th Aug 7:30 PM Trail League 2 250m 8.00km
12th Aug 12:00 The Stone Cutter 17.00km
15th Aug 7:30 PM Trail League 3 120m 7.90km
18th Aug 12:00 PM Rostrevor (NIMRA) 900m 12.00km
19th Aug 12:00 Iron Brew 14.00km
19th Aug 1:00 PM Bar Na Stuaiche 718m 11.40km
26th Aug 12:00 Trooperstown Hill (World Trophy Trial) 495m 12.00km
8th Sep 12:00 WMRA Long Distance Challenge 1829m 42.00km
9th Sep 12:00 Corragh Mass Rock 21km
15th Sep 12:00 WMRA World Trophy
16th Sep 1:00 PM British and Irish Junior Leinster Trial 440m 6.00km
22nd Sep 1:00 PM British and Irish Junior Munster Trial 440m 6.00km
23rd Sep 12:00 WMRA Masters 838m 9.20km
23rd Sep 12:00 Croghan 950m 14.00km
7th Oct 12:00 British and Irish Juniors
10th Nov 12:00 Powerscourt Ridge 1095m 14.50km
10th Nov 2:00 PM AGM
10th Nov 8:00 PM Annual Social
27th Dec 12:00 Christmas Flash 191m 2.40km

Full details on www.imra.ie

It was an unrepeatable event: six days of orienteering in the sunshine around the Matterhorn, in an amazing range of terrains from alpine meadows, through the streets of Zermatt, to the moonscape of the mountains at 3000 metres. Add in mountain railways and cable cars to the starts, runners from allover the world, glaciers and Swiss-style organisation, and you have an unforgettable combination.

Quite a number of competitors from Ireland took part, lured by the prospect of a different type of orienteering to what we are used to. I had met a Swiss orienteer at an event in Wicklow the year before and he had told me about the plan to base a 6-Day at Zermatt, at the foot of the Matterhorn, and said it would be worth going to.

Zermatt is a car-free town, with horse-drawn carriages and electric vehicles which creep up behind you. The competitors stayed here or camped 10 minutes down the railway line at Täsch. The entry fee included a travel pass which got you to all the events and also covered all the cable cars and railways in the area, so sightseeing after orienteering was easy.

The competition areas were all dominated by the 4,478 metre (14,693 feet) Matterhorn. Day 1 at Gornergrat had the highest ever start in a multi-day orienteering event, at about 3000 metres. Competitors were advised to take it easy because of the altitude, do drink plenty of water and to take extra precautions against the sun. The Gornergrat railway took us to and from the race area on the first two days. The terrain on Day 1 was very fast, runnable open mountainside, rocky early on, with not a tree to be seen.

Day 2 at Grúensee was a mixture of open and some alpine forest, virtually the only trees we were to see all week. Steep slopes and a start beside the railway in a picture–postcard location, but physically challenging terrain.

Day 3, Trockener Steg, was the most different area to our idea of orienteering: moraines, lakes, loose rock, huge slabs of bare rock, as if Wicklow's Sugarloaf had moved to west Cork and been raided 10000 feet in the air. I came adrift at one stage and had major difficulty relocating. That evening, NWOC's Ruth Blair asked me how I found the 1:7500 scale map. The *what*??? I had thought it was 1:10000 scale, thought this only accounted in part for my problems. *(See map below)*

On the Wednesday, they rested. At least some of them did. We went to the summit of the Kleine Mtterhorn by cable car, and went down into a glacier to see the ice sculptures and the summer skiing. Other options that day included village orienteering in Täsch.

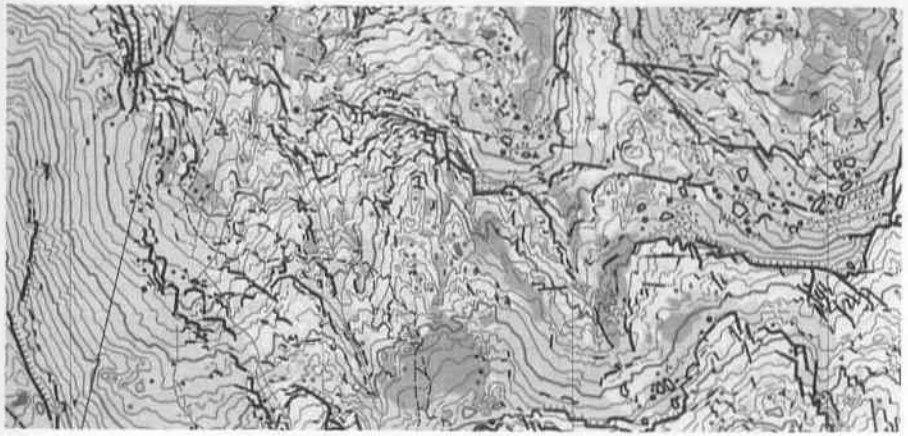
Thursday, Day 4, brought us to Schwarzsee, via multiple cable cars. This was the most straightforward day: short grass, good runnability and not too rocky.

The fifth day centred on Zermatt, with a fast course which varied between street-O and dodging through fields and forests: an unusual and very testing combination; complicated further for later starters by the crowds of tourists meandering through the streets. Some legs even brought us through restaurant terraces in the middle of people eating breakfast!

Day 6 at Sunnegga,overlooking Zermatt, involved the longest underground funicular railway in Europe, followed by a cable car to the start. We had early starts today, shortly after 8 am, and this was the only day that trains didn't run on time: a large group of orienteers running through Zermatt, from one station to another, adrenaline pumping in case they missed their starts. Unbelievable amounts of broken rock, the result of glacial activity and erosion, with occasional trees and steep slopes, provided the physical challenge, while a moment's lapse in concentration meant that you could easily lose track of your location.

Overall, probably the best week's orienteering I have experienced in over thirty years (best as in "most satisfying" or "most challenging", not as in "best performance"!)

JMcC.



5 Days of Italy 2006 - Subiaco, near Rome (10-16 July)

CorkO's ***John Scannell*** *reports:*

Following on from last year's trip to Val di Non for the Italian 5-Day, there were several options open to us for a holiday multi-day event this year. Ruling out the WMOC in Austria & WOC in Denmark, it was a split between the Swiss O-Week in Zermatt or a return to Italy where there was a 5-Day in Subiaco. Having been to Zermatt again only three years ago for a superb hillwalking week, exploring virtually all the areas being used by the Swiss O-Week, Fiona and myself decided to head to Italy in July knowing full well that the mercury could be shooting quite high

The area for this year's Italian 5-Day was in the Central Apennines, between the Simbruini Mountains and the Aniene river valley with the event centre in Subiaco, a small hilltop town 80km south of Rome. If the event was organised only half as well as last year's, we would be assured of a great holiday, and we were not let down.

As luck would have it we arrived at our accommodation in the nearby town of Fiuggi (well known it Italy for its two impressive thermal spas and their healing powers) just as the 2nd half of the World Cup Final kicked off. A quick off-load of the gear and into the old town to get a bite and to watch the remainder of the final.....just over an hour later, all hell broke loose as Cannavaro lifted the World Cup Trophy for Italy and then it seemed like every car owner within 50 miles arrived in town, hooting & blaring their car horns.....for the next 6 hours!!

Thankfully Monday was a rest day (I'm sure for the overjoyed Italians too!), and we explored the locality before driving the road to Subiaco for the first time to pick up our registration packs (this 40 minute twisty journey would be well worn before the week was out!)

After a long year, the likely high temperatures, my performance last year, and the likely effects of Vino Rosso, I decided to enter H21B again - average distances of about 6.2km/200m climb over the 5-days seemed like a reasonable holiday option to me!

Day-1 (Tuesday) - Monte Livato "Anello"

1st race and a 1.20 pm start meant it was going to be quite hot even at the 1400m elevation level at the assembly area. A long walk to the start through beautiful clean beech forestry which became the norm for the week. The terrain consisted of steep sloped forest with very good visibility and fast running with virtually no undergrowth. Several hundred brown 'x's on the map indicating charcoal platforms: if controls were placed at these platforms then it could get quite interesting! As we didn't make a training event, I was pleased to get around without making any major mistakes in 52.16.

Day-2 (Wednesday) - Vallepietra 'Campo della Pietra"

An hour's drive up an endless steep road with countless hairpin bends, reminded me of Alpe d'Huez on the Tour de France, but once at the top, a major viewpoint appeared with a commanding and spectacular view over the surrounding countryside (1200m below)

Again steep runnable forest, and my course went in a figure of 8 loop with 3 spectator controls in the centre of the loop where the finish and assembly was located. A good start for the first half of the course was blown by a major lack of concentration (possibly caused by the heat) in heading to control 9, where a rough bearing ended up in the most complex area of rock & contours on the map and no amount of headless running could help me relocate. A 12 minute error here took the gloss off an otherwise perfect run. As I arrived back into the open area for the last couple of controls, a roaring noise erupted as a military Chinook helicopter buzzed a double circle over the finish - what an incredible machine.

Day-3 (Friday) - Altipiani di Arcinazzo

After the rest day I was looking forward to redeeming myself after my day 2 performance. From the finish area, one could see a lot of people meandering around on a scrubby hillside in the distance! A mixed area of coppice wood in not too hilly terrain with semi open areas, meadows, pastures, bushes, hedges, small woods. Also lots of low stone walls, ruins, earth banks and poor visibility in a lot of the area due to young trees and scrub bushes. I was glad that we got a 1:10 000 scale map today but 300m climb over 5.9 km in searing heat with a complicated looking map meant times could be a bit slower.

A bad route to the 1st control had me thinking that this could be a long hot day but a recovery over the next few controls got me connected with map until the 8th control where I lost about 5 mins very near the control circle. Good route choices after this and some strong running had me back in 71 mins and first on the day, much to my surprise.

Day-4 (Saturday) - Monte Livato "Campo dell Orso"

We returned for the last two days near the 1st day's event, but higher up at 1800m. The terrain was identical - super visibility, beech forest, open areas & clean running - excellent! !

The longest race of the week at 6.6km and with my confidence up after yesterday I ran a steady if slowish run until the 9th control (again!) and a parallel reentrant left me scouring the wrong side of the hill for a boulder which I saw in the distance but discounted. 8 minutes lost here was a disaster.

Day-5 (Sunday) - Monte Livato "Campo dell Orso"

As we drove into the car park on day 5, Fiona was ruing the fact that there would be no orienteering the following day but in the meantime I had secret hopes of having a good run to overtake the class leader who had a 3 minute advantage on me. These hopes were dashed on just the 2nd leg (800m) when for the second time in the week I made an error with parallel reentrants after a speedy run and ended up in a major panic knowing that the leader was out just a couple of minutes behind me. 20 minutes to do this control (versus a norm of 10!) and another blunder at 7 completely ruined my chances but I could only blame myself. In the end I finished in 3rd overall, 11 mins down on the winner; still it was nice to get on the podium for the prize giving! Fiona's best run of the week had her finishing with a smile today.

Whilst I was surprised at the lack of Irish & UK competitors at last year's 5-day in Val di Non close to the Austrian border, this year there were even fewer further south: we were the only Irish competitors and there were about a dozen from the UK. Perhaps it was the heat which put people off or the events in Zermatt or Austria but they missed some absolutely stunning for-

ests. A relaxed atmosphere was enjoyed by the 800 competitors and the weather while very hot be Irish standards was enjoyable - and added to the whole event. This part of Italy, full of hilltop-perched villages was definitely the real McCoy.

This might sound a bit like the conclusion of last year's report, but if you get the chance Italian orienteering is top class with some excellent areas, maps & organisation. The whole idea of a holiday week orienteering with it all being organised for you is great. Give it a try, start planning for 2007 now - lots of events to choose from including those below.

5-Jours De France (9-13 July) near Bordeaux
http://perso.orange.fr/laco/5JF2007.htm

5-Giorni dei Forti (Italy - 2-7 July) - N. Italy (between Trento & Vicenza) *www.5days.it.* This is preceded by the Highlands Open 3-Day 2007 (29-30 June, 1st July) nearby in Asiago, near Vicenza, Italy): *www.highlandsopen.com*

Scottish 6-Day Speyside 2007 (5-11 Aug.) Granton-on-Spey, Aviemore area *www.scottish6days.com*

2007 French Champs (20-26July), Midi Pyrenees, Toulouse *http://membres.lycos.fr/limipyco/*

Alan Gartside, Nina Philips, John Houlihan and Eoin Rothery at the World Mountain Bike-O World Championships in Finland.

2007 Orienteering Preview

Early in the year is the time to start planning those expeditions to new places or to familiar favourites. 2007 offers a range of both, from the wilds of West Cork, the sand dunes of Inch, Holland or Bordeaux, to the Scottish 6-Day or even the WOC1993 terrain in upstate New York and on to Scandinavia ... There's a lot of activity out there, so make an effort to get somewhere new this year. Information on all these events and more should be available on the internet.

At home we have the Leinster Night Championships on Dublin's Bull Island on February 24th, the Irish Individual Championships in Fermanagh on April 29-30, and the Shamrock O-Ringen 3-day on the Sheep's Head Peninsula in West Cork on the June Bank Holiday weekend – on-line entry is open already (June 2-4; www.shamrock.orienteering.ie). On St Patrick's weekend.the Ballyhoura 2-Day is at Kilfinnane, Co. Limerick on March 17-18 (Bishopstown OC). The Leinster Championships in is in Co. Wexford on April 1st, run by CNOC.

This year in Britain the Jan Kjellstrom O-Festival is in the Forest of Dean at Easter: pleasant, but not the most exciting terrain in the UK (www.jk2007.org). How about a 3-day in Holland at Easter (www.3daagesvanholland.nl), Prague (www.dkp.orienteering.cz), Serbia (www.jasenica.org/orienteering) or Alsace (www.comulhouse.free.fr) at Easter instead?

In May the British Championships is on the first weekend of the month near Abregavenny in South Wales: might be an interesting trip. IOA members can enter but are not eligible for Championship prizes. (http://www.btinternet.com/~w.o.a/BOC2007) Individual on Saturday, Relay on Sunday and a local event on Monday. If the Lake District tempts you, what about the Twin Peaks at Newby Bridge on June 9-10?

National Events in Britain include Mole Valley's on February 25th at White Downs, Dorking; SROC's at Whitbarrow Scar near Kendal on 11th March; Lakeland OC's on May 20th at Broughton in Furness; the Scottish Championhips on June 16th/17th near Ayr and Prestwick airport; September 15th at Settle; and November 18th at Calvine in Scotland..

The Welsh Championships on March 4th at Bryn Engan, Capel Curig, only about an hour from Holyhead, run by Eryri Orienteers. Another interesting option if you're giving the Shamrock a miss is the overnight 7-person relay, the Harvester Trophy, this year at Penhale Sands in Cornwall on June 3rd: fly to Exeter or Newquay, perhaps?

August offers Spey 2007, the Scottish 6-Day, which has run every second year since 1977. This year it's based at Kingussie from August 5-11. (www.scottish6days.com)

For the selected few, the Junior Home International is at Newcastle, Co. Down on September 29-30th, the Senior in Wales on October 20-21 and the Veterans in Scotland on November 17-18th. Further afield, the World Championships, now an annual event, will run near Kiev in the Ukraine from August 18-26. There are open events associated with the WOC (www.woc2007.org). (Incidentally, the Irish Relay Championships may be run in association with the JHI in October).

Mountain Marathons are attracting interest too: the Setanta Rogaine in Co. Wicklow on June 23-24 may well be the only 24-hour score event in Europe, with a 6-hour "short" variant. (www.setantaorienteers.org).

For St.Patrick's weekend, try Spain: two World Ranking Events at Valencia on 17th/18th (www.fedocv.org).

Summertime is high season for multi-day events, of course: apart from Scotland there's a 5-day near Bordeaux (July 9-13), the Swedish 5-Day O-Ringen at Mjolby in Ostergotland (July 22-27; www.oringen.com); the Finnish 5-Day only 70km NW of Ryanair's Tampere (July 15-20; www.kansu.fi/fin5); a 4-day in Slovenia with two World Ranking Events (July 26-30); a five day in Colorado (August 3-12, with lots of ancillary orienteering activities); a 5-Day in northern Italy (July 2-7 – see John Scannell's article in this issue), preceded by the Highlands Open in the same general area (Asiago, June 29 – July 1).

The World Masters (over 35) is in Finland, near the Arctic Circle, on July 7-14 at Kuusamo (www.wmoc2007.fi).

Later in the year, how about a 5-day near Istanbul from October 31st to Novembr 4th? (www.ist5days.com).

Further afield there are major events in Australia, New Zealand, Japan and elsewhere. With travel prices as low as they are (if we ignore the global warming aspect) you might be able to take in some of these events. Maybe we should take advantage of the situation while we can stilltravel?

CompassSport magazine, as usual, has a comprehensive listing with details of most of these events.

There is now an astonishing amount of information on the internet about orienteering: training, GPS,mapping, international events. No article can give the full range of what events are planned, so ask around and see what others would recommend. There should be a good crowd from Ireland at the French 5-Day and the Scottish 6-Day, for example.

JMcC. *(PS This was written some time ago so some of the events have already taken place. Sorry about the delay).*

Orienteering Fixtures 2007.

April 2007

1	**Leinster Championships, Scarr , Laragh, Co. Wicklow , CNOC**
6-9	*Jan Kjellström Festival of Orienteering 2007, Forest of Dean. WMOA*
15	Inch Sand Dunes, Kerry, Munster League No. 6, KERRYO
21	Slieve Croob, Co. Down. NI Colour Series 3, LVO.
22	Glenpatrick , Co. Waterford , Southeast League No. 7, WatO
22	Clarabeg, Laragh, Co. Wicklow , Leinster Spring Cup No. 7, 3ROC
25	The Long Strand Sand Dunes, Co. Cork, All-Ireland Secondary Schools Championships, BOC
28	**Irish Championships: Classic Distance, Conagher, Co Fermanagh**
29	**Irish Championships: Middle Distance & Trail-O, Crossmurrin, Co. Fermanagh. FermO.**

May 2007

2	Rathbarry Wood, Cork, All-Ireland Primary Schools Championships, BOC
7	Tramore Sand Dunes, Waterford , Munster League / No. 7 , WatO
13	Trooperstown, Laragh, Co. Wicklow. Leinster Inter-Club Challenge, GEN
19	Tollymore, Co. Down. Spring Cup LVO
26	Mullaghmore NI Colour Series 4 NWOC

June 2007

2-4	**Shamrock O-Ringen, Sheep's Head & Cobduff, West Cork. Pre-entry. CorkO.** (See details inside).
9	Cairn Wood, Dundonald. Spring Cup LVO.
16	Drum Manor Sprint O NWOC
16-17	Scottish Championships, Ayr.
23	Wicklow Mountains, Rogaine Ireland 2007 (Pre-entry), SET

August 2007

5-11	Scottish 6-Day, near Aviemore. (Details inside).
18-26	**World Orienteering Championships, Ukraine.**

September 2007

1	Glenariff, Co. Antrim. Autumn Trophy. LVO
9	**Irish Park Orienteering Championships, WEGO/MNAV**
22	Somerset, Co. Derry. NI Colour Series 5, NWOC
29-30	**NI Championships and Junior Home International, Co. Down**

October 2007

13	Slievenagore, Co. Down. LVO Autumn Trophy.
20	Navar North, Co. Fermanagh. FermO NI Colour Series 6.
20-21	**Senior Home International, Wales.**
28	**Munster Orienteering Championships, WatO**

November 2007

17-18	**Veteran Home International, Scotland.**
25	**Connacht Orienteering Championships, WEGO**

These are the main fixtures. There are many local and evening events also planned: details at *www.orienteering.ie*