the Irish Orienteer

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THE IRISH ORIENTEER NO.30 AUGUST-SEPTEMBER 1987 ISSN 0790-1194

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John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

The opinions expressed in *The Irish Orienteer* are not necessarily those of the editor or of any orienteering organisation. While every effort is made to ensure the accuracy of the information contained in *The Irish Orienteer* no responsibility can be accepted for errors or omissions, or for their consequences.

The copy dates for the forthcoming issues are:

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For further information on orienteering contact The Irish Orienteering Association, 38 The Glen, Woodpark, Ballinteer, Dublin 16.

COVER PHOTO: A fee of IR£10.00 is paid to the supplier of the cover photograph if it is received in printable form: black-and-white prints of about 10" x 8". Photo: Clive Tyner (3ROC) at the Irish Relay Championships at Glengarriff.

RESULTS: A charge of IR£6.00 per page is made towards the publication of event results. This amount is based on the results being submitted in a form suitable for reproduction and is calculated on the number of pages sent in, not the number which finally appear in print, so please tidy up the presentation of results before sending them in. Typed originals or good photocopies are preferable, but remember that each page is reduced to about 2/3 its original size in printing.

FIXTURES: The fixtures list is not the Official Irish Fixtures List but is the most recent available when going to press. Experience has shown, however, that changes do occur, and often at short notice. It is wise, therefore, to verify that the event is going ahead as advertised by checking the 'Weekend Sports Diary' in the newspapers or contacting the organising club.
Where possible an Ordnance Survey Grid Reference is given for each area. If pre-entry is required it is normally indicated in the event information. Event start times are generally between 11.00 am and 1.00 pm: do not expect to be allowed to start after this, unless otherwise stated.

SUBSCRIPTIONS: Individual subscriptions at IR£6.50 per annum (six issues), or more cheaply through your club.

Entry form distribution with *TIO* is free. Please supply at least 600 copies. The inclusion of an event entry form in *TIO* is in no way to be taken as an endorsement or recommendation of the competition concerned.

ADVERTISING RATES: Please contact the editor.

Letters to the Editor

7 Sorbonne
Ardilea Estate
Dublin 14

10th June 1987

The Editor
The Irish Orienteer

Dear John

I was surprised and pleased to receive recently my membership card for the IOA. There it is in black and white - Joss Lynam, Class M60. The IOA does then really know that the M60 class exists! Would it be too much to ask that they should pass on this piece of red hot brand new information to the constituent clubs, who in turn might acknowledge the existence of M60 as a class? I am not aware that there has EVER been an M60 class in any orienteering event in Ireland; this is a rash statement (but I did cover myself with the proviso "aware") and no doubt a number of self-righteous Club Secretaries will write in to prove me wrong. Anyway I will be even more rash and say there have been b----- few!

I am sufficiently aware of the terrible mental strain on course planners not to ask them to dream up a new course for the M60s (heaven forbid, it would probably be 1½kms long and have special LARGE controls for short-sighted OAPs); but we could at least be separated from those immature M55s on the same course and allowed to compete at a more decorous pace. By "running" the same course as the M55s we would also still retain the possibility of having the extreme pleasure of beating them, without them being subjected to the indignity of having some 60+ ahead of them in the results! Orienteers of the "Troisieme Age", defend your rights!

Yours

Joss Lynam

Cork, June 1987

Dear Editor,

John McCullough's article on Roaring and Tearing in Glengarriff is a work of pure (?) fiction which cannot be left unchallenged. In the first place, he should give credit where credit is due. We did try to get rid of the Whiddy tanks, but the gelignite exploded prematurely. As a result, there is a new quarry on Whiddy Island.

And we were not lucky with the weather. It was specially laid on by the Starter, who after the usual incantations and liberal applications of burnt Cork, donned her thermal underwear, her wet gear and her wellies. She wasn't going to stand for four hours in the rain. And it worked like magic, as she knew it would. The Chairman was so impressed he borrowed the thermals for the start of the relays.

Then to blame us for the caravans is too much. We had hoped to have our new Grade AAA***** Hotel ready, but it got held up at the Planning stage. But really, the only thing wrong with the caravans was that Uri Geller left evidence of his prowess before the customers arrived.

And why the objection to aerial photographs? It's jealousy, that's what it is. Just because 3ROC doesn't own a helicopter. We took all the photos from 5 metres up. Just over each contour. The contours had been marked on the ground beforehand, and the pilot used a tent pole to measure his altitude (that was the intent, anyway). And McCullough says "reconciliation of map with ground were essential tools in navigation". Well! Fancy that. Begob. Who'd have thought of it but the bould John! But really, we didn't show any bare rock by contours unless there was a contour line painted on it. And the amount of paint we used! It was a special German mountain paint. All the staff of Berger will get a bonus next Christmas.

I didn't know (until he said it) that Linda Hollenstein fell. Probably that accounts for the line missing. She must have blotted it out in the fall. Just as good she didn't do that to our carefully painted contour lines.

And there were no lions to throw the Christians (? - you'd wonder, after some of the language) to, it was a bear pit. And the bear fed very well that day --- just look at the list of starters who didn't finish. By the way, has anyone seen Colette since?

I resent his remarks about cheap skates. We paid the highest price for ours. They are great for use on the rocks, but no advantage in bog-holes. We asked for our money back because they didn't tell us this in the shop.

There was no shortage of man/woman/person power for registration. In fact they had so much time to spare, they entered into negotiations with one club for orienteering on tick. This club (a low crowd) complained there was no pawnshop nearby. We must discuss this lack with Bord Failte, along with the bent forks. And they also used their spare time discussing the nuances of certain I.O.A. decisions while waiting for team managers to dither sufficiently over team choice.

And the P.A. didn't break down, we just turned it off when there was nothing to report. Besides, the roar of the crowd directing hapless wanderers drowned out all other sound. We could have given a blow for blow account of all who didn't bother to cross the stream at the marked place, and went in up to their oxters (or wherever) at a crossing point of their choice. But there was enough fun without this, what with the view from the finish. The only difficulty I had in following the results was in wondering how my 2nd and 3rd legs took so long, especially as I had battered down all the undergrowth in the forest.

The local Civil Defence unit had a field day. They attended to all of three cases. If the C.D. had their way, they would all have been stretcher cases, as they never had any live cases to practice on before. Bantry Hospital was appealing for cases, to make a case to avoid closure. I expect a suit (not a suit case, a law case) because of McCullough's remarks.

In conclusion, Mr. Editor, I wish to state that Mr. McCullough should cull his information more carefully.

Yours faithfully,

IRISH TWO DAY INFORMATION

Sumptuous entry forms have been produced and distributed to clubs for the November Irish two-Day event at Inch, on the Dingle Peninsula in Co. Kerry and Glengarriff, Co. Cork. The events are on November 14/15 and the event centre is at the Royal Hotel, Killarney. Entries close October 14th. Details from Cork Orienteers. Entry forms are only available from club secretaries.

HILL RUNNING FIXTURES

25 July	Slieve Donard, Newcastle, Co. Down. 2 pm. 7 miles, 2800 ft.
30	Fairy Chase, Three Rock Mt., Co. Dublin, 7.30 pm.
9 Aug	Trostan Trail, Cushendall, Co. Antrim. 16 mls, 3000 ft, 12.00
5 Sept	Tollymore Centre, near Newcastle, Co. Down. 1 day navigation event.
19/20	Andersons Mourne Mountain Marathon.
10 Oct	Commedagh-Donard, Mournes. Start nr. Newcastle 2 pm. 7 miles, 3500 ft.

FANCY THAT!

A recent study published in the *Scientific Journal of Orienteering* into the effects of exertion and of tiredness on one's ability to perform mental exercises concludes: "...it was revealed that exercising at or above the anaerobic threshold does have a statistically significant inhibiting effect on the ability to perform mental tasks". Furthermore "Specifically applied to the sport of orienteering, this translates as a decreased capacity to recognise and interpret features on the map whilst fatigued".

(In other words, the more tired you are, the worse your orienteering becomes). I hope this is news to you all, and that this remarkable revelation won't cause you to lose too much sleep. Sleep...now there's an idea for a paper...

IRISH TEAM NEWS

The most recent news for the Irish World Championships team is that a two-day selection race will be held in the Perth area of Scotland on July 30th and 31st, the Thursday and Friday before the Scottish 6-Day. The first few competitors in these races will, it is understood, gain automatic selection, with the remaining places on the team being filled according to the choice of the selectors. Those selected are expected to have the first £100 of their entry fee and fares ready the next day.

This is the first time an Irish team has been selected following a selection race on neutral ground, the procedure adopted by most successful orienteering countries, so it will be an interesting experiment. Many orienteering nations are in the enviable position of holding their final selection races in France in the weeks prior to the WOC, a situation the Irish team are never likely to be in given the level of funding available to them or to orienteering as a whole in this country. The success and the relevance of the selection event will ultimately be determined by the number of runners who take part: if too few travel to Scotland for the event it won't fulfil its proper purpose. Despite the fact that the initial response from squad members was favourable their enthusiasm has waned when it comes down to going over to the event. At least the cost of the competition itself won't have to be borne by the participants.

Selection to run for Ireland is, however, only the first hurdle: two qualification races will be run the day before the WOC Individual races and we will only be allowed one man and one woman in the Final unless our runners finish within a certain time of the winners of the qualification race.

Meanwhile funding for the team stands at an all-time low, with little or no effort being put in by clubs, squad members or IOA, suggesting a low level of commitment and morale in Irish orienteering as a whole. Several of the team members are doubtful starters as a result of injury and inadequate preparation, so the omens are not good. Perhaps the question should be asked whether we should be sending a team at all, since we seem to be regressing in terms of our ability to keep the sport afloat at home.

THE 1987 IRISH ORIENTEER TROPHY

The fourth annual Irish Orienteer Trophy inter-club orienteering competition gets under way a little later than usual this year. The following clubs have entered the competition: 3ROC (the holders), NWOC, LVO, AJAX, GEN, SET, ThO, Lee O, Cork O, Trim Orienteers and BVOC.

The competition is open to all IOA and NIOA affiliated clubs.

Fixtures: Fixtures should be arranged without delay. It is the responsibility of the first-named club in each match to offer a mutually acceptable venue to their opponents. Venues should ideally, though not necessarily, be on neutral terrain. Because of the particular needs of the competition, clubs are urged to give special consideration to events arranged solely for the Irish Orienteer Trophy competition but ordinary Grade 2, Colour or Schools' events may be acceptable: always contact the organisers beforehand! Please keep the Editor informed of fixtures, in advance, and in the event of any problems.

The Rules

Courses: The following approximate course lengths should be used:

Team A: 8km M17, 19, 21, 35, 40.
Team B: 6km M15, 17, 40, 45, 50; W17,19,21,35.
Team C: 4km M13, 15, 50, 55, 60; W15,17,19,21,35,40,45,50,55.
Team D: 2.5km M10, 11, 55, 60; W10,11,13,15,40,45,50,55.

Teams: There is no limit to the number of runners a club may field in any match. To score, runners must run in the team appropriate to their age category, as above. No runner may run more than once per match.

Scoring: Points will be awarded to the best three finishers from each club on each course. In two-club matches this will be on a scale of 6-5-4-3-2-1, in three-club matches, 9-8-7, etc. The club with the highest total from all four courses is the winner. In the event of a tie the club with the most course victories will win; if still equal, the club with the most second places, and so on. If still unresolved the aggregate times of the scoring members will decide.

Results: Please notify both ***The Irish Orienteer*** and the IOA PRO without delay. Results should be calculated on the day.

NEW *TIO* ADDRESS REMINDER

From 1 September 1987 the address for The Irish Orienteer will change to 9 Arran Road, Drumcondra, Dublin 9. Phone 378819.

THE 1987 *IRISH ORIENTEER TROPHY* COMPETITION

THIS YEAR'S DRAW

For 1987 the country was divided into provinces. The draw was done at random with the sole proviso that in the first round a Munster club would not meet an Ulster club: this was to avoid excessive travelling in the early stages of the competition. Thus in the first round a club may meet another club from its own or an adjoining province only.

There will be four two-way and one three-way first round matches. Several of these could be combined at the one event.

Match 1 Lagan Valley OC (Belfast) v Three Rock OC (Dublin)

Match 2 Blackwater Valley OC (North Cork) v Lee Orienteers (Cork)

Match 3 Great Eastern Navigators (Dublin) v AJAX OC (Dublin)

Match 4 Trim Orienteers (Meath) v Thomond OC (Limerick) v Cork OC

Match 5 Setanta Orienteers (Dublin) v North West OC (Limavady)

The winners of matches 1, 2 and 3 will meet in a three-way second round match; the winners of matches 4 and 5 will meet in a two-way round two match.
First round matches should be completed by the end of September, second round by the end of October, and the final will be in November.

Fixtures which automatically suggest themselves for matches are:
September 6th Rossmore, Monaghan (LVO v 3ROC and SET v NWOC)
September 13 Croghan Kinsella, Wicklow (GEN v AJAX)
September 13 Glenbower, Cork (BVOC v LEE)
September 27 Galtee Wood, Mitchelstown (TrimO v ThO v Cork O)

Please inform TIO of agreed fixtures and results as soon as possible.

AN COSANTOIR

The Defence Forces Magazine — June Edition

CISM RESULTS & FEATURE ARTICLES

REMEMBER *COMPASS SPORT*

CompassSport magazine is still available from John McCullough, 9 Arran Road, Drumcondra, Dublin 9 at IR£10.00 per annum for eight issues. If the magazine were obtainable in the shops here this would represent a £3.00 saving on the shop price.

CONTROLLERS' COURSE

A course for aspiring and practising Controllers is to be held in Munster in September at a venue and date to be announced. Details can be obtained from MOA Chairman Frank Cunnane who has a new phone number (021-358480).

JUNIOR SELECTOR

North West OC's input into Junior orienteering is to continue despite Anthony McGonigle's resignation as NI Junior selector. Anthony is now NIOA Chairman and his place on the Junior Selection Committee has been taken by clubmate Charles Reid.

CARRICK OUT OF BOUNDS

Carrick Mountain near Glenealy, Co. Wicklow is out of bounds for orienteering toJunior orienteers until the Junior Home International at the end of October. This announcement has been at IOA's request to ensure as far as possible the fairness of the competition.

COSPOIR GRANT ANNOUNCED

The IOA is to receive a Cospoir (Sports Council) grant of £3,200 for the year 1987. This figure is the same as that for 1986 despite the increase in income to the Government from the "Sports" lottery. The grant can be used on coaching, administration and equipment and special projects to increase participation and improve standards. Cospoir also expects IOA to at least equal this amount in its own fund-raising during the year.

NATIONAL ORIENTEERING DAY

As you are all no doubt aware this year's National O-Day takes place on **Sunday, October 4th**. As in previous years clubs all over the country will be taking the opportunity to show what orienteering is like to newcomers, with simple courses and lots of help on hand to answer questions and point people in the right direction. This year, however, there will be one major difference from the last few years: there will be no money available from Cospoir to fund the project, and therefore probably no money from IOA either.

Clubs will still be urged to keep prices as low as possible and to offer good deals on 1988 membership if beginners join clubs on National O-Day. The 1988 IOA Membership Cards should be available for early October so they can be issued immediately if clubs have paid their 1988 affiliation fees.

Events notified to date are:

Co. Cork: Ballyannon, Ballyscanlon (Bandon), Ballyvourney, Blarney, Currabinny, Farran, Garrettstown, Glenabo, Newmarket, Rostellan, Scartnamuck, Shippool and Watergrasshill.
Co. Dublin: Phoenix Park.
Co. Kerry: Killaclohane, Knockreer (Tralee), Milltown, Tarbert.
Co. Limerick: Green Wood (Kilfinnane).

WARD HOME INTERNATIONAL

The next Ward Senior Home International competition will be held as part of the October Odyssey event in Norst-East England on 3/4 October next. The team will consist of M/W 19, 21 and 35 runners. The last event, in which Ireland took on Scotland, England and Wales was in the Trossachs, north of Glasgow, last November.

AJAX MAPS

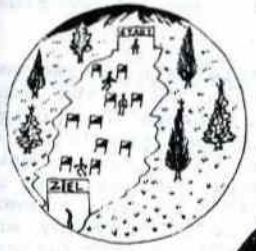
Eoin Rothery, IOA Environment Officer and holder of the AJAX map stocks, implores you to take note of his present address: 19 Kilgarron Park, Enniskerry, Co. Wicklow. Phone (01) 862389.

SKY OF BLUE, SEA OF GREEN : THE XXI CISM CHAMPIONSHIPS

At the 1982 Czechoslovakian Five-Day event something similar had happened to me: driving along a peaceful country road to be unceremoniously diverted around an area of Russian troop manoevres. But in Wicklow? Army lorries, buses, cranes and bulldozers, twenty one miles of telephone lines, computers, radio links, pontoon bridges, the list goes on. Tourists suspected we had been invaded, but only orienteers knew the truth: CISM had come to Ireland.

From May 18th to 24th County Wicklow was turned into a giant army exercise in order to stage the 21st *Conseil International du Sport Militaire* Orienteering Championships. Thirteen countries were taking part in a training event, two individual races and a relay, with the expectation of another Swiss win. Switzerland had failed to finish in the top three countries in the Individual event on only four occasions in twenty competitions, and had won the team competition ten times. Similarly the Swiss had finished in the top three in the Relay twelve times and had two teams in the top three on three occasions. Would the same happen again or would the Scandinavians dominate? How would the Irish fare on their home ground? All would shortly be known.

"Follow the Fox", we were told by the pointsman at the bridge at Annamoe. The unobtrusive signs by the roadside brought us to a field at the south end of the Tiglin forest where minibuses were parked, flags of many nations flew, and much organised activity was in evidence. Pat Healy who surveyed and drew the maps and planned the courses, in addition to taking on much of the preparatory work and organisation, paced anxiously up and down waiting for the first runners.



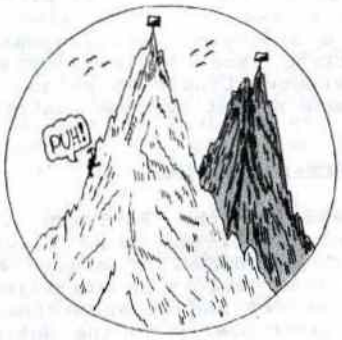
The event Technical Advisor, Capt. I.Laiho from Finland, came in, satisfied. Niall Rice and Maurice O'Hara finished too, so all looked well. They had started early that morning to run the course and had radioed back as they ran around the course that all was well. The sun shone and we could almost see Wales from the finish field. Then the P.A. announced that the first finisher was at the last radio control, about 1 km from the finish. Lt. K.Ylonen from Finland, starter number six, would record a time of 88.36. He had passed five other runners and was to finish 17th on the 11.25 km/ 490 m climb course. A ripple of applause, his map was taken, he got a drink, and for him the race was over.

So it continued: the results went up on the huge white board: first radio, second radio, finish. The multilingual commentary by Comdt. Con McNamara got more fluent and more like Leonard Sachs (of "The Good Old Days") with every minute: "Captain Doktor U.Krausbauer of West Germany..": he was obviously *rrrellisshing* his task. Start times were given to teams rather than individuals so that the weaker runners were given early starts and could be picked up and pulled along behind their stronger team-mates. At last the Irish began to arrive, the best being Aonghus O'Cleirigh in 22nd place, 12 minutes behind the winner Urs Flühmann of Switzerland, the 1986 CISM Champion. After the first day the Swiss lay first, second and fifth with Hansen of Denmark third and Persson of Sweden fourth. The first three runners were within 25 seconds of one another.

Next day the set up was the same: the finish was at the Clara-Lara Fun Park near Laragh and a bridge had been constructed specially for the run-in. The start was 11.79 km distant on the course and several miles by road, near Rathdrum in the grounds of a chemical plant. The start field was straight from Switzerland: an Alpine meadow, long grass, sunshine, trees, tents and a Swiss chalet - they must have felt at home. The map was huge, taking in Cronybyrne, Ballinastraw, Ballinderry and Clara and posed problems for runners with thumb-compasses. Flümann, the overnight leader, finished in 76.33, in 6th place behind Mansson from Sweden although still 3.26 faster on aggregate time. Hansen, however, had run 75.23 to give him the title with a total time of 153.12 to Flümann's 153.57. O'Cleirigh was again Ireland's best runner in 14th place with 80.24, placing him in 16th position overall. The finish area was like something from the 1984 French Five-Day: sun, water, sand and an international atmosphere. In the team competition the best four times from each country were added, giving the Swiss a 6 minute victory over the Finns with Norway a further 6 minutes behind. Ireland finished in 9th place, only 4.24 behind France and ahead of Belgium, Italy, Spain and Holland.

After a day of rest the normal Irish climate and terrain reasserted themselves at Glendalough for the Relay: wind and rain, mist and poor visibility on the top. Add to this the fact that both Aonghus O'Cleirigh and Denis Murphy had come down with a bug which meant they couldn't run and the Irish supporters' morale was understandably low. The relay course was about 6.75 km with 385 m climb: from the Hotel to the top of Derrybawn and back. After the first leg mass-start the leading runner, Bolliger of Switzerland, was back in (wait for it!) 40.56. Anybody who has ever run in Glendalough will know what that took in effort: these guys are fit. A delighted Denis Reidy finished in 47.34 in 7th place to give the Irish team a great start. Wally Young and Pat Farrelly finished the job to come in 12th place out of 26 teams, a very worthy performance. Each country had two three-man teams in the relay and the Swiss had a clear victory, taking first and second places.

The results were out before the runners went home and were the most comprehensive I have seen: split times at every control, time v distance plots for the leaders and team results presented graphically. Mind you there was only one course and only 89 runners so it could all have been done much more simply, but it was good to see.



All those involved deserve our congratulations for the amount of organisation and effort that went into CISM - it was a great showpiece for Irish orienteering and for the sport in the Army. The orienteering was really only a small part of the whole effort: transport, communications, engineers, computer experts, catering, portable hot showers (even if it was all at the taxpayers' expense)... but it was what made it all worthwhile. We can all be proud of Harry Quirke, Pat Healy and the others who made CISM such a success. Well done!

As a spectator my only regret was that more Irish orienteers had not bothered to travel to see the events to appreciate how a first-class orienteering event should be organised: the standard of Irish events could have been boosted enormously had they done so.

John McCullough.

MORE ORGANISED WALKS

If you tried the walks listed in *TIO 29* you may be tempted to venture into the hills again on these:

August 22	Galtees Walk, Co. Tipperary;
August 29	Burren Walk, Co. Clare;
Sept 12	Glover Marathon, Co.Donegal;
Sept 19	Knockmealdown Walk, Co. Waterford.
Sept 19/20	Mournes Mountain Marathon.

COACHING WEEKEND PLANNED

A Coaching Weekend for teachers, instructors and coaches will be held at the Cabra Towers Centre in Co. Down from November 6 - 8 next. The tutor will be **Peter Palmer**, the British Orienteering Federation's National Coach and well known for his work with juniors.

The estimated cost of the weekend is STG£25 which will cover course fees, accommodation and meals. *Further details can be obtained fron Colin Henderson, 31 Pond Park Avenue, Lisburn, Co. Antrim.*

A GOOD READ - YET AGAIN

The Summer *Irish Mountain Log*, the FMCI magazine, is again available and makes excellent reading even for those with only a passing interest in mountaineering. This issue includes articles on rock climbing in France (remember the 1980 French 3-Day around Fontainebleau?), access to areas for adventure sports, the highest points in each Irish County, an attempt on Mount Kenya, the Art O'Neill Walk from Dublin Castle to Glenmalure, the Irish Zhangzi Expedition, and blind hillwalkers in Wicklow, and much else besides. It can be purchased at The Great Outdoors...and it is sent free to all members of FMCI (some day *TIO...*)

BOF COACHING CONFERENCE

The National Coaching Conference of the British Orienteering Federation will take place in Birmingham from 31 October to 1 November next. Details can be obtained from Colin Henderson (08-492-71638).

JUNIOR TRAINING

On the weekend of June 26-28 when one half of the country seemed to be at the U2 concerts and the other half at the Curragh Derby, forty five of the country's top junior north, south, east and west orienteers were working to improve their orienteering techniques under the expert guidence of Wally Young down in the Devil's Glen in Co. Wicklow. Wally was ably assisted by Suzanne Clarke. A number of others also devoted their time and energy helping make this a highly successful weekend. We had Rosaleen rice, Ted Feehan, Eddie Niland, Noel Bogle, Charles Reid, Bob and Maria Pinker, Frank and Maeve Cunnane, Lindie Naughton, Aonghus O'Cleirigh and Micheal ohUigin and each made a most welcome contribution.

EUROPEAN UNDER-21 OPEN CHAMPIONSHIPS

The team which represented Ireland in the European Under-21 Championships in the Lake District on July 10/11 was James Logue, Rory Morrish, Aodán ohUigin, Une Creagh, Darina Cunnane and Aideen Morrish. The team manager was Noel Morrish. Angus Tyner unfortunately injured his ankle at the eleventh hour and couldn't travel and Aodán stepped in at short notice. Thanks to all who helped, particularly to the Bollands of Merseyside OC for hospitality and transport.

The Irish results were disappointing although the team all thought the trip was well worthwhile: they are already training for next year's event in Belgium, but this time it'll be a World Under-21 Championship. The Individual event Men's race was won by Timo Karppinen of Finland, and the Women's by Vroni König of Switzerland. The Relays were won by Denmark and Sweden.

On Wednesday the teams had informal training in the forests and on Thursday, a model race. The Individual race on Friday was in a steep forest with plenty of contours but reasonably easy orienteering while saturday's Relay was in a smaller but much trickier, undulating area which needed map exchanges on both the men's and women's courses. Fourteen countries took part, including Ireland, Britain, Sweden, Denmark, Norway, Finland, Belgium, Italy, Hungary, and Switzerland. After three years' training for the event the British team were disappointed in their performances: their best placings were Yvette Hague (6th) and Stephen Palmer (16th). Irish Champion Linda Hollenstein, running for Switzerland, finished 16th in the women's race.

Rumour has it that another International Under-21 event is planned for France in September on the World Championships maps, but this time the Scandinavians will be excluded.

To improve the performance of the Irish team, Manager Noel Morrish considers that we need more experience on new, complex maps; pressure of international competition; better team identity; a fitness training plan; and honest progress reports from team members themselves.

SCOTTISH SIX-DAY : HIGHLAND '87

There will be quite a large contingent of Irish Juniors - at least 25 - in Scotland in August. Here's hoping for fine weather and no campsite floods...but come prepared just in case!

Nuala Creagh (mostly!)

CARDS FROM ZHANGZI

Interested in collecting postcards? Here's one for you: the first ever Irish Expedition to Tibet and the Everest region next September/October will, for a paltry £2.50, send you a greeting card from Everest Base Camp, signed by expedition members. The expedition needs funds and all help will be appreciated. Cards are available from the Great Outdoors and from expedition Leader Joss Lynam (also of 3ROC) at 7 Sorbonne, Ardilea, Dublin 14.

The team will attempt Zhangzi, the North Peak of Everest, by its South West spur. Zhangzi (pronounced "Chang-tse") stands at 24,730 feet and was first climbed in 1982 by a German party, but the SW spur has never been climbed. The team also hope to descend by the unclimbed North ridge.

As well as Joss, the team includes some other orienteers: Dermot Somers and Phil Thomas (both associated with Tiglin). Leslie Lawrence of the Great Outdoors is Base Camp Manager.

We wish the team a safe and successful trip.

NIOA PROMOTION INCREASES

Some new ideas started by NIOA in the current *NIOA Orienteering News* include the provision of A4-size posters for specific events, copies of which are sent to each member of the Association for display at work, at school, or elsewhere, to encourage newcomers to try orienteering. The posters display the location, time, cost and course lengths, and have a name and contact phone number. A copy of the excellent BOF "Come Orienteering" leaflet is also included, as is a Colour Event card which will enable participants to claim a colour badge after three satisfactorily completed events.

These moves follow concern that the sport is not growing as it should in the North, despite the fact that orienteering has been established there for 14 years. In addition, Sports Council grant aid is being reduced because membership is not increasing.

PREMARKERS : DON'T DO IT!

If you are thinking of buying an orienteering map overprinter, think again. The most common brand, 'Mulle' from Scandinavia, is outrageously expensive. A more reasonable version of the same thing is available from Dick de St. Croix in Canada for just CAN$125 or CAN$180, depending on the size. Four years ago the Mulle printer cost STG£321, almost four times the 1987 price of the St. Croix one. Both Three Rock and Cork Orienteers have the Canadian model and are well pleased with it.

Postage costs an additional CAN$40 and your order can be shipped within one week. The ink pad sizes are 4"x7" and 10"x12" and the printer will cope with maps up to 11"x14".

The person to contact is Dick de St. Croix, 'O-Sport', Box 316, Vineland, Ontario, JOR 2CO, Canada.

1987 WARRIORS RUN

The by now annual Warriors' Run from Strandhill in Co. Sligo to the top of Knocknarea and back, a distance of 14 km, takes place this year on Saturday, August 22nd, at 6 pm. The race is mainly on roads but does include some mountain, but speed is the deciding factor, not strength. Entry costs £5 and closes on August 17th.

Contact Joe Corcoran, Sligo Airport, Strandhill, Co. Sligo.

If you can get an entry form the waiver on the back is worth a read: and even this probably wouldn't stand up in court! (You must affirm, *inter alia*, that you are physically fit and have "sufficiently trained" for the competition and that you consent to receive any medical treatment which may be deemed advisory (*sic*). It also starts " I herby agree to comply..." - perhaps the Love Bug is still around (the race is, after all, sponsored by Mazda who are stablemates).

LONG'S LAW OF DIMINISHING RETURNS
(or How to Win Events by Mathematics)

The following atricle is not intended to induce orienteers to forsake hard training and adopt a life of leisure, it merely tries to prove that one need not be super-fit to win. Perhaps one of our marathoners will produce a set of figures to disprove my theory.

A glance at the diagram below will show that, depending on one's speed over a given distance (six miles, in the example), a competitor will obviously cover the distance in a shorter period each time he raises his speed.

Time	0	¼	½	¾	1	1¼	1½	1¾	2	hours
Speed		24	12		6				3	m.p.h.
Time saved		15		30			60			minutes

What is not usually realised is that every time he doubles his speed he will only save half the time, i.e. from3mph to 6 mph saves 60 minutes, from 6 mph to 12 mph saves 30 minutes, and of course if the 12 mph man had a race horse hidden in the trees and gallops around at 24 mph he will only save 15 minutes. So we need not feel that if Eamon Couglan comes to the next event that he will put us all to shame.

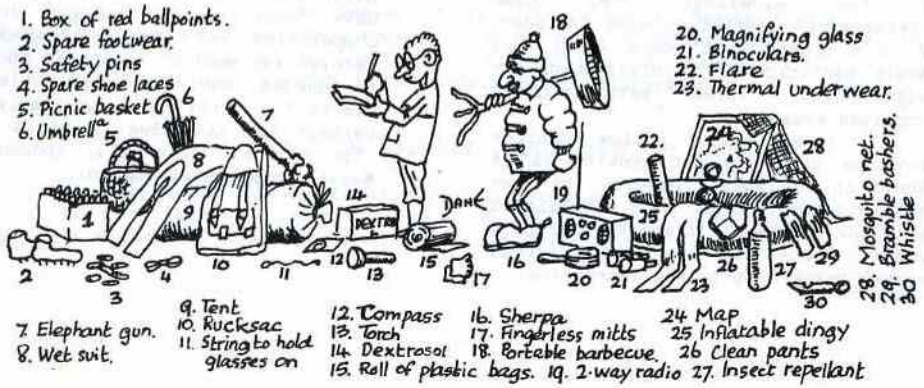
The real saving is in raising the speed from walking to jogging pace, and this can be maintained over most types of terrain, whereas a five-minute miler can only do his thing on the paths and will be reduced to jogging pace quite regularly in the trees.

So the moral of the article is: navigate accurately and regard standing still or walking as mortal sins. So do not despair if someone flashes past you on some path, you will probably pass him at the next junction as he stands there making the route choice you made as you jogged slowly along.

Pat Long, LEE Orienteers.

(This item was resurrected from an old Munster news-sheet. Is there such a thing nowadays, and (if so) is it possible to get them?)

RACE PREPARATION



SCOTTISH - IRISH CHALLENGE : June 6/7 1987

Because of the very wet conditions memories, pleasant or otherwise, of the Trossachs came rushing back to all who had competed in this area of Scotland before. Thankfully the temperature was higher and the wind strength lower.

The Challenge was included in the Scottish Championships based at an area called Dunmore Wood which proved to be very technical, with few line features. Even after the experience of the Irish Championships area the contrast with average Irish terrain resulted in longer times for all competitors.

Results:
W21E 7.0 km 310 m 17 controls

Winner: Roz Clayton (DVO) 79.41
Best Scottish time: A.Salisbury (SOL) 93.51
Best Irish time: E.Loughman (GEN) 125.07

Points: Scotland 26, Ireland 10.
Team: six to run, four to count.

M21E 10.7 km 490 m 25 controls

Winner: Jonathan Musgrave (GRAMP) 95.52
(Also best Scottish team time)
Best Irish time: Colm O'Halloran 119.28

Points: Scotland 7, Ireland 3.
Team: Reduced by agreement to three to run, two to count.

Final Irish Team:
Male: C.O'Halloran* (Lee), J.May (3ROC), R.Cleary (3ROC);
Female: E.Loughman*(GEN), J.Martindale*(3ROC), A.May*(3ROC), T.Horan (AJAX), S.Clarke*(3ROC), H.Johnston (LVO). (Asterisks "*" indicate an originally-secected team member.)

Many thanks to those above who gave their support at very short notice, i.e. 15 minutes!

With regard to the overall organisation of the challenge I am sure that all aspects could be refined and improved. It was, however, disappointing to note the slow response, in general, by those selected which could be seen as lack of commitment. This resulted in a disjointed team and travel/accommodation arrangements. There is, I suggest, a need to develop a team identity and spirit.

Nevertheless I would wish to thank those who did respond positively and helped considerably in communicating and stimulating others.

With regard to the return match I would ask all Squad members to note that this will be held in conjunction with the NI Championships at Springwell Forest on a new map with Harvey photogrammetry, drawn by David Blair, near Coleraine on Saturday, 26th september 1987, and accommodation has been arranged for both teams at a Residential Centre near Portrush at a cost of £5.00. A score event has been arranged for the Sunday.

Colin Henderson,
Co-ordinator.

IOA Secretary: Brigid Flanagan
38 The Glen,
Ph. 01-980928 Woodpark,
Dublin 16.

Irish Orienteering Association

BULLETIN JULY 1987

NATIONAL O DAY

National O Day is being held on Sunday 4th October.

There will be **no IOA funding** this year as Cospoir is unable to give us any grant aid due to cutbacks.

We would urge all clubs, however, to put on an introductory event. Entry fees should be charged to cover club's costs.(IOA recommend an entry fee of £1.00 for Seniors, and 50p for juniors.)

Courses should be open from 11am to 4.00pm.

It will be up to individual clubs to publicise their events locally and encourage the newcomers. Coordination will be done on a Regional basis. All venues for events should be submitted to your **Regional Secretary** not later than **Friday 14th August**. (I will forward to the Regions any information which has already been sent to me.)

IOA will produce a new certificate if their is sufficient demand. Expenses will be charged to Clubs.

A limited number of certificates and badges from last year are still in stock. If any club wants some please let me know before the end of August.

CONTROLLER SUSPENSION LIFTED:

Following clarification with the organising club and the individual involved, it has been established that there was in fact no controller appointed for the event in Galty Wood on Sunday 29th March 1987.

The suspension of the named individual who was understood to be the controller was invalid, and has been revoked. We would like to offer our apologies to this person.

The decision of the Executive that the Junior Courses at this event were unsafe still stands.

Organising clubs should appoint controllers sufficiently early on to ensure that event standards can be ensured, and controllers should correspondingly not undertake the job unless they have adequate time.

EVENT REGISTRATION FORMS:

Clubs are again reminded that event registration forms must be submitted with event registration fees. These must be sent to our Fixtures Secretary, Maura Moran, not later than one month before the event is to take place, and are required to include a named controller. Events will not be listed in the IOA Fixture list without this information.

Clubs who cancel events without due reason, or who fail to appoint controllers will be penalised.

A copy of the IOA Fixture list is being sent out to all Clubs.

INTERNATIONAL FUND

The IOA would like to thank the following for their generous contribution to the International fund:

Setanta.....£106
3ROC.....£350
Aideen Morrish.....£30
GEN.....£200

School O Clubs:

The following clarification has been made concerning the status of individual schools.

At present School O Clubs are not affiliated to IOA. When schools run events, they do so on behalf of their Association, e.g. LSOA. (incidently LSOA is the only affiliated School's Association.) Members of school O clubs who want to compete in non schools' events do so as non members. They would, therefore, be subject to non member event fees and would be ineligible for prizes in Championships events.

We are urging all such orienteers to join an open club.

JUNIOR HOME INTERNATIONAL - Saturday 24th October 1987

As Carrick Mountain is being used for the event, this area is nov out of bounds for orienteering to all Juniors.

IOA BULLETIN:

Routine communications between the IOA Executive and all affiliated clubs will be by circulation of the IOA Bulletin directly to Club Secretaries. We will continue to print the Bulletin in TIO for the information of its readers.

MAPPING GRANTS:

The IOA Executive has allocated a maximum of a £1000 for map development for 1987.

The Mapping Committee has been given the responsibility to make appropriate grants subject to the approval of the Executive. The criteria used will be determined by the Mapping Committee. Grants will be provided primarily to support small and financially weak clubs in their mapping efforts.

As from now all grant applications should be submitted to the Mapping Committee through the appropriate Regional Mapping Coordinator

The Mapping Committee is made up of:

Pat Healy_____ IOA Mapping Officer (Chairman)
Claire Nuttall_____ MOA Mapping Coordinator
Brian Power_____ LOC Mapping Coordinator
c/o Frank Ryan_____Connacht Regior
Barry Dalby

TECHNICAL COMMITTEE:

The technical committee has been re-activated. Its initial task will be to draw up a list of National controllers. This is expected to be completed by September.

The Technical Committee is made up of:

John McCullough_____(Chairman)
Alan Shav_____MOA Technical Officer
Trina Cleary_____LOC Technical Officer
c/o Frank Ryan_____Connacht Region

All requests for grading of controllers shall be made initially to the Technical Officer in the appropriate region. These requests will need their region's approval before acceptance by the Technical Committee.

ELITE COURSE:

The IOA Executive approve the inclusion of Elite Courses at events.

Attention is drawn to the fact that Elite Courses are determined by the winning times, and not by distance.

Organising Clubs have the responsibility to ensure that suitable rules are used to control entry into this course.

MACTIRE TROPHY:

The Mactire Trophy for 1986 has been awarded to Aonghus O'Cleirigh.

Aonghus has made an outstanding contribution to Junior development and has also raised the standard of Irish Orienteering by his own performances at home and abroad.

OUTSTANDING SPORTSPERSONS GRANTS (Dept. of Education)

"The aim of the grant scheme is to enable outstanding sportspersons

(a) to undertake training and competition at the highest level;
(b) to compete with distinction in International events.

Eligibility.

Sportspersons of proven ability, affiliated to a recognised National Governing Body of Sport, who, in the opinion of that Body are expected to compete with distinction at International level, are eligible to apply for assistance under the scheme."

Any Orienteer who wishes to be considered for this grant scheme must submit their name to me by Friday 21st August at the latest.

CISM ORIENTEERING CHAMPIONSHIPS:

The Executive would like to congratulate all those involved in organising this year's CISM O Championships.

COACHING CONFERENCE OPPORTUNITY:

Northern Ireland Institute of Coaching are holding a 2-Day Conference/Workshop on the theme "PHYSICAL FITNESS ...FUN,FAD OR FOUNDATION?" on 25/26th Sept.

For more details contact IOA Secretary.

SECRETARIAL ADDRESS LIST:

An address list of all affiliated Clubs and an updated Constitution have been sent out to Club Secretaries.

ORIENTEERING FIXTURES 1987

August

2-6	*HIGHLAND '87*	*Scottish Six-Day event, Beuley, near Inverness. Some last-minute entries may be available.*
29	BURREN WALK	Fanore, Co. Clare. Annual ThO walk/run over the Burren.
30	FANORE	Co. Clare. ThO informal event at the Rabbit Warren, sand dunes and limestone pavement. GR M 13 08.
31-Sept.6	*WORLD CHAMPIONSHIPS*	*Vosges Mountains in Eastern France.*

September

6	ROSSMORE	outside Monaghan town. ECO Grade 2 event including *Irish Orienteer Trophy* matches. Reasonable forest park area. GR H 65 31.
8	BISHOPSTOWN	Cork City street-O league event. Cork O.
12	SLIEVE CROOB	near Ballinahinch, Co. Down. LVO Ladder event. Superb runnable open mountain and so-so forest. GR J 32 47.
13	CROGHAN KINSELLA	near Avoca, Co. Wicklow. SET Grade 2 Leinster Autumn League event. GR T 13 72.
13	GLENBOWER	Killeagh, Co. Cork. Cork O Grade 3 event. GR W 99 77.
15	MAYFIELD	Cork City street-O league event. Cork Orienteers.
19-20	ANDERSONS MOURNE MOUNTAIN MARATHON	two-day endurance event. Entries close August 31st. Teams of two. Contact Denis Rankin, 16 Cranmore Gardens, Belfast BT9 6JL.
20	CURRABINNY	near Carrigaline, Co. Cork. GR W 79 62. Cork O Grade 3 event on Cork Harbour.
20	GLENDALOUGH	Co. Wicklow. 3ROC Grade 1 event using new CISM maps. Entry on day up to 1 pm. GR T 11 96.
20	MAHON FALLS	Comeragh Mountains, Co. Waterford. GR S 32 06 or nearby. Waterford OC Grade 3 event.
22	DOUGLAS	Cork City street-O league. Cork Orienteers.
26	NORTHERN IRELAND CHAMPIONSHIPS	Springwell, near Limavady, Co. Derry. Incorporates Ireland v Scotland match. GR C 75 25. Entries close Sept 12th (£3/£1.50 to David Blair, 102 Shanreagh Park, Limavady).
27	GALTEE WOOD	near Mitchelstown, Co. Cork. Southern Orienteers Munster League event. GR R 88 18.
27	SAGGART	Co. Dublin. AJAX Colour Event. GR O 02 23.

27	SPRINGWELL	Co. Derry. NWOC Score event. Mass start at 10.00 o'clock.
29	THE LOUGH	Cork City street-O league. Cork Orienteers.

October

4	NATIONAL ORIENTEERING DAY:	local introductory events: see separate notice.
3-4	*WARD SENIOR HOME INTERNATIONAL, NW-England.*	*Irl v Eng v Scot v Wales, classes M/W 19, 21, 35.*
10	CASTLEARCHDALE	near Enniskillen, Co. Fermanagh. FermJ Ladder event. GR H 17 58. Nice area of hills, forest and parkland.
11	BALLYVORISHEEN	Carrignavar, Co. Cork. Cork O Grade 2 Cork League event. GR W 69 85.
11	HOLLYWOOD	near Blessington, Co. Wicklow. Curragh Leinster Autumn League event. New CISM map. GR N 94 06.
11	PORTLAW	Co. Waterford. WatO Grade 2 event. GR S 46 15.
17-18	MUNSTER CHAMPIONSHIPS	Knockaphunta, Co. Clare, near Broadford. Organised by Thomond Orienteers. Individual and Relay. Entry forms enclosed.
17	MUCKROSS	Killarney, Co. Kerry. KO Grade 3 event. GR V 97 85.
24-25	WARD JUNIOR HOME INTERNATIONAL,	Wicklow. Teams from Ireland, Scotland, England and Wales take part annually.
25	LEINSTER RELAY CHAMPIONSHIPS	Castletimon, S of Wicklow town. Setanta OC event. GR T 29 86
25	GLENGARRA	near Cahir, Co. Tipperary. Cork O Grade 2 Cork League event. GR R 92 22.
31	HILLSBOROUGH	Co. Down. LVO club event. GR J 24 57.

November

1	LEINSTER CHAMPIONSHIPS	Devil's Glen, Ashford, Co. Wicklow. Eastern Command OC. GR T 23 98. Pre-entry required.
1	KILSHEELAN	near Clonmel, Co. Tipperary. WatO Grade 3 event. GR S 28 22.
1	KNOCKANANNIG	Fermoy, Co. Cork. Lee O Grade 2 event. GR W 78 96.
1	WOODLAWN	near Athenry, Co. Galway. UCGO Grade 2 colour event. Fast, flat forest. GR M 68 31.
7	NIOA NIGHT CHAMPIONSHIPS	Cairn Wood, Dundonald, Co. Down. LVO organised. GR J 45 76.
8	CLARAVALE	near Laragh, Co. Wicklow. Grade 2 event.
8	KILWORTH	Co. Cork. Southern Orienteers Grade 2 Cork League event on the old map. GR R 65 05.

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Much has been happening since your last GEN NEWS with movements taking place in every direction:

- . westwards: Don Thornhill has gone off the map in a big way, and is currrently wandering around with his thumb locating him elsewhere near Washington D.C. Maura, as ever, has had to take the kids out and give him a hand. We look forward to a number of despatches from our White House correspondent before their return to Dublin this year.

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- round and round: With the guidance of Mary Healy, a group of club members of varying experience levels got together to exchange ideas and views on how orienteering skills could be improved. Much was learned (including the difficulty of learning and improving!). A further positive outcome was the display at subsequent events of a board with leading orienteers maps of the various courses tackled, for examination by 'improvers'!. Nice one, Mary .... this idea has gone down extremely well amongst GEN and members of other clubs.

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- through the wire: George Eager has joined the 'men behind the wire' at Croghan Kinsella, but did he really have to leave the seat of his trousers behind in doing so ...?

- southwards: Once again, at the Munster O-RingGEN, the GEN foodies struck it rich. Orienteering at Ballydrehid was well complimented by a pleasant meal for a group lead by Resident-for-life 'Papdoc' (aka ABL) and further graced by the company of Colin Dunlop; the group discovered the real Marlfield House, on the banks of the Suir. Enjoyment of a convivial evening there in no way disturbed performanced the following day at Portlaw - congratulations to Sean Cotter and his team: his plea to stop "slagging Munster orienteering" was completely justifiable, given the smooth running of the event. It was particularly good to see Diana Large in the pink (or I suppose, more literally, in the green) after her recent illness.

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- and finally, northward: Diana Large and Tom McCormack are very much to be congratulated on their map of the Newbridge House, with the help of Dublin County Council. The orienteering community may have been in winding down mood, but many newcomers were introduced to the sport through an inter Council competition, spurred on by Eileen Loughman. Dublin County Council helped termendously - in map preparation, holding a beautiful restaurant open for the evening, and finally, allowing access to the walled garden for a celebratory barbeque. Thanks to everyone involved in the running of the event (but really Charlotte, putting out controls on a bicycle?) .... it made a fitting conclusion to the season. Until the Autumn, re-GENerate yourselves .....

LEINSTER LEAGUE

◄ LEINSTER AUTUMN LEAGUE ►

EVENTS	SEPT 13	CROGHAN KINSELLA	GR2	SET 1.42
	SEPT 20	GLENDALOUGH	GR1	3ROC
	OCT 11	HOLLYWOOD	GR1	CO 1.31.23
	NOV 8	CLARA	GR1	CO/AJAX
	DEC 6	PINE FOREST	GR2	3ROC
	DEC 13	BALLINASTOE	GR2	GEN 1.24.55

LEINSTER LEAGUE:-

1. THE LEAGUE IS AN INDIVIDUAL COMPETITION
2. COMPETITIVE CLASSES -- M/W13 TO M/W50 (M/W21B ARE INCLUDED)
3. COMPETITORS MUST COMPETE IN AT LEAST 4 EVENTS
4. COMPETITORS MAY ONLY COMPETE IN THEIR OWN AGE CLASS OR ABOVE
5. SCORING IS AS FOLLOWS 10 POINTS FOR WINNING 9 FOR SECOND ETC DOWN TO 1 POINT FOR 10TH PLACE. COMPETITORS 4 BEST RESULTS TO COUNT.

****

Prizes WILL BE AWARDED TO THE WINNERS IN EACH CLASS

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For further information contact Richard Flynn 942388
Good luck and have a good orienteering season

LEINSTER COACHES COURSE

A one-day course for coaches in the Leinster area is planned for September. The likely location will be at Tiglin Centre and Wally Young is suggested as the instructor, following his work with juniors earlier in the year. Anybody interested in coaching orienteers should contact the Leinster OA about the course.

NEW SECRETARIES

Both 3ROC and Curragh have new contact addresses:

3ROC
John Downey
117 Wesbury (**not** Westbury)
Stillorgan
Co. Dublin

Curragh
Capt. Noel Duffy
1st Armoured Car Sqn.
Curragh Camp
Co. Kildare.

EASTINGS

In response to a number of articles and letters which appeared in recent issues of T.I.O. and as a reaction to a particularly poor season in Leinster an ad hoc meeting was held to discuss the state of the sport. Orienteers involved at different levels of the sport ie competitive,administration, coaching etc.were invited to attend.The agenda was open and the discussion covered such subjects as recreational orienteering V competitive orienteering , regional championships V national events,elite courses, 2-day events and leagues.Generally speaking the meeting felt that the present system although it could be improved had served us well and that national events and elite courses would have to wait a little longer. On the positive side it was felt that a co-ordinated season based on a series of grade 1 events with an individual league competition would do much to improve orierteering in the region.

The L.O.A. wish to thank all who attended the above meeting

FIXTURES MEETING: Under the chairmanship of Arthur green the fixtures sub-committee held it's first meeting.Reps.from SET, 3ROC, GEN, U.C.D.O. Ajax and E.C.O./C.O. attended and the fruits of their labours can be seen in this issue's fixtures list.

MAPPING MEETING: The mapping sub-committee held another of its now regular meetings.Reps. from SET, 3ROC, E.C.O., C.O., U.C.D.O.,Ajax and GEN attended. The agenda covered update of map register, grants, mapping progress /future projects,C.I.S.M. maps and Continental Cup.

CLUB LEAGUE Congrats to 3ROC who have won this competition yet again-- junior and senior.Presentation of league pennants will take place at the SET event at Croghan.(or if 3ROC prefer at a time and place of their own choosing.)

JUNIOR AFFAIRS Our thanks to Ajax for organising the recent training at Sagart.Our junior officer Lindie would appreciate any assistance other clubs can provide.
A fund raising event is planned for sometime in Sept to raise some much needed finance for junior training if anybody can help please contact Lindie.

TECH OFFICER:Trina Cleary has been co-opted to the committee of the L.O.A. to fill the post of tech.officer.

CONTROLLERS: Denis Ready is approved as controller for the Leinster Champs. SET require a controller for the relays -- any takers??.
Barry Dalby has been upgraded to grade 1 controller -- our congrats.

Levies: Just a gentle reminder 10% 10% 10% 10% etc

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LOA INTERCLUB LEAGUE RESULTS

The Leinster interclub league for the 1986-87 season has ended with the last two stages being held at Brockagh (hosted by SET) and a final at Carrick (hosted by 3ROC). As might have been expected, 3ROC took first place in both senior and junior leagues.

In fact this was the last Interclub League to be run, as next season an individual league will be run from September to Christmas. See your fixtures list for details. Information on scoring etc will follow once details have been finalised.

SENIOR LEAGUE

CLUB	CURRENT SCORE	BROCKAGH	CARRICK	FINAL
3ROC	60	17	30	107
GEN	46	24	35	105
Setanta	51	4	26	81
Ajax	23	8	14	45
Curragh	16	5	7	28
ECO	15	0	2	17
BSO	7	0	0	7
WO	3	2	0	5
UCDO	4	0	0	4
KSO	3	0	0	3
WATO	0	0	3	3
DUO	2	0	0	2
Custume	1	0	0	1

JUNIOR LEAGUE

CLUB	CURRENT SCORE	BROCKAGH	CARRICK	FINAL
3ROC	32	14	9	55
GEN	24	6	9	39
Ajax	21	1	14	36
Setanta	17	0	1	18
WO	11	2	2	15
OAT	0	0	12	12
KHOC	0	11	0	11
FCC	0	0	8	8
DLSO	5	0	1	6
WHO	1	2	0	3
Curragh	1	0	0	1
MPO	0	0	1	1

setanta orienteers

The regular scribe has packed up for the Dail recess, so this dispatch comes from the standby correspondent.

Recent events

Thanks to a slightly bedraggled organising team for the event at Croghan Kinsella and to Barry Dalby for keeping us on the straight and narrow. A new dimension in learning was attained by at least one of those concerned. An added feature was the Belgian CISM team, looking for more punishment after the Army Championships. The organiser's heartfelt thanks go to David Quinn for providing the start clock despite all the communications problems.

Denis Deasy did his stuff with the annual Mountain Marathon -- good weather again (two years in succession). Typical turnout, apparently everyone enjoyed themselves.

Training

Weekly (or should that be weakly?) training resumes at the DFRC on Tuesday Sept 1st. With a busy season ahead (look at the fixtures list) this is the time to remind yourself of running.

Fun junior training continues at Marlay (at least I've been told it's fun but they wouldn't let me take part). Nothing too difficult but it does get kids out of the house. Contact Bobby Buckley (988815) for details.

Upcoming events

A rich and varied programme is ready for next season, including for a change some O-events nad a quiz (again). High points will bethe Leinster Relay Championships at a secret venue on 25th October (volunteer now while you still can write), the first stage of some league or other at Croghan Kinsella and an Irish Orienteer Trophy match against NWOC on Sept 6th. The committee is trying to organise transport to this, so listen to the captain for details.

Stop Press

Congratulations to the Fleggs and Colin Dunlop for their victory at 3ROC's Pooter relay. Also (especially for hill-runners) watch out for marauding iron bars which are taking their toll of Setanta's M40 elites. You have been warned!

THOMOND BUSINESS HOUSES LEAGUE

The 1987 Thomond Orienteers Business Houses League was completed at Curragh Chase on Wednesday, June 24th, and resulted in victory for **Wyeth** of Askeaton over **Aughinish Alumina Ltd.** It was Wyeth's first victory in the League and for Aughinish Alumina a repeat of last year when they were runners-up to **Howmedica**.

The League is run over four events on successive Wednesday evenings- this year at Curragh Chase (3 June), Gallows Hill (10 June), Sallybank (17 June) and Curragh Chase again (24 June). There are three courses or categories: a Men's course of approximately 5.5 km; a Women's course of approximately 4.5 km; and a course for the inexperienced of either sex, of about 3 km. Technical difficulty for the first two courses is about 4 and for the short course, about 2.

The Galoppen scoring system is used: the winner of each class gets 1000 points and each other runner a proportion according to the formula Runner's Points = (Winner's time ÷ Runner's time) x 1000.

The emphasis is on team competition and no individual prizes are given. At each event a team's best three individual scores on each course are calculated and totalled to give the firm's score for that event. After four events prizes are awarded for the highest score on each course and the Thomond Shield is awarded to the firm which scores the highest on all three courses. A prize is also given to the company with the highest number of points for all runners, team and non-team.

Over the three years that the event has been run the enthusiasm has been considerable. Up to twenty firms have taken part, though this year the number was down to twelve. The number of individuals, on the other hand, continues to rise: at the event at Sallybank 170 took part, a number which stretched the organisation to the limit to avoid night orienteering! If the events look like attracting such numbers next year it may be necessary to increase the number of courses.

Very few of the entrants are the normal Sunday O-season runners although the occasional 'well-known' name appears: Nick Butterfield (ex UCDO) ran for Westinghouse this year and Dave Calnan (Cork O) ran for Aughinish Alumina Ltd.

Thomond Orienteers have gained a number of new members from the League, among them the current Secretary Michael Meade and Equipment Officer John O'Sullivan. The greatest gain of the series, however, is the fun that a great many people get from our tremendous sport during a month when orienteering is still possible at 10 pm.

1987 BUSINESS HOUSES LEAGUE RESULTS

Men: Howmedica
Women: Wyeth
Mixed: Wang
Team Award: Wyeth (Thomond Shield)
Total Score award: Aughinish Alumina Ltd.

Alan Shaw,
Thomond Orienteers.

THREE ROCK ORIENTEERING CLUB

3ROC

Enquiries to: John Downey, 117 Wesbury, Stillorgan, Co. Dublin.

The lazy, hazy days of summer have finally arrived and the buckets and spades have been dusted, ready for use. Orienteering activity on the home front has quietened down although the bush telegraph reports that Ronan, Julie and Gordan are busily orienteering away in Britain while Trina made a quick visit to the Lakes to see did the orienteering measure up to the mountaineering. It did! Justin May, John McCullough, Larry Roe, Gordon Parker, Julie Martindale, Ronan Cleary and Angus Tyner took part in the Harvester Relay. They all had a great time and finished a credible 17th out of 75 teams in the B Class.

Congratulations to Una Creagh and Angus Tyner who have been selected for the team representing Ireland at the European Junior Championships in Britain in July. Good luck to our members on the squad for the World Championships, hope you all do well at the selection event. They are Una Creagh, Suzanne Clark, Julie Martindale, Ann May and Justin May (no relation).

The usual thanks are due to all who helped out at Carrick in May. The usual 'gang' were there. A special thanks to Tom McCormack, our Controller, and to Ted McGrath who did trojan work above and beyond the call of duty. A further grateful thanks to Mr. Carroll who gave us access to his field for parking. Despite a small attendance our Pooter Relay in the Phoenix Park in June proved to be both fun and challenging. We even put on a score event for various individuals and groups. Ten teams took part and the eventual winners in a sort of a nail-biting finish were Jennifer and Aubrey with Colin. The Lynams were the first family team home. Michael H, David Q and Andrew B-L were defeated by a lost control card, found by Maura M. Pat May decided to do a grand tour of the control sites, while Peader D accosted strangers in search of a pen. Intrigued - well you should have been there!! Thanks are due to John, Nora, Trina, Jean, Justin and Con.

Our next event is a Grade I in Glendalough on 20th September. Please mark into your diaries now. Ian McNeill and John Downey are organisers AND THEY WILL BE DESPERATE FOR HELP IN SEPTEMBER. National 'O' Day, 4th October in the Phoenix Park.

Training continues in Marlay every WEDNESDAY, at 6 O'clock. It involves a run around the Park as often as you like. Mapping projects are still in hand. Barry Dalby (0404-40169) or Nuala Creagh (934982)

If you are entering for the Leinster Relay Championships please do so through the Club. See the next issue to TIO for details of who to contact.

Finally, hope all our Club members have a great holiday this summer. We wish Joss Lynam every success with his expedition to climb the "North Peak" of Everest and while those going to the Scottish 6-Day will not be scaling such heights we hope your courses are good, the weather is dry and the midges absent.

*** Don't forget our Irish Orienteer Trophy match against Lagan Valley Orienteers on September 6th at Rossmore, Co. Monaghan We need as many club members as possible to turn out. All age classes are very welcome - remember we are the holders of the Trophy and want to retain it again this year. If you can offer lifts or are in need of transport yourself give Trina Cleary a ring at 904177. ***

affiliated to the irish orienteering association

HALF WAY ROUND THE COURSE, IT DAWNED ON ME : THE 1987 HARVESTER TROPHY

Eight o'clock. Friday evening. The phone rings. I answer. "Hallo", I say. The voice says Angus Tyner is injured. Ankle. Sugarloaf. Kaput. Our secret weapon. And the European Junior Champs next week. Tough. Find a replacement: anyone want to travel to Wales at 6 am tomorrow? No takers. One down, six to go.

Saturday, 5.15 am. Breakfast, eyes still glued shut. Larry Roe calls. Collect Justin May and hit the road for Rosslare. Slow through Gorey- speed traps last week. Sleepy ferry journey, sunny port. Train to Llanelli to meet the other three: Ronan Cleary, Julie Martindale, Gordon Parker. Sample the delights: one way streets, open-air music. On to Pembrey, sand dunes with forest, 1:10000, 2.5m. Curracloe. Check batteries, eat carrots.

Lots having been drawn for who's to run twice, we try to snatch some sleep before the 11 pm start. It's a seven-person overnight relay, total distance 54 km. The first 3½-4 legs would be in total darkness, the rest in daylight of one kind or another. Ronan runs first, usually my privilege but being a man short has caused a rethink. We watch the field of seventy headlights rushing across the open and dispersing in the forest. 88 minutes and 6km later he emerges, having had difficulty at the second last control and run into a wooden barrier in the dark. Justin goes out for a good run, 70 minutes for 6km, 5th on his leg, bringing us up to 23rd place. 1.44 a.m. I go out on the long night leg, make several mistakes through lack of care, to drop us to 26th, 113 minutes for 10 km. Larry is ready and waiting: my warning about being cautious is taken seriously- a careful 104 minute run for 7.5 km brings us up to 23rd again. Daylight has come: the headlights are being left behind. Maybe difficult to read the map in the forest but the weight and inconvenience of the torch are gone. Julie sprints away to run 74 for 7.5km, 15th place, handing over to Justin who has managed a few hours rest if not sleep. Another good run from him, with the extra bonus that the last five controls were the same as on his first excursion into the forest: 32 minutes for 5 km, 3rd fastest on the leg, bringing us up to 12th place. The sun is up in earnest now, even though it's only 7 am. Gordon goes out on the 11.7 km last leg to finish in 107 minutes, the team finishing 17th out of 75. Meanwhile South Yorkshire Orienteers have won the B class in which we were running, beating us by 69 minutes, and Southern Navigators took the A class and the coveted "Combined Harvesters Trophy"

The event was extremely well run, with no quibbles about control sites or timing. The controls had small pieces of reflective tape attached: these were a Godsend at night. An all-night adults-only commentary by the inimitable Hag Harris kept things ticking over nicely, aided by Ned Paul, and the food and drink sales continued through the night. Bacon and egg butties at 4 am ... mmmm!

No concessions were made to the fact that the event was at night: the control sites were as difficult as any daytime event, but our route choices should have been safer because of the difficulty of relocation if lost.

Then lying in the sun, swimming, eating, departing. And blessed sleep. Maybe next year they'll run the event before the high season on the ferries, though. And maybe some others will join us? In the meantime try night-O this winter if you have the chance.

John McCullough,
3ROC.

O'CLEIRIGH BREAKS LUG

Irish Senior champion Aonghus O'Cleirigh (Curragh) shattered Christy Rice's old record for the 33 mile Lugnaquilla run during the Irish Hill Running Association's Lug Relay on June 13th. Teams ran the race in three 11 mile legs from Ballinascorney to Imaal while a few hardy individuals did the entire distance on their own. Aonghus paid the price, however, when a persistent knee injury reappeared following his efforts, casting some doubt on his availability for the World Orienteering Championships in France at the end of August.

A similar tale of woe was told by his namesake, Angus Tyner (3ROC), who tore ligaments in his ankle on the Sugarloaf hill race and had to drop out of the club team for the Harvester Trophy in Wales and the Irish team for the European Junior Championships in the Lake District in July.

PRAISES HEAPED ON MUNSTER

Reaction to the June Munster O-Ringen has been very favourable, particularly to the re-introduction of the chasing start on the second day, a feature missing from Irish orienteering for several years. The ease of the navigation on the second day did make for a cross-country race type event but the added excitement of the 'first past the post' aspect was welcomed. A pity, however, that so few people attended: the season died an early death this year with all events after the Irish Championships at the end of April being poorly attended. A move is afoot to fix the Irish Championships at the end of April or the beginning of May and to have a firm start to the season in early September. Perhaps the deprived orienteers of Leinster will some day have their own O-Ringen and chasing start again?

JK FROM THE AIR

Anybody watching closely as the Microlight Rally flew across Britain on BBC's recent programme will have seen the little aircraft circling over Cawthorne Banks, the site of this year's JK Relays near Scarborough in Yorkshire. They even had a control marker in the Roman Camp which dominated the hilltop overlooking the changeover field.

The two programmes were really about an airborne line-orienteering event where a pilot and navigator had to follow a line on a map and mark in the locations of unknown checkpoints marked on the ground by yellow and white flags. Each checkpoint had a certain points value and the fastest pair with the highest score were the winners. Sounds very familiar, doesn't it?

RESULTS BALLINASTOE - APRIL 20th, 1987.

1.	B. Heany	GEN	M21A	490	28.	M. Harpes	GEN	W21B	260
2.	A. Corcoran	GEN	M21B	485	29.	D. Brooks	W.D.		255
3.	P. McCormack	GEN	M45	485	30.	M.O'Hara	AJAX	M35	255
4.	D. Quinn	GEN		465	31.	G. Byrne			255
5.	J. Kehoe	SET	M21	465	32.	B. Doolan	SET		255
6.	B. McGrath	3ROC	M35	455	33.	R. Nolan		M45	245
7.	M. Geoghegan		M21B	445	34.	R. Flynn	SET	M40	245
8.	B. Power	SET	M35	430	35.	N. Farrell			225
9.	D. NiChallanain	AJAX	W21A	425	36.	A. Hannigan	AJAX	M45	215
10.	T. McCormack	GEN		420	37.	H. O'Brien	AJAX	M15	215
11.	H. Beavy			400	38.	B. Hollinshead	3ROC	M45	200
12.	J. Fitzsomons	ECO	M35	405	39.	B. Ellis	GEN		200
13.	John Boland			360	40.	A. Flynn	SET	M13	180
14.	D. Corrie	AJAX	M21B	355	41.	G. Gail		W21B	175
15.	D. Walsh	UCDO	M21A	345	42.	T. McElhinney	SET	M40	175
16.	C. DUnlop	SET	M50	340	43.	D. Smith			175
17.	A. Convey	3ROC	W17	340	44.	N. Rice	AJAX	M40	165
18.	B. Flynn			335	45.	R. McDonnell		W21B	160
19.	P. Conroy	3ROC	M21B	325	46.	E. Treacy			160
20.	C. Nuttal	LEE O	W45	310	47.	J. O'Brien	AJAX	M40	155
21.	D. Watt	GEN	M40	300	48.	E. Murphy		W21B	155
22.	P. Cullen	AJAX	M21B	295	49.	H. Convery	3ROC		155
23.	M. McElhinney	SET	W19	295	50.	P. Dempsey	GEN	M45	150
24.	J. Kearney	3ROC		290	51.	E. McAuley	GEN	W21B	145
25.	M. Walsh	3ROC	W35	288	52.	M. Hewson	GEN	M50	140
26.	S. Tyrell		M17.	275.	53.	C. Carroll	3ROC	M55	135

5.	A. Rice	AJAX	W15	130
6.	J. O'Leary	GEN		125
7.	B. Walsh	3ROC	M40	120
8.	A. McCormack	GEN		120
9.	C. McGrath	3ROC	W35	120
0.	C. Molony	AJAX	W21B	115
1.	T. Hynes	SET	W21B	110
2.	D. Murray	GEN	M1B	110
3.	S. Hanison	W.O.	M15	110
4.	A.Cooke	MPO	W13	105
5.	B. Doheny	GEN	M40	100
6.	Doyle			100
7.	H. Couglan	UCDO	W21B	100
8.	D. Kennedy	UCDO	M21B	100
9.	M. Coyle			95
0.	P. Butler	3ROC	M21B	95
1.	K. Gibney			95
2.	M. O'Neill	SET		95
3.	A. Walsh	3ROC	W5	90
4.	T. E	ECO		85
5.	B. Beel	GEN		80
6.	M. Deacy	UCGO	M21A	80
7.	J. Doyle			80
8.	J. Dempsey	GEN	M15	75
9.	E. Delahunty			75
0.	C. Murray	GEN	M11	75
1.	F. Burns	Cum. O		75
2.	M. Delahunty			70
3.	A. Rice	AJAX	W13	70
84.	P. Dempsey	GEN	M13	70
85.	C. Ownes	GEN	M13	65
86.	A. Ownes	GEN		65
87.	R. Rice	AJAX	W40	60
88.	B. Moran	GEN	M50	60
89.	A. Conroy	AJAX	W21B	55
90.	T. LOrd	Trim O.		55
91.	A. Hollinsead	3ROC	W19	55
92.	J. O'Brien	AJAX		55
93.	A. MCCabe			55
94.	D. Walsh	3ROC	M40	45
95.	N. Walsh	3ROC		45
96.	J. Butler	3ROC	W21B	45
97.	C. Lord	Trim O.		35
98.	P. Lord	Trim O.	M40	20
99.	D. Jacobs			20
100.	M. McCarthy			20
101.	J. Pobjoy		W19+	20
102.	N. O'Brien	AJAX	W15	15
103.	J. Gray	3ROC	M40	15
104.	D. Fitzgerald	ECO		15
105.	L. Clarke		W13	-25
106.	H. O'Brien			-25
107.	L. Doddy	AJAX	M17	-35
108.	J. Keely	UCDO		-40
109.	Mrs. Gray	3ROC		-50
110.	B. Kelly			-60
111.	S. DeJong	GEN		-80
112.	T. Mason			-150

113.	L. HIll			-155
114.	Catherine & Kirsty	3ROC	W15	-225
115.	H. Argyle			-325
116.	N. Crawford			-325
117.	M. Bogle		M13	-380
118.	A. Moran			-575
119.	R. Bourke			-575
120.	D. Bourke			-575
121.	C. Mullan			-615
122.	S. Murlegh			-1185
123.	J. McEvoy			-1185
124.	R. Hunt			-1185
125.	P. Cooke	AJAX		DNF
126.	H. O'Brien			DNF
127.	J. Brooke	WO	W15	DNF
129.	J. Doyle	Trim O		DNF
130.	J & L. Lord			DNF

CHILDREN'S COURSE:

131.	R. MCCormack	GEN	M8	34.15
132.	A. Doran	GEN		35.10
133.	R. Duffy	GEN		35.10
134.	J. Power	SET	W8	42.04
135.	L. O'Hara	AJAX	M10	45.15
136.	C. Fitzsimons		M8	48.00
137.	E. Owens	GEN	W8	50.00
138.	S. McCormack	GEN	M8	52.20
139.	Carol & Louise	GEN	W10	62.18
140.	Cony	AJAX		65.23
141.	Sibi McCormack	GEN	W10	89.04
142.	Kate M. McCormack	GEN	W8	116.05
143.	L. Brady	AJAX		65.23

WAYFARERS

144.	Brian & Stephen			39.10
145.	S. Whitfield			69.28
146.	S. O'NEill	SET	M10	71.23
147.	F. O'NEill	SET	W35	71.23
148.	W. J. O'NEill	SET	M40	71.23
149.	Carson Family	SET		71.41
150.	A. J. Sloan	3ROC	M55	79.09
151.	A. & R. Sloan	3ROC		80.23
152.	J. Whitefield			80.23
153.	N. Doherty	GEN	W10	85.22
154.	G. Doherty	GEN	M13	85.22
155.	Statesbury			85.45
156.	M. Gibney			89.43
157.	Hill			93.47
158.	M. BEavy			94.46
159.	Melanie & Justine			95.41
160.	Joanna Nuttall			102.27
161.	J. Brotherton			102.27
162.	S. Brady			102.29 (5 Conts)
163.	Evans Family			103.00
164.	Greves Family			104.38
165.	J. Butler	/ROC	M11	107.23
166.	R. Owens	GEN		109.00
167.	A. Quigley			109.00

RESULTS OF CROGHAN KINSELLA
SETANTA ORIENTEERS GRADE I 24th MAY 1987

A Course 11.2km 525m

M21A			
Justin May		3ROC	81.48
Peter Gargan		AJAX	97.02
John McCullough		3ROC	100.18
Denis Deasy		SET	100.37
Maurice O'Hara		AJAX	101.02
Kevin Walsh		SET	103.00
Brian Bell		GEN	128.48
Michael Beary		ECO	129.13
Marcus Geoghegan			NP10-12
Non-competitive			
Claus Benny		BELG	80.38
S. Vis		BELG	92.43
K. McDonald		ECO	93.31
Hacx		BELG	95.40

B Course 9.6km 400m

M19			
Gary Evans		GEN	130.08
M35			
Niall Rice		AJAX	86.03
Tom McCormack		GEN	108.03
P. Lord		TrimO	132.51
Entry on the Day			
Philippe		BELG	71.08
D. May	M40	SLOW	94.53
P. O'Brien	M35	AJAX	117.36
D. Barry	M35	GEN	123.44
M. Ryan		ECO	NP9-17

C Course 8.4km 335m

M17			
Laurence Doddy		3ROC	93.10
M21B			
Willie Quinn		TrimO	80.59
Jim Reilly		TrimO	84.44
David Quinn		GEN	86.39
Doug Corrie		AJAX	103.08
Brendan McGrath		3ROC	104.12
Pat McInerny		TrimO	104.36
Nick Butterfield		UCDO	105.46

C Course (cont'd)

Joe Lalor		GEN	114.33
John Rowe		TrimO	118.47
Brendan G. Cryan		3ROC	120.02
Norman Gerarty		TrimO	120.50
Michael Grant		WATO	121.15
Tommy Burke		TrimO	123.05
John O'Leary		GEN	128.03
Brian Doolan		SET	146.08
Philip Butler		3ROC	182.57
Paul Fox			185.10
M40			
Alan Shaw		ThO	77.33
Pat Flanagan		3ROC	91.33
Herby Inglis		GEN	95.18
Larry Ward		GEN	107.45
David Watt		GEN	115.06
Don Thornhill		GEN	118.02
Jim O'Brien		AJAX	118.03
Brendan Doherty		GEN	137.32
John Maher		SET	NP 9-15
W21A			
D. Ni Challanain		AJAX	74.31
Suzanne Clarke		3ROC	81.11
Eileen Loughman		GEN	81.55
Una Creagh		3ROC	83.02
Maura Thornhill		GEN	84.26
Mary Healy		GEN	90.41
Eileen Power		WATO	110.36
Mary Heapes		GEN	115.44
Non-competitive			
Keyken		BELG	65.00
Brendan Delaney		ECO	72.27
Vanaken		BELG	75.59
Held		BELG	76.14
Boets		BELG	79.07
Ireland 1			NP 9-15

D Course 6.2km 250m

M45			
Paget McCormack		GEN	55.47
David Brooks		3ROC	73.14
J. D. Clarke		GEN	85.08
Michael Dooley		CURR	91.05

D Course (cont'd)

Peadar Dempsey		GEN	101.21
W35			
Monica Nowlan		3ROC	66.17
Jane Watt		GEN	72.37
Maire Walsh		3ROC	73.23
Wyn McCormack		GEN	76.37
Brigid Flanagan		3ROC	77.38
Faith White		SET	96.36
Miscellaneous			
Lindie Naughton		ECO	96.49
Entry on the Day			
A. May	W35	SLOW	62.08
Demeuse		BELG	65.32
M. Lunt	M45	GEN	68.01
T. McGrath	M40	3ROC	70.17
Nameless Belgian			98.00

E Course 4.8km 140m

M15			
David Tyner		3ROC	53.57
F. Dooley		CURR	59.37
Stephen Harrison		WO	69.16
Paul Nolan		DLSO	78.06
Hugh O'Brien		AJAX	128.28
Val Maher			NP 6-11
Andrew O'Mullane		DLSO	NP 5-10
M50			
Colin Dunlop		SET	49.32
George Eagar		GEN	80.55
P. Cooke		AJAX	97.28
W17			
Hilde Creagh		3ROC	61.48
Ruth Power		WATO	86.02
Rachel Burgess		3ROC	87.23
W40			
Rosaleen Rice		AJAX	73.46
Andrea McCormack		GEN	88.04
Non-competitive			
Belgium 8			84.17

F Course 3.8km 120m

M55			
Sean Rothery		3ROC	48.19
David Rowe		3ROC	53.50
Joss Lynam		3ROC	58.11
Michael Hewson		GEN	59.10
John Creagh		3ROC	68.11
Con Carroll		3ROC	76.45
W15			
Aine Rice		AJAX	48.30
Niamh Shaw		ThO	71.09
Jennifer Brooks		3ROC	71.47
Rachel Power		WATO	118.00
Amy Butler		3ROC	128.07
W21B			
Caroline Moore		3ROC	62.38
Ann McBride		GEN	64.33
Brenda Hynes			64.54
Eveleen McAuley		GEN	67.39
Audrey Sheridan		UCDO	68.55
Claire McGrath		3ROC	72.23
Judith Butler		3ROC	101.27
Nora Lalor		GEN	NP 7-10
W45			
Nuala Creagh		3ROC	MP 1
W50			
Pat May		3ROC	88.02
Vera Murtagh		3ROC	160.23
			124.55
			35.38
W55			
Veronica Rowe		3ROC	86.53
Miscellaneous			
Diana Large		GEN	85.41
Harry Littlewood		WATO	100.43

G Course 3.3km 80m

M13			
Gavan Doherty		GEN	44.18
Eoin Shaw		ThO	44.29
Brian McMahon		DLSO	50.05
Peter Dempsey		GEN	56.52
K. McGrath		DLSO	MP 9
W13			
A. Cooke		AJAX	49.24
Katie O'Hara		SET	53.36

G Course (cont'd)			
Niamh O'Brien		AJAX	63.00
Helen O'Brien		AJAX	72.19
Aileen Rice		AJAX	75.21
Mary Maher		SET	93.00
Entry on the Day			
K. Bent		SET	40.24
M. Driscoll	M15	SET	61.37
F.+T. Burke	M21B	DVOC	64.21
M. White			67.54
S. O'Neill		SET	72.05
W. J. O'Neill		SET	72.18
F. O'Neill	W35	SET	83.41
D. Roche		GEN	88.25
M. Maher		SET	97.05
J. Burgess			110.18
B. Connolly		GEN	133.44
Shay + Berni			MP 4,5
Woulahans			MP 1

H Course 2.2km 40m			
M13			
Jeffrey Butler		3ROC	63.19
Entry on the Day			
J. O'Toole	M21B	TrimO	55.29
J. Power		SET	67.14
P. O'Brien	M6	AJAX	68.31
Newman			70.13
R. Bourke			70.54
D. Bourke			70.57
S. Coleman		AJAX	75.48
W. Littlewood		CBSI	76.41
M. Gorman	W21	AJAX	80.00
F O'Hanlon		AJAX	107.49
O'Leary family		GEN	108.09
N. Doherty	W10	GEN	130.16

H Course (cont'd)			
W. McDonald	M8	ECO	181.51
G. Bell	M11		NP 5
Siggins			NP 1-5,7,8
P. Lambe			NP 4-9
M. Daly			MP 8

J Course 2.4km 40m			
M10			
Simon McCormack		GEN	73.56
Robin McCormack		GEN	81.49
Liam O'Hara		AJAX	84.53
W10			
Maureen Dooley		CURR	31.37
Kate Thornhill		GEN	67.04
Claire Thornhill		GEN	69.10
S. McCormack		GEN	74.11
K. McCormack		GEN	100.14

Thanks to the forester Con O'Driscoll, to David Quinn for moving heaven and earth to give us the start clock, the weather for a downpour on Saturday but good weather on the day.

Controller Barry Dalby
Planner Richard Flynn
Organiser Arthur Green

Lost property
One compass
One pair football boots and socks
Contact Arthur Green (Ph.882234) for collection.

BALLINASTOE RESULTS CONTINUED

168.	A. Haldon		118.52	A. Butler	3ROC	DNF
169.	J. McGuire	3ROC	120.02	L. Galon		DNF
170.	E. BRady		126.10	Mrs. Burns	Cum.	DNF
171.	S. MCCarthy		133.35	P. O'Hara	AJAX	DNF
172.	G. MCCarthy		133.35	D & J. MCElhinney	SET	DNF
173.	D & A. Cruise	GEN	139.22	Ryan Family		DNF
174.	Lynn & Ciara		163.15			
175.	D. Toye		201.50			

Results of GEN's Midsummer Madness Score Event at
NEWBRIDGE HOUSE JUNE 19 1994
30 controls maximum 590 pts 10 pts penalty for every minute or part thereof over 50 mins

| | | | Pts. | Mins | | | | | |

RESULTS OF 3ROC POOTER RELAY EVENT, PHOENIX PARK, DUBLIN, 28.6.1987

TEAM COMPETITION

1	C.Dunlop, A.Flegg, J.Flegg	SET	75.26
2	D.Quinn, A.Bonar Law, M.Hewson	GEN	84.01
3	D.Short, R.Lynam, J.Lynam	3ROC	84.04
	J.Brady, M.Nowlan, C.Carroll	3ROC	84.04
5	B.Doherty, B.Doherty, G.Doherty	GEN	98.22
6	P.Dempsey, M.Moran, P.Dempsey	GEN	154.27

Non-competitive:

M.Grant, C.Young, A.Young	96.16
N.Farrell, P.Fox, C.McCarthy	108.38

D.N.F.	
C.O'Mara, A.Hannigan, V.Murtagh	83.23
J.Lawlor, D.Watt, P.May	130.40

Thanks to the ten teams who took part: we're glad you all enjoyed it. The object of the exercise was for each team to visit all 50 controls between them so as to return to the finish together. Incredibly three teams finished within 3 seconds of one another. The winning family team was the Lynams in third place. We hope the socks will be useful on Zhangzi, Joss!

In the score event for the left-overs the results were:

1	S.T.Walsh (SET)	230-40=190
2	Mei Lin Wai	150
3	M.Higgins (SET)	160-20=140
4	S.Kulldorff (SET)	200-90=110
5	T.O'Reilly (AJAX)	100
	A.Sheridan (UCDO)	100
7	C.McCabe, F.Trainor	90
8	Tim & Geoff (3ROC)	60
	J.Morrissey	150-90=60
10	B. & A. Cody	40
11	M.O'Reilly (AJAX)	70-40=30
12	Andrew & Thomas (3ROC)	80-60=20
13	A.Rush & M.Traynor	100-90=10
	P.O'Sullivan	70-60=10
15	R.Ni Chárthaigh (UCDO)	110-110=0
	J.Kehoe (SET)	230-230=0
17	A.O'Donnell (UCDO)	100-120=-20
18	A.Kearns	90-230=-140
19	J&R.O'Reilly (AJAX)	40-290=-250
20	R.Moore	200-710=-510
21	B.Edwards	130-750=-620
22	Annette & Patricia	130-810=-680

Provisional accounts:

Income £73

Expenditure Prizes £10, photocopying £7, equipment £11, petrol £5, levies IOA £7.30, Leinster £7.30, maps £48.

Excess of expenditure over income £ 22.60

ADDRESS LIST / ADRESSENVERZEICHNIS

IOF Member Countries/Mitgliedsländer
* Associate Member/Assoziiertes Mitglied

AUS	Orienteering Federation of Australia, P.O. Box C163, Clarence Street, Sydney, NSW 2000, Australia.
AUT	Österreichischer Fachverband für OL, Prinz Eugen-Str. 12, A-1040 Wien, Austria.
BEL	Association Belge de Sports d'Orientation, Jean-Noël Débéhogne, Rue de la Pêcherie 180, B-1180 Bruxelles Belgium.
BRD	Deutscher Turner-Bund, Referat Spitzensport, Otto-Fleck-Schneise 8, D-6000 Frankfurt 71, Federal Republic of Germany.
BUL	Bulgarischer Touristenverband, OL-Föderation, Boul. Tolbuchin Nr. 18, Sofia 1000, Bulgaria.
CAN	Canadian Orienteering Federation, 333 River Road, Tower B, 11th Floor, Ottawa, Ontario K1L 8H9, Canada.
CUB*	Angel Lenis Gual Salfran, President, Cuban Orienteering Federation, Via Blanca y Boyeros, INDER, Ciudad Deportiva Heipio Cerro, Zona Postal Habana 5, Cuba.
DAN	Dansk Orienterings-Forbund, Idraettens Hus, Brøndby Stadion 20, DK-2605 Brøndby, Denmark.
DDR	Deutscher Verband für Wandern, Bergsteigen u. OL der DDR, Storkower Str. 118, DDR-1055 Berlin, Democratic Republic of Germany.
FIN	Suomen Suunnistusliitto, Radiokatu 12, SF-00240 Helsinki, Finland.
FRA	Fédération Française de Course d'Orientation, B.P. 220, F-75963 Paris Cedex 20, France.
GBR	British Orienteering Federation, Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2JB, England.
HOL*	Nederlandse Orienteringsloop Bond, Gruttomeen 130, 3044 ZH Harderwyk, Netherlands.
HKG	Orienteering Association of Hong Kong, c/o Police Cadet School, Fan Gardens, Fanling, New Territories, Hong Kong.
HUN	Magyar Tájékozódási Futó Szövetség, H-1143 Budapest, Dózsa György ut. 1-3, Hungary.
IND*	Orienteering Federation of India, Secr. Gen. Dr. J.S. Saksena Raj, E.S.S. Dispensary Flat, Guashala Road, Kishan Ganj. No.2, Delhi - 110006, India.
IRE	Irish Orienteering Association, Hon. Sec. Mrs. Brigid Flanagan, 38 The Glen, Woodpark, Dublin 16, Ireland.
ISR	Israel Sport & Orienteering Association, Mr. Michael Friedlander, P.O. Box 1392, Ramat-Hasharon 47100 Israel.
ITA	Federazione Italiana Sport Orientamento, Via Cavour, n.34, I-38100 Trento, Italy.
JAP	Japan Orienteering Committee, c/o Kenko-Tairyokuzukuri Jigyozaidan, Toranomon 34 Mori-Bldg., 1-25-5 Toranomon, Minato-ku, Tokyo 105, Japan.
KOR	Korea Orienteering Federation, 502 Tae-a Bldg., 12-12, Chungsmuro 2KA, Chungku, Seoul, Korea.
NOR	Norges Orienteringsförbund, Hauger Skolevei 1, N-1351 Rud, Norway.
NZE	New Zealand Orienteering Federation, P.O. Box 90, Hastings, New Zealand.
PHI*	Orienteering Federation of the Philippines, 99 M. Roxas Street, Baclaran, Metro Manila 3128, Philippines
POL	Polski Zwiazek Lekkiej Atletyki, Centralna Komisja Biegu na Orientacje, ul. Foksal 19, P-00-372 Warszawa, Poland.
SIN*	Singapore Orienteering Federation, Blk 1, Normanton Park 23-159, Singapore 0511, Republic of Singapore.
SUI	Schweizerischer OL-Verband, Yvonne Caspari, Alte Landstrasse 56, CH-8803 Rüschlikon, Switzerland.
SWE	Svenska Orienteringsförbundet, Idrottens Hus, S-123 87 Farsta, Sweden.
TCH	Ceskoslovenský Svaz Orientačního běhu, UV CSTV, Na Poříčí 12, 11530 Praha 1, Czechoslovakia.
URS	USSR Federatzia Sportivnogo Orientierovania, Sport Comitet USSR, Luznetzkaia naberejnaija 8, Moskva, USSR
USA	United States Orienteering Federation, P.O. Box 1444, Forest Park, GA 30051, U.S.A.
YUG	Planinarski Savez Jugoslavije, Komisija PSJ za orijentaciju, 11000 Beograd, Andricev Venac 2, Yugoslavia.

I.O.F. Control Description Symbols

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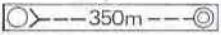
example: control 5

code 49
middle boulder
height 1.5 metres
north side
refreshments

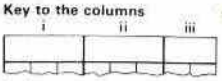
marked route to the finish
350 metres



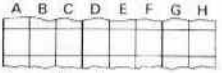
350 metres, marked funnel

350 metres, no markings

Key to the columns



i class
ii course length
iii climbing



A control number
B control code
C which feature
D the control feature
E details of appearance
F dimensions of the feature
G location of the marker
H other information

column C

- northern
- northeastern
- upper
- lower
- middle
- between

column D

- steep bank
- quarry
- earthbank, dam
- terrace
- spur
- rib
- re-entrant
- gully
- dry ditch
- hill
- knoll
- saddle
- depression
- small depression
- pit
- cliff
- bare rock
- cave
- boulder
- boulder field
- stony ground
- cairn
- lake
- pond
- waterhole
- stream
- ditch

column D (continued)

- marsh
- small marsh
- firm ground in marsh
- well
- source
- open land
- semi open land
- forest corner
- clearing
- thicket
- felled area
- vegetation boundary
- copse
- road
- path
- narrow ride
- wall
- fence
- footbridge
- building
- ruin
- tower
- shooting platform
- fodder rack
- rock pillar
- single tree
- salt lick
- tree root
- boundary stone
- charcoal burning ground
- anthill
- broken ground
- special feature
- special feature

column E

- shallow
- deep
- overgrown
- open
- rocky
- marshy
- sandy
- coniferous
- deciduous
- end
- bend
- junction
- crossing

column F

- 5.5 height in metres
- 8·3 length/width in metres

column G

- northern side
- northwest edge
- east corner (inside the angle)
- southwest corner
- southern tip
- western part
- upper part (head)
- lower part (foot)
- on the top of
- southern foot
- at the foot (direction not specified)

column H

- refreshments
- radio control
- manned control
- first aid