the Irish Orienteer

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THE IRISH ORIENTEER NO.11 MAY-JUNE 1984 ISSN 0790-1194

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A charge of £5.00 per page is made for the inclusion of results. so it's to your advantage to be concise.

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 each issue, no responsibility can be accepted for errors or omissions, or for their consequences.

The copy dates for the remaining 1984 issues are:

Issue No.	Date	Copy Date	Issue No.	Date	Copy Date
12	July '84	22 June '84	14	Nov '84	26 Oct '84
13	Sept '84	24 Aug '84	15	Jan '85	21 Dec '84

A fee of £5.00 will be paid to the supplier of each issue's cover photo in a ready-to-print form. Black and white prints in sizes approaching 10"x8", please.

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IOF XII CONGRESS UPDATE

At April 30th, 43 people had registered for the twelfth International Orienteering Federation's Congress to be held in Maynooth, Co. Kildare, from July 10 to 14. The countries so far represented are: Canada, France, East Germany, West Germany, Australia, Sweden, Hungary, Denmark, Belgium, Finland and Great Britain, along with delegates representing the IOF itself.

The overall theme of the Congress will be "Junior Orienteering", and practical demonstrations of methods of introducing orienteering to novice juniors will be done by various countries, notably Norway. A special O-map of Maynooth University grounds has been produced by Denis Reidy of ECO, and this will be used for this purpose.

The Congress starts on Tuesday, with the actual business beginning on Wednesday. Meetings of the Technical, Mapping and Publicity Committees will take place during the Congress week, with the formal Congress meeting on Friday at the Foundation for Human Development, Loughlinstown, Co. Dublin, where simultaneous English/German translation facilities are available.

The Delegates Race will take place on Thursday afternoon at Cronybyrne, near Rathdrum, Co. Wicklow, and "ordinary" orienteers (is there such a thing?) can run after 4 o'clock.

If you have any talents (languages, transport, time, organising ability, etc.) which you can offer to IOA in this enterprise, please do so. The entire Congress is being run by total amateurs, like you, so please give them a hand. Just think what orienteering has given you. You owe it to the sport to give something in return.

J.McC.

Cover Photo: Peter Kernan (3ROC) finishing at JK Relays, Easter 1984. Peter was probably the most outstanding Irish runner at the JK. (Photo: J.McCullough)

The Nagles Mountains Long-O on May 27th is an important event on the LeeO calendar. Run by Donal Burke and Bill Gregor, this is an intriguing and challenging outing using three maps and covering some 25km and climbing 600 metres. The trail begins at the entrance to Ballynageehy Wood, south-west of Killavullen village. It takes in Glenagear Forest, which was one of the first black and white maps prepared by Jim McCarthy for the Munster Orienteers, and passes through Seefin Forest, mapped by LeeO stalwarts Miriam Rohan and Pat Long.

There are some marvellous views along the northern banks of the Blackwater, with Bridgetown Abbey at the junction of the Awbeg and Blackwater Rivers, and Kilcummer Viaduct in the background. Ballyhooly is the ultimate destination, and forest tracks will bring the intrepid finisher out on the surfaced road just south of the Castle Tavern where the trail ends. We hope ypu will enjoy the course and accept our certificate as a reward for competing. And PLEASE start early!

Our recent fun event at Scartnamuck, organised by Michael Russell and Alec Gibson, brought many new orienteers on a day of intermittent rain and dazzling sunshine to this interesting wood three miles north of Bandon. Chairman, Noel Morrish, presented the LeeO perpetual Trophy to the winning junior girls team from North Presentation Secondary School at the recent Schools Championship event at Glenabo Forest, near Fermoy.

Irish Orienteer Trophy/CompassSport Cup: After a hair-raising journey through the snow-covered southern counties the best efforts of our team members who participated in this event in Wicklow were defeated by 50 points to 34 by NWOC of Limavady. The very rough terrain and fallen trees were our undoing. The young NWOC team were able to manoevre these obstacles with ease- combined with hard training. Comhgairdeachas do Noel Bogle agus a chairde - and here's to the next time!

M.Morrish.

Letters to the Editor

173 Beechpark,
Lucan,
Co. Dublin.

Dear Sir,

I would like to agree with the Editor in "Holiday Plans" (TIO No.10). For my own part I can endure and enjoy the "potentially lethal" months of December/January/February, but as the father of three interested but not yet converted children I would have to opt for the May-October option. How much more enjoyable and profitable would be family orienteering in amenable weather conditions rather than in steamed-up cars and mid-winter downpours? Families and juniors apart, I can't believe that all other Irish orienteers are masochists at heart.

The concept of a closed season during our more pleasant months has always been to me one of those things "you always wanted to know, but were afraid to ask". So cheers to J.McC. for raising the issue in print, and here is my support for his views.

Yours Sincerely,

Tom Hodson, ECO.

Irish Orienteering Association

The Editor,
The Irish Orienteer.

Dear Sir,

The IOA Executive Committee share the general concern that information from bodies outside Ireland, and also from within the IOA itself, is still not reaching the individual orienteer either quickly enough or in sufficient quantity, if indeed at all.

We suggest the following remedies should improve the situation:

a) All information concerning matters of interest to club members is published in the IOA bulletin which is issued approximately every six weeks. It is obvious, however, that many people don't see or hear of items appearing in the bulletin so we will in future also publish anything which is of importance or interest in the following issue of "The Irish Orienteer". Please therefore make a point of reading one or other of these publications (preferably both) as often as they appear.

b) Once again I appeal to all club secretaries to ensure that ALL information reaching them from whatever source is distributed to each and every member quickly. I fully appreciate the heavy work load that most secretaries have, but remember that members who feel that they are not being kept in the know will lose interest rapidly.

c) If anything arises at club or regional level which might affect others within the sport, PLEASE make sure that the IOA executive member responsible for that particular function concerned is kept informed. In this way we can have the information circulated quickly and, equally important, officially. This is of particular importance when fixtures are concerned as rumours of cancellations changes of venue or grade, questions re. selection events etc can create a lot of confusion.

Finally, if anyone has ideas or criticism - preferably constructive (or suggestive!) concerning communications within the IOA would you please contact me at the address or phone number shown.

F. Martindale

Frank Martindale,
Chairman IOA.

Bohercrowe,
Tipperary.
062-52516

THE FOREST

As promised, exclusively, in Irish Orienteer No.9, we now reveal details of the new orienteering computer simulation called, appropriately enough, "The Forest". Our reviewer has at last managed to extricate himself from the infinite forest.

"The Forest" is a new computer simulation of orienteering produced for Sinclair ZX Spectrum and TRS 80 computers. The cassette arrives in a pack with a 32-page instruction booklet and a five-colour O-map at 1:15 000 scale and with 5-metre contours. The most noticeable feature of the map is the almost total absence of linear features other than vegetation boundaries, and the edges of towns and lakes, which makes navigation difficult. As there is no "walk" or "slow run" forest the vegetation changes are very obvious.

According to its designers, the course is intended to introduce beginners to the sport, and at training mappers. The program has an option to enable one to switch to a more complex, Scandinavian-type, forest, but this part of the forest has not yet been mapped (seriously!).

Having loaded the program, one is presented with a sort of cross-section of the terrain. The competitor must specify a compass bearing along which he wants to travel, and advance along it. Just as in real life you will tend to deviate from the bearing, so it must be checked and corrected regularly. One's speed will decrease when going uphill or through difficult terrain, and will increase in faster areas of the forest. You are, of course, provided with control descriptions and a control card, and a clock can be displayed on the screen also.

If you get totally lost there are ways and means of finding out where you are, but at the end of the event you will be told you are a cheat! The picture normally displayed is that of the forest six metres ahead of you, with conventional symbols (a house, water, a control, a tall tree, etc.) to denote the type of terrain ahead. There is a small level-marker ahead of you to indicate whether it is necessary to climb or to descend, and the view changes as you turn or advance. If you DO get lost there are a number of steps you can take (Sorry!): it is possible to see a three-dimensional map of your location, to see a cross-section, find your co-ordinates and so on. You can also give up on go to a more complex forest.

The course itself is quite good, with twelve controls, but it is very easy to get lost, especially when there is no good catching feature. If you like you can plan your own course instead of the one on offer. The scale and contour interval can be varied at will to produce contour-only maps. The control sites are such things as knolls, boulders, ruins and so on, so that realism is to some extent retained.

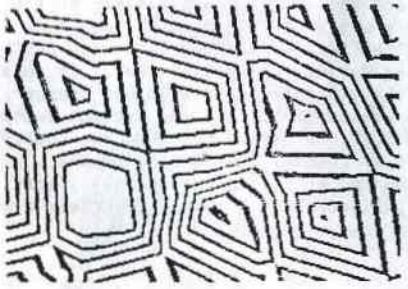
"The Forest" takes a bit of getting used to, particularly the contour features. As the program is written in BASIC rather than machine code, so the picture quality is not great and the image takes a relatively long time to change.

Overall, "The Forest" is worth the STG£9.95 (about IR£12.00) it costs, but be careful and don't get caught for VAT here if you get it through the post (IR£5.50!).

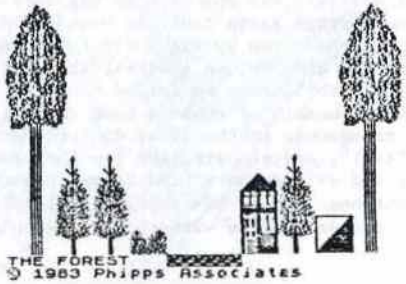
The package is available from: Phipps Associates, 172 Kingston Road, Ewell, Surrey, KT 19 OSD, England.

Bernard Phelan (3ROC).

Contour Map



A scene displayed by the program



IRISH ORIENTEERING CHAMPIONSHIPS 1984

Eoin Rothery was right in one respect in his letter to The Irish Orienteer some months ago when he predicted that this Irish Championships would feature the best orienteering we have yet seen in this country.(He was wrong in predicting that he would not run in the event). The area used was unlike anything else we have orienteered on here. True, it bears certain resemblances to Cappanalea in Kerry, but the orienteering found in Killary is far more intense, requiring more concentration and more aggression than Cappanalea. The terrain is steep, rugged open mountain with an abundance of contour and rock features, practically no line features such as walls , and scarcely a path anywhere. On the senior courses, navigation was by major contour features or such line features as existed: mostly streams, while on the junior courses, which were confined to a smaller section of map, the problems posed must have been similar but less mind-boggling. The terrain demanded strength as much as speed, for to run around all of any course required crossing a great many contours, and it seemed that there were more going up than down!

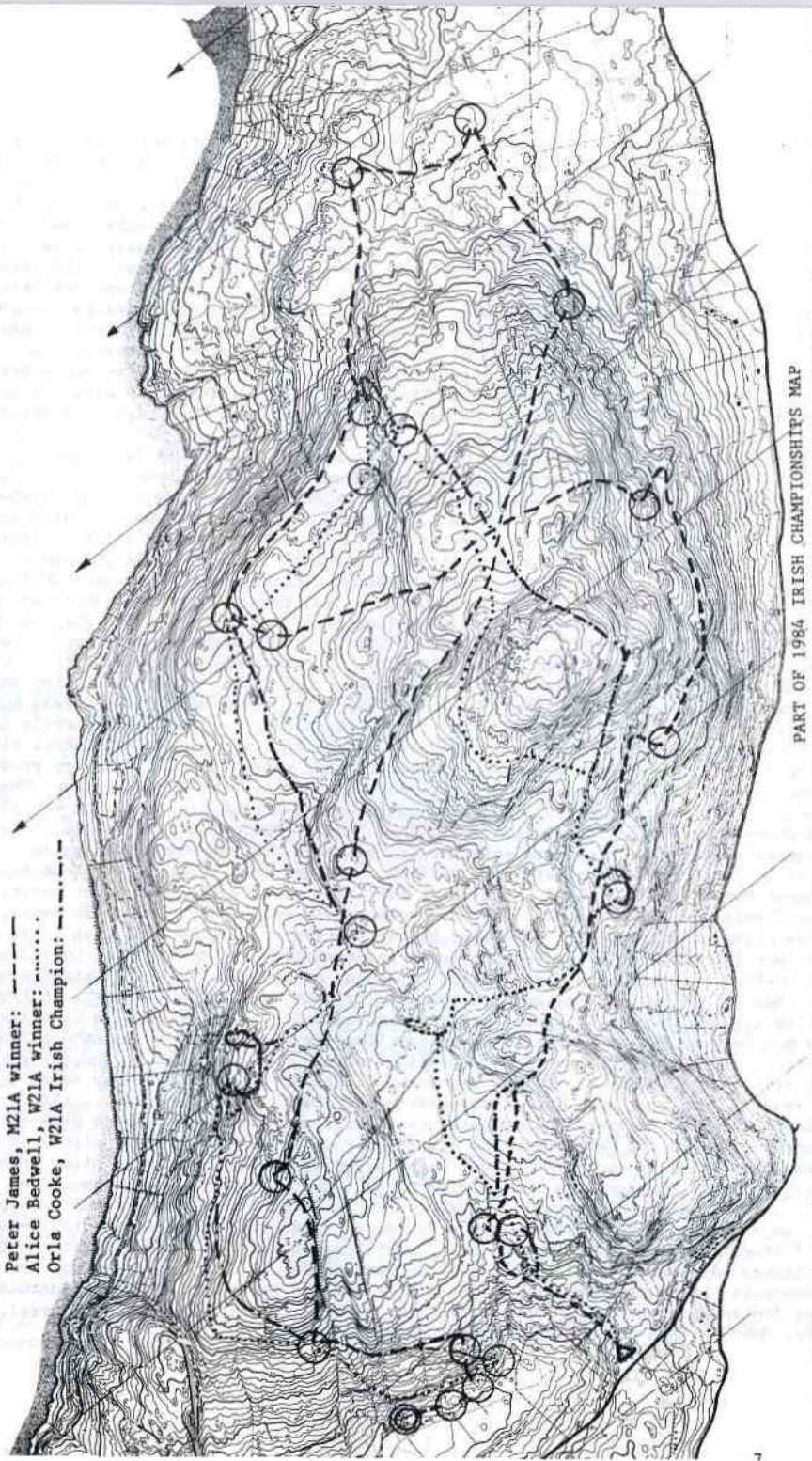
The map was drawn by Alan Shaw of Thomond Orienteers, and surveyed by himself, Frank Martindale, Aonghus OCleirigh, and three Norwegians, one of whom (Leif Erikson) also found time to discover America, presumably on his day off. One other Irish parson is thought to have been involved also, but opinion is divided. All of the area, except a small part near the start and finish is open ground, and it is bounded by a road to the South and by Killary Harbour, Ireland's only real fjord, to the North. Like Cappanalea, mentioned above, the map is based on an outdoor pursuits centre: Little Killary Adventure Centre, run by Jamie and Mary Young, and is to be used for O-instruction. I'm inclined to think that the map may be too complex for novices and may have a discouraging effect, but that is only an opinion.

For the weekend of the Championships the sun shone brilliantly, giving perfect visibility to spectators who could study the performances of others before venturing out themselves to be baffled and ridiculed in their turn. The road to the start afforded a grandstand view of the first and the last few controls, and binoculars were at a premium, although I found that having seen the location of the first control from the road didn't make it any easier to find when I got out there! Although the sun was shining the ground was quite wet underfoot, and winning times were not fast: none of the women, and only five of the mens' classes had winners who broke the 10 minutes per kilometre barrier. The event centre was at LKAC where results were displayed, prizes awarded, and meals served.

As for the race itself, Limavady's North West OC had a most successful day, with Peter James taking the Mens' title (I think it's the first time it has gone North; a fitting prize for NWOC in their tenth year), and other club members taking M13,15,17, 19,21B, but their girls were less successful. A number of visitors also ran, but none excelled with the exception of Bristol University's Alice Bedwell who was a clear winner in the W21A class, though not eligible for the Irish Championship.

The following day the Relays took place on the same map, utilising the eastmost part which was visited only by the longest courses the previous day. The courses were fast and furious, as befit a relay, and the open location lent further spectator interest, with the first control, the approach to the last control, and the run-in being visible to the onlookers. Curragh again took the Mens' Open class by a margin of two minutes, and Ajax took the Womens' Open by eight minutes, the other titles being distributed between NWOC, CO, 3ROC, LEEO and LVO. An interesting point was raised during the relays, and it is this: whether it is obligatory to follow a marked route to the start triangle from the changeover point? A number of runners took advantage of the obvious fact that the optimum route from the changeover to the first control went nowhere near the marked route to the control at the "Start", and ran straight for the control on their course. That's one for the moralists and philosophers (and course planners) to ponder. At the end of the day , most people went home, tired but happy (!), leaving the organisers busily scratching their heads trying to decide who the winners were in order to hold the prizegiving.

J.McC.



PART OF 1984 IRISH CHAMPIONSHIPS MAP

ODDS and ENDS and ODDS....Kerry O's Rory Costello has aged twenty years since the recent forest fires in the Killarney area. Are the Munster Championships safe, we ask?...Reports from Wexford suggest that Curracloe, a unique O-area, has been listed as a nature reserve with consequent loss of access to orienteers. If this is so it is a great pity. Even Raven Orienteers have problems getting in....IOA financial supremo Ronan Cleary (whose obituary was in the last TIO) still hangs on grimly to the Auld Sod despite persistent rumours to the contrary....The interprovincial match at Castlewellan will only permit people to run for the province in which they are club members, not to opt for that in which they were born, unlike last year. What will Connacht do without Wally Young?.... IOA is reputed to be considering taking two pages in TIO on a regular basis in order to keep the ordinary orienteer informed of goings-on in the rarified atmosphere up there.... ex-Irish Champion and O-suit maker supreme Eileen Loughman of GEN has recently been seen talking to Curragh members at events, and has moved to live near the Plains. Is she to join the ranks of the Lilywhites, possibly to counter Aonghus OCleirigh's latest threat: to join 3ROC on his return from England?....The 1986 Irish Championships in the North are to be held at Drumkeeragh in Co. Down, on an area of forest and fast, undulating open. The forest part was once mapped by Don McGarrigle of QUBOC (remember QUBOC?) at 1:5000 scale, but the new map should be smaller....3ROC are keeping very quiet about the venue for the 1985 IOC. Do they know it?.....an IOA mapping course will be held in late June. For details contact Richard Flynn at 01-942388....Bert Slader of the NI Sports Council sees orienteering as the perfect Sport for All. Can Cospoir be persuaded? (Mind you, they are doing very well) This year, National O-Day falls on September 30th.... IHRA's Lug Relay this year is on Saturday, June 23rd. Details from club secretaries... the Swiss Karrimor Mountain Marathon takes place on 4/5 August at Ritom. Entries close July 16th. Details from TIO.... the final of the Irish Orienteer Trophy competition took place at Castlewellan, Co. Down on May 13th, the winners being either 3ROC from Dublin or North West OC from Limavady....this year's Harvester Trophy overnight, seven-man relay is as predicted in the last TIO: June 23/24, south of London. A 3ROC team may travel if they were beaten by NWOC. Details in CompassSport....Interesting radio item on orienteering at Tiglin on RTE 1 on May 3rd. About hunting around the control site looking for the marker. Put your watches back fifteen years....Training diary produced by Robert Bloor (GBR WOC Team member) received for test. Report in next issue. The book is available from CompassSport, and the proceeds go to the British team for the 1985 World Championships in Australia....Irish Team Manager Colin Dunlop wants to remind all student orienteers who expressed interest in the World Student Championships in Sweden in July to contact him immediately to confirm their availability prior to team selection.. ...rumour has it that the FIOA is going to meet this year, maybe even soon...entry forms are available for the Leinster 2-Day in November. Six months may seem a bit early, but entries close on October 1st, six weeks before the event. Must be expecting a big crowd.. ...Further information on the Belgian 2-Day incorporating the Continental Cup: training event on Sept. 7th plus two days' individual races on 8th and 9th. First start times 11.00 (day 1), 08.00 (day 2), and two hours later each day for C.C. runners. Entry by July 1st....CDVEC "Guide to Sports Organisations and Facilities in Dublin City lists Carey May (now in America) as Ajax Secretary, Susanne Cawley (now in Luxembourg) as 3ROC secretary, and Mactire OC (now in liquidation) under "Orienteering"....CompassSport is still available from TIO at IR£6.00 per annum....The Mourne Wall walk may be on again next year....This year's British Championships at Sheffield on June 3rd....AFAS at Tiglin are looking for an instructor in mountaineering and orienteering. Contact 0404-4169.... Guinness sponsored the Mount Cameroon race this year in Cameroon (where else?) in west Africa. The course is up a 13 370 foot high not-quite-extinct volcano 8 miles from the start, and back. The race was won by Mike Short (GBR) in 4.06.32. Refreshments en route were?....Evian water, of course!....IHRA to run an Irish Hill Running Championship this year, in conjunction with NIFRA, over a series of races both North and South. Details on IHRA fixture list page.....A recent BOF Competitions Committee headr suggestions to add ten minutes onto one's time for each mis-punched control. A novel idea! A long course with few controls could mean that the winner didn't run the course at all, just punched a nearby one and finished in a time approaching zero!...(asymptotically, of course).... no more ODDS or ENDS or ODDS till next time.

THE PROBLEM IS NOT HIGH SPEED, BUT THE RIGHT SPEED - Oyvin Thon.

WHAT IS ORIENTEERING?

From my point of view it is deciding how fast I can, or have to, run at any time in a race. Every orienteer at a certain level can complete a course error-free, but the problem is in knowing how fast you must run to win the race.

If you run too quickly you will produce mistakes. To run strongly enough and yet error-free is very difficult.

NEVER TOO EASY

Some have said that the 1981 World Championship courses in Switzerland were too easy. That is not possible because even street orienteering can be difficult if you run hard enough!

If orienteers look back at their recent mistakes it's my bet that they all happened as a result of not adjusting running speed to the conditions. The reasons for this can be found in psychological processes. The problem is, therefore, to know how fast I must run to win the competition: optimal speed.

OTHER FACTORS

What factors affect speed? Mostly psychological ones.

- concentration
- tension and nervousness
- motivation
- other people (social relations)
- experience)
- training) Are top runners equal as regards these two points?
- the map
- etc.

SPRINGTIME IS IMPORTANT

How do I find this optimal speed? Practically I think the springtime is a very important period. Increase running speed gradually- if you don't make errors you can raise the tempo. Use the first runs of the season to adapt your speed to your technique. A slow start is important!

RHYTHM

Don't run so fast that you can't maintain good rhythm. Rhythm can be defined thus: map-reading the area to which you are en route, making route-choice decisions in advance, having control-work prepared before running in to the marker, etc.

If you lose rhythm you also lose theinitiative and you are no longer on the offensive. You don't attack the problems. Run sufficiently slowly to be a "that's-where-I'm-going" orienteer instead of a "that's-where-I-am" one. This is very important in continental terrain (Irish terrain?).

CHANGE OF SPEED

Read from the map that this is a difficult control which I must attack with lower speed, but, on the other hand, you must understand when to run fast. Don't run so fast that you can't read the map for long periods: lactic acid doesn't really stimulate your brain. You must control your speed so that you can finish the race without being too tired.

The perfect orienteering race is Utopianism. There will always be things which can be done better, but we are all trying to come as close as possible to this optimal speed.

(Thanks to Aonghus OCleirigh for translating this article from the Swedish O-magazine, Skogssport.) The author, Oyvin Thon is a recent World Champion orienteer.

Brockagh 20 May

Preparations are now well underway for this Grade 1 event. More adventurous members will recall their disappointment that bad weather (impassable snow and ice) caused more timid spirits to reschedule this event from 22 January last. Andrew Bonar-Law is in charge of organisation and members can expect to receive a call to arms from Andrew or one of his loyal flunkies.

CONGRATULATIONS

To those GEN members who came first in their classes or were well placed in the Leinster Championships at Hairyman's Brook and the Irish Championship at Killary. In the W21A class at the Leinster Championships the club continued its high profile with Eileen Loughman first home of the Irish competitors followed by Maura Thornhill. Congratulations also to Eileen for a good performance at Killary. Others deserving congratulations include Michael Lunt (M45), Wyn McCormack (W35), Diana Large (W45), Hazel Newman (W50), Andrew Bonar-Law (M45 and who competed despite a painful knee injury; hope the operation was a success Andrew), Paget McCormack (M40) and Rosiland Roche (W21B). We were also pleased to note a promising performance from Mike Hewson (M55) at the Leinster Championships. Obviously, the club has failed to alter its hitherto very low profile in the M21 classes, Douglas Barry might improve his ranking if he drove a little more slowly to events (you are supposed to build up your adrenalin before events, Doug, not dissipate it by driving on narrow rural roads at 100m.p.h.!). A real set back for the club will ensue when Don Thornhill begins competing in the M35 class. Maybe David Quinn has stumbled on an alternative strategy? We noted with approval that he secured 3rd place in the M50s at the Leinster Championships; we didn't realise just how traumatic the experience of controlling the Glencree event must have been!

Other news

New heights of togetherness were achieved during the club social evening on 11 April as we all pored over the excellent Killary maps [Note to all parents: we are not like other vulgar clubs who hold so called get-togethers in pubs; you can confidently entrust your sons and daughters to our genial supervision]. We look forward to meeting all members again especially in June at the Midsummer Madness event in June (see list of events).

Also, at events watch out for, and report to, the GEN tent; with a bit of luck you might get roped in for some baby-sitting!

The Midsummer Madness Event takes place at CARRICKGOLLOGAN on June 21st. Don't forget the barbecue afterwards: bring firelighters and wire coathangers. (Ed.)

THE 1984 JAN KJELLSTROM TROPHY WEEKEND

I think we all felt that it couldn't happen again. The weather at Killary had been too good to be true, so Easter in Wales was going to compensate us for it. But, though wellies and brollies were undoubtedly present, they didn't appear, except as sunshades (the brollies, that is). Perhaps it was the late Easter (like Devon in '79), but the sun shone all weekend, making early starts an advantage, and sunburn a problem, rather than exposure.

We knew that the terrain was to be rather like Killary, and thought ourselves well-prepared, but early reports of Day 1 at Moel y Dyniewyd were of terrain which made Killary look like Phoenix Park, or like a tea-party. The area was all open ground with complex contour detail, steep hills (the 12.1km H21 Elite course had 620m climb minimum), and useful marshes (for navigation and irrigation). The major hill features were difficult to make out on the map because of the complexity of the terrain, and the rough, rocky going underfoot took its toll on ankles: Pat Farrelly, Michael McAuliffe and Ian McNeill. Like Charon crossing the Styx, a lonesome ferryman was on hand to bring the wounded back across the lake at the finish to civilisation, and to bring control cards over to the results-processing area. Woe betide him if he were to sink!

On the second day the terrain and map were similar, although about one third of the area was forested, mostly with fight. As on Day 1 the map of the area was on display for all to see at the pre-start, enabling one to get some idea of where the pitfalls lay if one had a cooperative clubmate. Courses were, in general, shorter and with more climb than on Day 1, the major features being contours, rocks and marshes. A control near the edge of the map was misplaced, ensuring that many people climbed more mountains than was strictly necessary, and as a result the H21E, H21A(ii) and H19A courses were declared void- a great pity, as the only Irish win of the weekend occurred today when Peter Kernan won H21A(ii). The courses and terrain were very physical again (10.8km/655m H21E), but speed was needed in addition to strength.

Easter Monday saw the Relay taking place at Clogwyn Mawr, across the road from the Day area near Capel Curig, again in intense heat. The area was faster, less steep and with less contour detail than either of the individual areas, but was again mostly open ground. No outstanding Irish performances were recorded, but the AJAX ladies finished in the top ten in their class. The organisation here, as all weekend, was superb: on crossing the line your name, club, team, elapsed time and next runner, along with team position, were displayed on a TV monitor, and your result printed out and displayed. The PA system was excellent, keeping spectators informed of changes in position and other items of interest, while the same spectators basked in the sunshine.

The event centre was at Plas Newydd on Anglesea, a school for marine apprentices, and it housed the usual administration facilities for the event, plus shops selling O-gear, canteen, BOF "Computers in Orienteering" exhibition, bar, and so on. The event as a whole was sponsored by the Paper Sacks Information Bureau, which has realised the connection between paper, trees and orienteers. (Control cards and race numbers were printed on Tyvek). Day 1 had a "string course" for children who could follow a string around a course of 1km with controlsactually located on the string. It is doubtful if any Irish runners attempted this task.

The training event on Friday yet again bore little resemblance to the terrain , or indeed the maps, to be used on subsequent days: the map was at 1:10 000 scale while the competition maps were at 1:15 000 scale, and the training area was mostly forested. The quality of the competition maps was superb, all having been produced by Harvey Map Services. The social side of things was potentially hectic, too, with all manner of diversions going on at the event centre, from a lovely legs competition won by ECO's Ted Russell (sporting wellingtons), through a Welsh male voice choir, to an R&B band who performed in Welsh.

Next year the JK travels to Northumbria, with the event centre at Alnwick, north of Newcastle-upon-Tyne.

J.McC.

IOA Secretary: Julie Martindale,
68, Upper Rathmines Road
Dublin 6.
01-973028

Irish Orienteering Association

IOA NEWS

The purpose of these two pages is to let club members know what is going on especially in the more interesting fields. Hopefully, it will surmount the problem of individual members not getting information from both the IOA and club secretaries. They will be a regular feature of TIO.

Squad 1984

M21A		W21A	
J. May	3ROC	M. Thornhill	GEN
E. Rothery	Ajax	E. Loughman	GEN
W. Young	Curragh	O. Cooke	Ajax
P. Healy	Curragh	P. Murphy	3ROC
J. McCullough	3ROC	R. White	Setanta
R. Bryson	Ajax	T. Horan	Ajax
P. Kernan	3ROC	C. Murtagh	Setanta
B. Dalby	3ROC	C. Lyons	Ajax
P. O'Brien	Ajax	H. Baxter	LVO
B. Corbett	DUO		
D. Reidy	ECO	M19/17	
P. Farrelly	Curragh		
F. O'Leary	Curragh	O. Creagh	3ROC
P. James	NWOC	B. Delaney	ECO
J. Warde	Fermanagh	M. Malone	3ROC
M. James	NWOC	P. Walsh	3ROC
D. Blair	NWOC	B. O'Connor	3ROC
A. Lewis	NWOC	L. Donovan	3ROC
P. Waldron	Cork O	M. Crowe	3ROC
P. Cadogan	Cork O	R. Kidd	NWOC
C. O'Halloran	Lee O	M. McCallion	NWOC
P. Higgins	WEOC	P. O'Donnell	NWOC
P. Monaghan	WEOC	B. Peters	NWOC
		M. Bennett	NWOC
		S. Linton	NWOC
W19/17		S. Morrish	NWOC
		J. Riordan	NWOC
D. Ni Challanain	Ajax		
J. Martindale	3ROC		
S. Clarke	3ROC		
C. Bonar Law	GEN		
E. Flegg	Setanta		
U. Creagh	3ROC		
M. Convery	3ROC		
U. Morrish	Lee O.		
Ursula Morrish	Lee O		
C. Morrish	Lee O		
A. Morrish	Lee O		

Please note that none of the above lists are given in rank order.

International Fixtures

The International Fixtures Secretary has a number of entry forms for events to be held on the Continent and in the States this summer. If you wish to do any orienteering while on holiday please contact Ann for a list of events

Her address which, incidentally, is a new one is:

Ann Masterson,
18 Belmont Avenue,
Donnybrook,
Dublin 4. 01-696349

New Club Secretary

Kerry O have got a new secretary. He is
Jeremy Murphy, 5 Woodlawn Drive, Killarney, Co. Kerry. 064-32670 (H)

Selection events

There are three selection events left during this season and they are all this month.

May 12	Interprovincial Championships, Castlewellan, Co. Down.	LVO
May 20	Brockagh, Laragh, Co. Wicklow.	GEN
May 27	Three Rock Mountain, Co. Dublin.	3ROC

Squad members and all those whose clubs submitted their names for Continental Cup selection should compete in as many of the selection events as possible.

Continental Cup

The team to represent Ireland at the Continental Cup will be named in early June. Anyone who wishes to attend the event which is being held in Belgium on 8/9 September, but is not on the team can get entry forms for the event from Ann Masterson after the team is named.

Training and Coaching Book

The highly recommended BOF Coaching and Training Book is now available from the IOA Secretary at a cost of £6.00. Please send money when ordering.

Interprovincial Championships 1984

This years Interprovincials are being held on May 12th at Castlewellan, Co. Down. Rules of the competition are given elsewhere in this newsletter but one worth noting is that competitors have to be members of their Regional Associations, ie people are running for their clubs province and not their native province as has been the case in previous Interprovincials.

Out of bounds areas

The following areas have been declared out of bounds to all orienteers

Cootehill Co. Cavan	ECO
Mullaghmeen, Co. Westmeath	Setanta
Glendalough, Co. Wicklow	3ROC

More areas will be added to this list as is appropriate. It can be taken that all areas to be used for Grade 1 and Championships are out of bounds for at least 8 months before the event is scheduled to take place.

THREE ROCK ORIENTEERING CLUB

3ROC

CONGRATULATIONS to Tracey Eakin, Una Creagh, Susanne Clarke, Maire Walsh, Hazel Convery and Pat Flanagan, all of whom won their classes at the recent Irish Championships, and to all the others who came so close. Congratulations also to the winning relay teams of Kathy Gillespie, Karen Convery and Carmel Malone in W15-, and to Maire Walsh, Hazel Convery and Trina Cleary in W35+. It's a pity that the team you were obliged to beat was another 3ROC one! In some ways it was a most successful Irish Champs. for us, in others, less so: several of our runners on whom we had high hopes pinned had disappointing runs both in the individual and relay. There's always 1986, though.

The training event on May 5th went off very well, with about 30 people attending. Thanks to Justin and Larry for organising. There's more to Kilmashogue than meets the eye, as many of you will find out over the coming months at further sessions. Weekly training has at last moved to summer quarters at Marlay Park, Ballinteer, starting at 6.30pm at the south-west most car park.

We have events coming up on May 27th and June 10. As always we would like to have some new blood helping at these. If you are available, contact David Rowe (for Three Rock on May 27th) or John McCullough (for Phoenix Park on June 10th):Phone 984362 and 981556.

Be prepared to travel to England for the final of the CompassSport Cup competition on June 16th. The event takes place near Leeds on the Saturday, with a Badge event (ie. a Grade 1+) nearby on the Sunday. Remember the trip to Scotland last year? This will be even better, as the sun will shine. Have we been wrong yet? If, however, the unthinkable should happen and NWOC go through to the final, as a consolation prize we may send a team to the Harvester Trophy on June 23/24. We have competed in this event three times, and usually finish well up the field.

While our Treasurer, Ronan Cleary, is still clinging to Paddy's Green Shamrock Shore, other club members are heading to the new world for varying periods: Secretary Michael McAuliffe has gone to the USA on holidays until mid/late June, so don't try to contact him, while Mark Donovan is following more or less in the footsteps of member Martin Mulligan and going over to study.

Welcome back to orienteering to Avril Sloane, onetime Secretary of 3ROC, who has completed her studies and returned to the forest. She is also our new Honorary Medical Officer. Welcome back, also, to Alan Balmaine, sidelined since breaking an ankle at the 2-Day last November.

Tracksuits, O-suits and gaiters (not goitres) are available to members through Brigid Flanagan (980928) and Trina Cleary (904177). John McCullough and Brendan O'Connor have assorted Silva O-shoes for sale at attractive prices. Size 44/45. Genuine reason for sale!
Monthly social outings to Revels pub in Rathfarnham continue on the last Thursday of every month. Revels is at the southeast end of the Main Street, and we meet upstairs towards the front of the building. Practically every other sports club in south county Dublin meets there the same night, so be sure you don't fall in with canoeists by mistake. You could be up the creek without a paddle.(Pas de leur inconnu?)

Our various mapping teams have been busy lately, and will be beavering away over the summer in preparation for the Grade 1 event at Tiglin in September, the Leinster Relays in November, and the Irish Champs next year. Why not give mapping a try? Look what it did for Barry Dalby at the Irish Champs! You too could be in the top ten! Contact Barry ay 974994.

Keep on (3) Rockin'!

IRISH HILL RUNNING ASSOCIATION FIXTURES 1984

May		
17	*	KIPPURE, Co. Wicklow. 5.5mls, 800ft. StartsFeatherbed, 5 mls from Rathfarnham, Co. Dublin. (39.28)
19	C+	SPELGA SKYLINE, Mourne Mts. 12mls, 4500ft. Start at Spelga Car Park. (126.19)
27	+	GLENMALURE, Co. Wicklow. 11.5mls, 3300ft. New race.
June		
2	+	MANGERTON, Co. Kerry. 6mls, 2300ft. Start off Killarney/Kenmare Road at Scenic Car Park. (57.22)
14	*	MAULIN, Glencree, Co. Wicklow. 5mls, 1400ft. Start at Crone Car Park. (38.43)
16	+	BRANDON, Co. Kerry. 5mls, 3000ft. Start at Ballybrack, 7mls from Dingle. New race.
23	+	LUGNAQUILLA RELAY, Co. Wicklow. 3x11 mls. Pre-entry. Details from club sec's.
July		
5	*	DJOUCE, Co. Wicklow. 5.5mls, 1200ft. Start at Lake car park on Roundwood road, 5 miles from Enniskerry. (36.25)
12	*+	SEEFINGAN, Co.Dublin. 8.5mls, 2000ft. Start at Stone Cross, Ballinascorney.(63.50)
19	*+	GLENSOULAN, Co. Wicklow. 8mls, 2000ft. Starts at Lake car park as on July 5. New.
26		GLENCULLEN FRAUCHAN FESTIVAL RACE, Co. Dublin. 7mls, 1000ft. Road/hill.
29	+	GALTEES SEVEN PEAKS RACE, Co. Tipperary. 11mls, 4000ft. Start 5 mls from Cahir(145.06)
August		
9	*	SUGARLOAF, Co. Wicklow. 2.3mls, 700ft. Start at Calary Garage. (18.08)
19	+	BALLYBRAID, Co. Wicklow. 10mls,2000ft. Start off Laragh-Glenmalure road. (65.14)
23	*	SCALP, Co. Dublin. 4mls, 700ft. Start at Dublin Sport Hotel, Kilternan. (23.50)
26	C	SLIEVE BERNAGH, Co. Down. 7mls, 2500ft. Inter Association Challenge. (61.52)
30	*	FAIRY CHASE, Ticknock, Co. Dublin. 3mls, 950ft. (22.12)
Sept.		
8	+	LUGGALA, Co. Wicklow. 12.5mls, 3500ft. Start at Lough Tay Gates. (108.22)
16		GREAT OUTDOORS TROPHY, SCARR, Co. Wicklow. 7mls, 1400ft. Start 2 miles from Laragh. (47.06)

* League race. Best 6 out of 10 to count.
\+ Navigation needed.
C All- Ireland Championship.

NB All weekend races start at 1.00 pm SHARP.
All evening races start at 7.30pm SHARP.
Registration closes 10 minutes before start. Entry fees taken at registration for all except Lug Relay (pre-entry).
£1.00 for IHRA members, £2.00 for non-members.

ENQUIRIES to Douglas Barry (868180), Gerry McGrath (829940), Jimmy O'Brien (518551) or Paddy O'Brien (933059).

Other notable events in a similar vein are:
June 3 Reeks "Walk", Killarney.
Slieve Donard Race, Newcastle, Co. Down on July 14 or 21.
More details of such activities in the July "Irish Orienteer".

setanta orienteers

SETANTA NOTES

TRAINING SESSIONS

The Club Training Sessions continue on the first Wednesday of each month at 7.30pm in the Rathgar Hall, Dublin 6. Everyone is welcome to attend. These monthly club nights will continue throughout the summer (except 1st Wednesday in July). These sessions take the format of:- Discussion on items of technique, warm-up exercises, training run, followed by general discussions and socialising, and refreshments.

In addition, there is a Club training session on each Wednesday at 8 p.m. starting at the Tennis Courts in Bushy Park, Terenure. This will consist of physical training and a bit of navigational training. These sessions will continue throughout the summer. We are also starting up a separate training session for our Club Members living on the North Side of Dublin City. The first session will be on Wednesday May 23rd, at 8 p.m., at the Sybil Hill entrance of St. Anne's Park (near St. Paul's School).

The special pre-JK training session in Glencree went very well, although there was a rather disappointing turn-out of members. Many thanks to Aubrey Flegg who produced the excellent courses.

JAN KJELLSTROM TROPHY WEEKEND

12 Setanta Members competed at the JK in North Wales, at Easter. The best placed results were obtained by Aubrey Flegg (H45A), Eleanor Flegg (D17A), and Faith White (D50B). Congratulations!

NOVEMBER 2-DAY EVENT (10th/11th)

The entry form for this event (jointly organised with ECO) has now been produced and was distributed at JK. Copies will be available to Irish Orienteers in plenty of time to meet the closing date of October 1st.
Mapping is going ahead at MULLAGHMEEN, Co. Westmeath. Anyone interested in mapping on this project and also some other projects we have in hand (nearer to Dublin) should contact John Kehoe, (909828) or the Club Secretary.

FORTHCOMING EVENTS

May 13th: BALLINDERRY, Co. Wicklow. Grade 2.

June 15th: Score Event, Massey's Estate. There will also be a "STRING EVENT" for children. Start time: 7p.m. - 8.30 p.m. 60 minutes Score Event using pre-marked maps.

June 17th: Setanta Mountain Marathon, Crone Car Park, Glencree. Start 10.15 - 12.15. Suitable for Hill Runners, as well as Orienteers and Ramblers.

SECRETARY: Catherine Murtagh, 111 Haddington Road, Ballsbridge, Dublin 4.
682951 - home, 851211 - work.

REAL MEN DON'T USE VASELINE

There exist two categories of orienteer: those who claim to be real orienteers and those who just can't. One criterion alone, though, separates the men from the boys, and this can be presented succinctly in the form of a rhetorical question. Simply put, do real men use vaseline? Having just established the terms of reference and scope of this paper, bear with us while we expound on this theme.

What, then, are the hallmarks of the real man in the woods? The first is not so easily discernible, because real man are constantly in motion. This axiom is applicable to all real men whether they can read maps or not. In fact, real men don't put too much emphasis on map-reading at all. Only vaseline-users look up "clues" and read "inside the circle". Rather, real men rely on a combination of courage, cunning, aggression and other orienteers. That's not to say that they actually depend on other runners because, by their very nature, real men are fiercely individualistic. But if a detail-reading vaselino happens to come mincing by in some Killary-like terrain, he's fair game. Real men are quite intelligent and can invariably come to terms with their orienteering shortcomings.

Real men don't carry whistles and real men always run in the A-class, regardless of experience. B and C-classes are strictly for wimps. Real men don't give up, and they certainly never retire! Occasionally they'd consider calling it a day after vaulting over a 30m crag and breaking both legs. (Stretcher-bearers are required only for queasy vaseline-users who chance upon the real man lying in gore at the bottom of the cliff.)

Real orienteers are to be found in nightclubs and discos the morning of big races, drinking with other real men. This is considered vital race preparation. Otherwise, real men have no time for mental training, autogenic training, cybernetics, tapes, juice, or any other vaseline cop-outs. (Incidentally, Murph uses vaseline.) Race day breakfast consists of gammon, fried eggs, and lashings of beans and bangers, lowered leisurely within 30 minutes of start time. Real orienteers usefully spend the remaining few minutes belching, hawking, spitting and urinating in front of small children. This is calculated to psyche-out all onlookers.

Real men never run "error-free" races. This would imply safe routes, cautious approaches, pacing, and generally poncing about. (The Russler definitely has no use for vaseline. Neither has Frank Ryan.) Nonetheless, real men often win races, but only after a good 15 minutes "Dolly Malone". Neither do real men experience "route-choice dilemmas". If the choice is "over-or around", real men invariably go straight over the top (especially if they know the course planner is also a real orienteer). If it's a choice between the straight line and a roundabout road route, need I ask which way the real orienteer would go without another moment's hesitation? The answer is obvious. Roads are strictly for kids, wayfarers and women (and vaseline-users). In fact, when there are spectators real men will select routes through the roughest, brambliest fight, and crash through it for kicks. Real orienteers always storm down the finish covered in blood, sweat and saliva, and need to replace O-gear every fortnight. But they don't wear pansy fluorescent Yngve Ek suits with matching gaiters (except in important races when they want to distract everyone else). As beginners, real men wore O'Neills tracksuit legs, with GAA jersey and the old pair of football boots. They bashed, care-free, through the out-of-bounds, shouting obscenities, and always finished.

I ask you, do real men "analyse the cognitive structure of decision-making", or ponder on "how the cognitive representation directs the perception and abstraction of graphical information"? Indeed they do not!! Real men go out there ant ate controls. (Nevertheless, Wally Young is suspected of using vaseline in secret.)

Real orienteers have a wholesome attitude to the sport. They love the mud, wind, sleet, thorns and scrapes that go with it. They enjoy the pain of running up a hill with the lactic acid coming out their eye-balls second only to the immense pleasure of running the competition into the ground in relays. Real men don't succumb to those vaseline-smothered sentiments of "good sportsmanship". The real man's objective is not just to take part in sport, or even to win, but to publicly take the opposition down a peg or two and "teach them respect" All is fair in love and war, and to the real man orienteering is both.

-Credit to Feirstein's masterpiece "Real Men Don't Eat Quiche" which we have liberally plagiarised.

Aonghus OCleirigh.

ORIENTEERING FIXTURES 1984

May		
19	BELFAST CASTLE	Co.Antrim. LVO event, start 11.00-13.00. GR J 33 79. (08 483 2656)
20 *	BROCKAGH	Laragh, Co. Wicklow. GEN Grade 1 event postponed because of snow last January. EOD. Selection event. Steep open mountain and forest. Mapped for '83 Leinster Champs. GR T 13 97 (01-691313)
20	CASTLEBLAGH	Ballyhooly, Co. Cork. LeeO Grade 2, Munster League event. Old O-maps combined to give new. GR W 71 98 (021-43166)
25	MARLAY PARK	Ballinteer, Dublin 16. AJAX "Kangaroos" park league. Start 18.30-19.30. (01-933059)
26-27	SCOTTISH CHAMPIONSHIPS, Stirling area. Entries closed.	
27 *	THREE ROCK MOUNTAIN	Co. Dublin. 3ROC Grade 1 event. Selection event. Pre-entry (late) to May 20: Seniors £3.00, Juniors: £2.00. EOD also. String course. Last start 13.00hrs. GR O 17 23. (01-981556, 18.30-19.30)
27 *	NAGLES MOUNTAINS	Kilavullen, Co. Cork. Lee O long-O event using 3 O-maps. Details on LeeO page. GR W 65 99. (021-43166)
June		
3	BRITISH CHAMPIONSHIPS near Sheffield. Entries closed.	
3 *	KILLACLOHANE	Killorglin, Co. Kerry. KO Grade 3 event. GR Q 84 00.
3	CAIRN WOOD	Dundonald, Co. Down. LVO training event. Start 13.00hrs. GR J 45 76. (08 4 655065)
9	BARNETTS PARK	Belfast. Bike-O. Start 11.00-12.00hrs. Long runners-course also available. (Harry Savage 08 4 641175)
10 *	PHOENIX PARK	Dublin. 3ROC fundraising event for Irish team. Sponsorship cards with this issue: £x per km. Start at Papal Cross, 11.00-15.00hrs. (01-981556, 18.30-19.30). GR O 09 34.
12	CORK CITY	Cork O street event. Start at Fitzgerald's Park, 18.30hrs. (021-46194)
13	BELVOIR PARK	Co. Down. LVO Come-and-Try-it event. Start 19.00-20.00hrs. (Terry Eakin, 08 487 6497)
15 *	MASSEY'S ESTATE	Rathfarnham, Co. Dublin. SET Grade 3 event. Start 19.00-20.00. Score event. GR O 12 22. (01-682951)
16	NIOA RELAY CHAMPIONSHIPS Learmount, Co. Derry. Start 11.00-12.00hrs. NWOC organised. Entries close June 2nd. David Blair (08 050 472 4902)	
16	COMPASS SPORT CUP FINAL near Leeds. One Irish club (3ROC or NWOC) will travel.	
17 *	MOUNTAIN MARATHON	Co. Wicklow. Setanta's annual extravaganza starts this year at Crone car park in Glencree. 1" O.S.map used. Start 10.15-12.15 hrs. GR O 19 14. (01-682951)
17	BALLALLY PARK	AJAX "Kangaroos" league event. Start at St. Tiernan's school (at the south side) 10.00-13.00hrs. (01-933059)
21	CARRICKGOLLOGAN	Co. Dublin. GEN "Midsummer Madness" traditional end-of-season frolic. Score event & barbeque. Start 19.30-20.30. Late starters bring torches! GR O 22 20. (01-985282)
23	CRAWFORDSBURN	LVO event. No details available. (08 4 664792)
30	KILLINEY HILL	AJAX "Kangaroos" league. Co.Dublin. Scenic location. Convenient to station, sea, shops, schools,etc. Start 10.00-12.30. GR O 26 25. Contact (01-933059).
July		
4-8	FRENCH 5-DAY	Aquitaine (Bordeaux area). Entries closed.
10	BISHOPSTOWN	Cork Street-O league. Start at Wilton Shopping Centre, 18.30hrs. Cork Orienteers. (021-46194)
10-14	INTERNATIONAL ORIENTEERING FEDERATION CONGRESS, Maynooth, Co. Kildare.	
12	IOF CONGRESS DELEGATES RACE	Cronybyrne, Rathdrum, Co. Wicklow. Delegates start from 14.30 hrs, open to others from 16.00 hrs: Limited EOD.(GR T 19 92)
15	GLENGARRA	Co. Tipperary, on south slopes of Galtees. Cork O Grade 1 event. Area first used for 1983 Munster Champs. GR R 92 22 (021-46194)

July		
20	LARCH HILL	Rockbrook, Co. Dublin. AJAX "Kangaroos" league event. Start 18.30-19.30. GR O 14 24 (01-933059)
August		
14	DOUGLAS	Cork Street-O league. Start at Douglas Shopping Centre, 18.30 hrs. Cork Orienteers. (021-46194)
25	FANORE	Black Head, Co. Clare. Thomond OC Grade 3 event. 1:7500 scale map of sand dunes. Evening event. GR M 13 08 (061-43959)
26	BURREN WALK	ThO long-O of sorts. Fanore, Co. Clare. Camping available.
September		
6-8	CONTINENTAL CUP	Belgium. Entries close July 1st. Contact IOA.
11	MAYFIELD	Cork Street-O league. Start 18.30 hrs, Mayfield swimming pool. Cork Orienteers. (021-46194)
16	KINSALE	Cork Street-O Championships (!). GR W 64 50. Start 14.00-16.00 hrs. Cork Orienteers. (021-46194)
23 *	TIGLIN	Ashford, Co. Wicklow. 3ROC Grade 1 event. New map. Pre-entry by September 9th. Entry forms available August. GR T 23 98. (01-981556)
23	GOUGANE BARRA	Ballingeary, Co. Cork. Cork O Grade 2 event. GR R 07 65. (021-46194)
30	NATIONAL ORIENTEERING DAY 1984: Local events all around the country. Get out there and run a come-and-try-it!	
Advance Notice:		
October 13		Munster Championships, Muckross, Killarney, Co. Kerry. with relays the next day.
November 11-12		Irish 2-Day at Cootehill, Co. Cavan (Day 1) and Castlepollard, Co. Westmeath (Day 2). Event centre at Cootehill. Pre-entry by October 1st.
November 25		Leinster Relay Championships, organised by 3ROC, in Co. Wicklow.

An asterisk "*" after the date of an event indicates that the event is registered with the IOA Fixtures Secretary and is covered by the IOA Public Liability insurace policy.

Where possible an Ordnance Survey Grid Reference has been given for venues. This is to enable intending competitors to find the event in the first place. The grid reference follows the letters "GR" in the event information, and gives the 1km^2 area in which the venue is located. Grid refs are explained on all ordnance survey maps. For example, the GR for the bridge at Athlone is N 03 41.

The letters EOD indicate that entry on the day of the event is possible. In fact almost all events are EOD, but most pre-entry events will also have a limited number of courses available for EOD.

Where possible a contact telephone number has been given, for use in case of dire necessity, or if you have particular problems (bringing a bus, for instance, or not knowing what a re-entrant is*).

For some reason the Grade 1 event at Ballymahon in Co. Longford never took place. No explanatory communication has been received from the organisers, so I must apologise on behalf of Irish orienteering to anyone who went along expecting a competition.

(* A re-entrant is, of course, a small valley shown by a U-shape in the contours. Streams and orienteers often run down them. Controls have a habit of nestling in them.)

LEINSTER RANKING FOR 1984.

Since the beginning of 1984 new Age Groups have been introduced across the classes, necessitating the revision of the FACTORS used in calculating the Leinster Ranking.

I know that some people feel that the system used is rather complicated but in reality this is not so. Up till now it is the only system that I have come up with that enables classes with very few competitors (perhaps only one) to be meaningfully ranked in their own age group.

The Leinster Ranking List is not intended to be interpreted as a gospel - it is a service designed with the average orienteer in mind, ie. those who do not normally make the headlines yet who would like to have some idea of how they are progressing each year. Many of the elite orienteers already are aware of their standing simply from appearing regularly in the top listings in the press.

Several people have asked me about the method used in working out the points earned in any event. It has been explained previously in back issues of the Irish Orienteer but for newcomers and others I will try and make it as simple as possible.

To calculate your points there are three things you must know:-

1. The average Kilometre Speed (mins per k) of the top three M21A class at any particular event. Call this A.
   To get this figure you find the average time of the first three Leinster competitors and divide it by their course length in kms. As the terrain, climbing, weather etc; differs at each event it is necessary to calculate this each time in order to get a fair result. eg. Glencree in thick mist will result in much slower km times than Donadea on a fine spring day, and this should reflect across the classes.
2. Your own Course Length in kilometres. Call this CL
3. Your Age Class FACTOR. Call this F
   This factor has been worked out by using B.O.F. standards as to how each age class should perform in relation to elite M21s. However the machinations of this need not worry you - all you need to know is your own class FACTOR.

Now MULTIPLY 1x2x3 and you will obtain an IDEAL WINNING TIME for your Age Class. ie; A x CL x F.

A simple formula will then enable you to calculate your POINTS

$$P = 200 - \left(\frac{CT \times 100}{IWT} \right)$$

where P = Points
CT = Competitors time
IWT = Ideal Winning Time.

Below are the FACTORS for each class.

M60	2.3	W60	2.6
M55	1.9	W55	2.6
M50	1.7	W50	2.3
M45	1.5	W45	2.1
M40	1.3	W40	1.9
M35	1.2	W35	1.7
M21A	1.0	W21A	1.4
M21B	1.3	W21B	2.0
M19	1.2	W19	1.6
M17	1.3	W17	1.7
M15	1.4	W15	1.8
M13	1.6	W13	1.9
M11	1.9	W11	2.3
M10	2.6	W10	2.6

In quite a number of events several classes run the same course in which case it is possible for them to be ranked in the points for a higher class using the appropriate factor;

eg. H Course, M60, M55. J. Lynam can be ranked M60 and M55
J Course. M10, M11. T. Russell can be ranked M10 and M11

However this is a refinement on the system and need not be worried about. (J Lynam is an M60, T Russell is an M10)

There are two points I would like to make;

1. Course setters should try and set a suitable course for the appropriate age classes - see BOF specifications or contact the IOA secretary. Here there are gradings scaled from 1 - 5 in difficulty, for both physical and technical content. * IOA Bulletin
2. I would be grateful if the organisers of each Grade 1, 2 or Championship Event send me a copy of the results as soon as possible after the event. This should include details of Course Lengths and which Classes ran them. Also the names of non-finishers should be included.

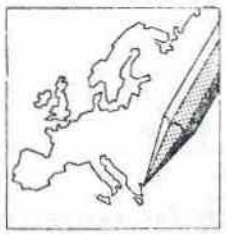
This year I hope to include kilometre times for each person as I have a person willing to play around with his computer.

It would be useful to me to have a list of everyones Date of Birth, so that when they change Age Groups I would know. This would also be invaluable when selecting certain teams where we could be benefited if certain people ran in a class in which they do not usually compete. Perhaps each club would compile a list of their own members and send it on to me.

I apologise if anyone got left out of the 1983 rankings. If they let me know or have any queries I would be pleased to rectify this.

I hope things are now more easily understood. Just remember the middle section of this article.

Diana Large. April '84.



EUROPEAN NOTEBOOK

At the World Ski-Orienteering Championships in Lavarone, near Trentino in Italy, Finland won both the Mens' and Womens' Individual races, with Sweden second in each, but the Swedes won both relays, with Finland second in each, and Norway third in the Men, Bulgaria third in the Women. The Mens' Individual was 20km with 620m climb, and was won in 105.14, while the Womens' Individual was 14.2 km with 390m climb, and was won in 83.29. Many countries found that they were unable to field enough runners (?) to make up full relay teams.

Silva of Sweden, the compass manufacturers, this year celebrate their 50th anniversary in the business. The brothers Bjorn and Alvar Kjellstrom and Ernst Tillander (not to be confused with Killander) started the company in 1934 and now manufacture more than one million compasses every year, 150 000 of them for orienteering. Interesting note (1): If a bubble appears within 18months of manufacture, Silva will replace the compass. Interesting note (2): Orienteering is a registered trade mark of Silva in the USA. Interesting note (3): Silva are a division of Johnson Wax. Silva also make marine, military and Mecca compasses.

SOME RESULTS OF INTEREST FROM THE IRISH CHAMPIONSHIPS:

Listed below are the times, in mins. per km, of the first three finishers in each class in the Irish Individual Championships:

Age class	MEN	WOMEN
10	14.67, 24.18, -	No finishers
11	13.07, 13.14, 21.49	17.08, 20.30, 21.78
13	12.21, 16,83, 17.58	12.25, 13.77, 14.15
15	8.88, 9.91, 9.94	14.21, 14.62, 15.67
17	9.20, 9.85, 10.66	12.22, 12.49, 12.68
19	10.21, 11.29, 11.75	19.15, 28.83, 29.67
21A	7.32, 7.35, 8.01	11.46, 13.88, 13.98
21B	9.48, 9.54, 10.38	13.13, 16.60, 18.35
35	9.65, 9.70, 10.37	14.18, 15.38, 15.61
40	11.55, 12.40, 12.76	28.87, - , -
45	13.63, 14.02, 15.37	20.05, 20.06, 22,65
50	15.21, 20.77, 21.67	26.36, 32,69, 37.88
55	13.47, 13.57, 14.92	- , - , -

Fastest m.p.k. 7.32 (M21A), 11.46 (W21A).
No Irish woman beat Susanne Clarke's 12.22 mpk in W17, with Tracey Eakin second fastest, with 12.25 mpk.
Closest finish: W45, with only 3 seconds separating Diana Large (GEN) from Hazel Convery of 3ROC.
Easiest finish: W19, with 60 mins 58 seconds separating the first two runners, Charlotte Bonar Law (GEN) and Rhona Sloane (3ROC).

28 clubs were represented at the event, as follows: (Finishers only)

Ulster: NWOC 32, LVO 24, Fermanagh 1, QUBOC 1.

Leinster: 3ROC 52, Curragh 18, Setanta 17, Ajax 16, ECO 10, GEN 10, DUO 8, Wesley 4, UCDO 2.

Munster: LeeO 20, Thomond 9, Cork O 8, Blackwater Valley 7, PIO 5, SO 5, UCCO 2, Kerry Orienteers 1, Tipperary Orienteers 1.

Connacht: Western Eagles 11, UCGO 1. + 4 British clubs, totalling 13 runners.

RESULTS of GEN Grade 2 Event, Carrickgollogan, Co. Dublin, March 18, 1984.

NON CLASSED 9.2 Km 410 Metres

				14. J Grey	3 ROC	148.41	NON CLASSED				
				15. D Grace		154.07	1. N Cantwell		79.14	NON CLASSED	
				16. T Foley	SBO	155.47	2. J Gillespie	UCDO	81.14	1. B Ellis	GEN 35.00
				17. K Bonar	ECO	157.46	3. L Diamond	GEN	85.41	2. P Leonard	38.15
				E Hume		Disq No 20	4. M Brennan	3 ROC	94.02	3. A Daly	40.58
				G Smith	3ROC	Disq No 21	5. S Carroll		132.25	4. J Collins	62.22
				S N/F			6. E Carroll	3 ROC	179.30	5. Rogan	70.07
							R Bonar Law	GEN	Disq No11	6. Gillespie	78.04
				M45			B Burke	GEN	Disq No 12	7. D.R, C, & J Murphy	80.17
				1. A Bonar Law	GEN	85.56	E Diamond	GEN	Disq No5	8. F & D MacNeil	3 ROC 84.18
				2. D Fitzpatrick	SET	103.58	10 N/F			9. G Staunton	3 ROC 105.22
				3. C Harrington	SET	109.55				10. D Moore	106.27
				4. P Walsh	SET	120.18	F COURSE 3.2 Km 145 Metres			11. D Cooke/C McCorrigan	AJAX 120.15
				5. J Bell		181.31				E Bradshaw	Disq Nos 7&8
							W13			P Griffin	Disq Nos 7&8
							1. K Convery	3ROC	82.13	E McGrath	Disq No 7
							2. K Gillespie	WO	85.12	G Redden	Disq Nos 7&8
										4 N/F	
							M13			WAYFARERS	
							1. N Carroll	3 ROC	46.31		
							2. C McConnell		66.54	1. H FitzPatrick	48.00
							3. C Taylor/T Keogh	CEO	79.32	2. Johnston	51.00
							4. D Johnston		82.00	3. Kennish Hanifin	53.00
							5. R Oates	CEO	96.46	4. M Devlin	60.00
							6. R Campion	CEO	105.46	5. Leonard	66.00
							1 N/F			6. P Herbert	69.00
										7. Daly	79.00
							NON CLASSED			8. Y Gear/E Spillane	80.00
							1. C Smyth		59.25	9. A Hilliard	92.00
							2. B Richardson	SET	67.04	G Mullett	92.00
							3. M Walsh		76.39		
							4. A O'Regan		76.17	11. Berry Family	GEN 95.00
							5. D.R,C, & J Murphy		80.17	12. M Dungan	100.00
							6. R Johnston		81.43	13. E Bell	GEN 123.00
							7. K Herbert		84.43	1 N/F	
							8. B Bond		85.22		
							9. P Roche/H Cregan		97.45		
							10. S Joyce/E Mullally	CEO	118.15		
							11. C O'Dea		126.53		
							12. C Tyner	3 ROC	128.07		
							13. Condon	3 ROC	136.06		
							14. A O'Dea		143.18		
							15. C Fitzgerald		149.18		
							D Block/E Trotman	CEO	Disq No 2		
							F Hewson		Disq Nos 1&7		
							Johnston		Disq No 7		
							Patricia M.		Disq Nos 1&2		
							4 N/F				

D COURSE 5.2 Km 215 Metres

W19				W17			M13				
1. C Carroll	3 ROC	115.39		1. H Walsh	CEO	144.56	1. N Carroll	3 ROC	46.31		
2. S Walsh	SET	127.11		2. J Mullett	MPO	288.00	2. C McConnell		66.54		
M35				2 N/F			3. C Taylor/T Keogh	CEO	79.32		
1. P Curran	Eco	148.02		W21B			4. D Johnston		82.00		
2. J De Lacy	Eco	Disq No 1		1. J MacGregor	AJAX	114.44	5. R Oates	CEO	96.46		
W40				4 N/F			6. R Campion	CEO	105.46		
1. N Carroll	3 ROC	91.47		W35			1 N/F				
2. B Hallowes	3 ROC	137.37		1. C Nuttall	LEE O	93.39	NON CLASSED				
3. N Maguire		137.50		2. J Keane	3 ROC	130.50	1. C Smyth		59.25		
4. H Inglis		163.18					2. B Richardson	SET	67.04		
5. C Carroll	3 ROC	205.21		W40			3. M Walsh		76.39		
				1. J Flegg	SET	96.30	4. A O'Regan		76.17		
C COURSE 6.5 Km 240 Metres				2. M Higgins	SET	137.31	5. D.R,C, & J Murphy		80.17	GEN	95.00
				C O'Neil	GEN	Disq No 17	6. R Johnston		81.43		100.00
W21				1 N/F			7. K Herbert		84.43	GEN	123.00
1. E Loughman	GEN	76.33					8. B Bond		85.22		
2. C Murtagh	SET	98.57		M15			9. P Roche/H Cregan		97.45		
3. A Hallowes	3 ROC	99.09		1. F Humphreys		171.00	10. S Joyce/E Mullally	CEO	118.15		
4. W McCormack	GEN	100.05		1 N/F			11. C O'Dea		126.53		
5. M MacPherson	ECO	102.44					12. C Tyner	3 ROC	128.07		
6. P Reidy	ECO	167.38		M50			13. Condon	3 ROC	136.06		
1. S Ryan	SET	123.37		1. S Kulldorff	SET	90.41	14. A O'Dea		143.18		
1 Non- Finisher				2. M Hewson	GEN	138.01	15. C Fitzgerald		149.18		
				S Rothery	3 ROC	Disq Nos 8&	D Block/E Trotman	CEO	Disq No 2		
				1 N/F							
W21B				M - NON CLASSED			F Hewson		Disq Nos 1&7		
1. B Power	SET	95.52		1. Tallon & Kennedy		90.15	Johnston		Disq No 7		
2. O Brogan/P Hall		100.32		2. A MacGregor	AJAX	92.31	Patricia M.		Disq Nos 1&2		
3. E Hudson	ECO	102.40		3. J Dunlop		125.22	4 N/F				
4. M. D ?	ECO	104.10		4. M McDonagh	CO	263.40					
5. G Gartland	ECO	106.30		6 N/F			G COURSE 2.5 Km 100 Metres				
6. G Tubritt	ECO	108.20									
7. B Brogan		109.00		W45			M10				
8. A Brogan		117.26		1. M Moran	GEN	77.37	1. J Staunton	3 ROC	103.21		
9. K Brogan		117.55		2. R Darley	GEN	84.16					
10. J Daly	ECO	119.33		3. H Convery	3 ROC	87.12	M11				
11. S Neiland	ECO	131.58		4. P May	3 ROC	111.56	1. D Tyner	3 ROC	36.40		
12. G Rice	ECO	134.58		1 N/F			2. J Carroll	3 ROC	71.46		
13. D Pollock		136.23									

CONNACHT RELAYS 1984. COURSE A. SATURDAY 3rd MARCH. MOUNTBELLEW.

NO.	CLUB	TEAM NAME	LEG I	TIME	LEG 2	TIME	LEG 3	TIME	TOTAL	REMARKS
1.	3ROC	3 ROC 1	A1 J. McCullough	37.33	A2 J. May	34.26	A3 R. Cleary	39.42	111.41	Editor's note: 3ROC in fact finished first and second, Curragh third & Ajax fourth.
2.	CO	Curragh Doglegs	A2 F. McCormack	35.00	A3 F.O'Leary	49.05	A1 T. Lawlor	39.05	123.10	
3.	3ROC	3ROC "The A Team"	A3 P. Kernan	34.13	A1 B. Dalby	41.21	A2 P. Walsh	51.37	127.11	
4.	AJAX	Rockbusters	A2 E. Rothery	33.56	A3 O. Cooke	50.37	A1 P. O'Brien	42.59	127.32	
5.	CORK O	CORK O I	A1 D. Calnan	42.44	A2 P. Waldron	41.50	A3 S. Cotter	43.48	128.22	
6.	ECO	ECO (A)	A2 D. Ready	37.36	A3 G. O'Dowd	46.54	A1 T. Russell	45.43	130.13	
7.	UCCO	Gasus	A2 C. O'Halloran	39.56	A3 R. Kavanagh	33.09	A1 K. Kelly	62.36	135.41	
8.	Setanta	Setanta A1	A2 D. Deasy	39.07	A3 T. Caffrey	53.57	A1 R. Poff	49.17	142.21	
9.	3ROC	Three Degrees	A1 O. Creagh	44.27	A2 L. Donovan	56.39	A3 B. O'Conner	48.32	149.38	
10.	DUO	DUO I	A3 M. Donovan	45.52	A1 J. Shumeister	54.40	A2 K. Davies	50.19	150.51	
11.	3ROC	The Dolly Partons	A1 J. Martindale	54.28	A2 T. McGrath	52.48	A3 B. Phelan	49.44	157.00	
12.	WEOC	WEOC	A1 P. Monaghan	44.24	A2 M. Cahalan	55.40	A3 B. Higgins	61.52	161.56	
13.	ECO	ECO (B)	A3 J. Mockler	39.54	A1 M. Dee	67.21	J. Delaney	60.56	168.11	
14.	SET	Setanta Harriers	A2 W. Kee	72.13	A3 P. Smyth	48.28	A1 J. Keogh	48.37	169.28	
15.	DUO	DUO	A1 H. Woods	67.10	A2 B. Corbette	38.29	A3 Butterfield	65.21	171.00	
16.	C'ume	Custume O (B)	A1 N. Donagh	66.53	A2 J. McKenna	64.32	A3 P. Ryan	49.41	181.06	
17.	CO	CO A	A3 I. Hanna	61.46	A1 M. Lynch	55.24	A2 P.J. Harris	63.57	181.07	
	UCCO	Terrible Twins	A3 M. Hill	90.30	A1 D. Lucey	-	-	-	-	-
	CO	Curragh A	A3 W. Young	33.26	A1 P. Farrelly	42.04	A2 P. Healy	37.30	113.01	- Mispunched
	UCGO	UCGO	A3 J. Crowley	45.44	A1 N. Scott	51.24	A2 M. Kiernan	61.27	158.32	- "
	ECO	ECO (C)	A2 K. Slevin	39.33	A3 K. McDonald	81.18	A1 E. Madson	60.07	180.58	- "
	LEEO	Lee 'O' Trio	A3 S. Morrish	50.57	A1 J. Buckley	-	A2 R. Morrish	-	-	
	UCCO	Lone Ranger	A1 TO'Gorman	76.21	-	-	-	-	-	-
	UCCO	Meanderers	A2 A. Corridon	75.35	A3 A. Goggin	65.19	-	-	-	-
	KO	KO	A1 R. Costelloe	-	A2 O. Finlayson	147.43	A3 K. Mulcahy	-	-	-

CONNACHT RELAYS 1984. COURSE B. SATURDAY 3rd MARCH. MOUNTBELLEW.

NO.	CLUB	TEAM NAME	LEG I	TIME	LEG 2	TIME	LEG 3	TIME	TOTAL	REMARKS
1.	3ROC	Bobs Lads	B1 A. Tyner	36.28	B2 M. Crowe	32.04	B3 T. Gillispie	40.56	109.28	
2.	AJAX	Generies	B1 D. NiChallanain	33.52	B2 E. Niland	42.18	B3 C. Lyons	40.29	116.39	
3.	LEEO	Lee 'O' Tards	B2 C. NutTall	38.51	B3 M. Rohan	51.09	B1 P.Long	36.54	126.54	
4.	3ROC	3 ROC 6	B1 N. Creagh	40.36	B2 C. Carroll	47.11	B3 Con Carroll	57.22	145.09	
5.	LEEO	Lee Multiples	B2 Una Morrish	51.06	B3 U. Morrish	58.39	B1 A. Morrish	37.10	146.55	
6.	SET	SET B	B2 C. Murtagh	38.09	B3 F. Murphy	47.04	B1 J. Bent	71.21	156.34	
7.	3ROC	3 ROC Racers	B3 P. Keane	62.16	B1 J. Creagh	56.54	B2 J.Keane	39.12	158.22	
8.	CORK O	Bright Sparks	B3 L. Deane	48.15	B1 B. Coleman	61.54	B2 M. Curran	61.34	171.43	
9.	C'ume	Custume O	B3 M. Dooley	53.51	B1 T. O'Duinn	64.32	B2 C. O'Duinn	55.02	173.25	
10.	WE	WE	B3 T. Cahalan	45,28	B1 J. Higgins	62.34	B2 F. Hynes	95.38	203.40	
	LEE O	Lee Lads	B1 N. Morrish	37,16	B2 J. Riordan	57.14	B3 L. Meagher	76.09	170.39	Mispunched
	LEE O	Lee Ramblers	B2 A. O h-Uigin	42.10	B3 C. O h-Uigin	52.38	B1 M.T. O hUigin	55.52	150.40	"
	ECO	27	B1 G. Tubbritt	44.58	B2 P.J. Curran	48.18	B3 J. Flood	61.50	155.06	"
	BSO	BSO	B3 J. O'Neill	48.42	B1 N. Doolam	93.53	B2 A. Breathnach	28.13	170.48	-
	SET	Set B2	B2 S. Killdorff	39.01	B3 R. Fleynn	60.14	B1 J. Bent	-	-	-

CONNACHT RELAYS 1984. COURSE C. SATURDAY 3rd MARCH. MOUNTBELLEW

O.	CLUB	TEAM NAME	LEGII	TIME	LEG 2	TIME	LEG 3	TIME	TOTAL	REMARKS
.	WO	Ludford Lookers	C1 S. Good	36.39	C2 K. Gillispie	35.31	C3 V. Crowe	45.23	117.33	
.	AJAX	Pigs in Space	C2 A. Masterson	23.33	C3 H. McCutcheon	36.19	C1 E. Niland	60.29	120.21	
.	BSO	BSO I	C3 T. Corrigan	54.26	C1 T. Barry	46.44	C2 J. Gleeson	52.20	142.30	
.	ECO D	ECO 'D'	C2 D. Murphy	31.00	C3 D. Watts	94.42	C1 B. McEneaney	45.38	171.20	
	3 ROC	3 ROC Bombers	C3 H. Creagh	25.46	C1 T. Bakin	58.55	C2 V. Creagh	22.34	107.17	Mispunched
	CORK	CORK	C1 C. Coleman	21.07	C2 -	-	C3 -	-	-	-
	WE O	Blue Nuns	C1 M. Fitzgerald	30.14	C2 N. Ruane	33.44	C3 U. NiChaoimh	43.12	117.15	Mispunched
	SET	Ad Hoc	C3 A O'Neill	55.11	C1 F. White	-	C2 -	-	-	-

CONNACHT INDIVIDUAL CHAMPIONSHIPS 1984. SUNDAY 4th APRIL. BALLYGAR.

COURSE A M21A 11.5K

1.	W. Young	CO	74.21
2.	J. May	3ROC	75.51
3.	D. Reidy	ECO	77.00
4.	P. Healy	CO	77.03
5.	E. Rothery	AJAX	79.42
6.	P. Kernan	3ROC	80.01
7.	P. Farrelly	CO	83.16
8.	B. O'Neill	CO	89.28
9.	J. McCullough	3ROC	92.19
10.	D. Calnan	CORK O	92.21
11.	J. Warde	FERM	92.31
12.	C. O'Halloran	UCC O	93.00
13.	N. Finlay	AJAX	93.16
14.	G. Byrne	CO	93.17
15.	R. Cleary	3ROC	94.29
16.	P. Waldron	CORK O	96.38
17.	K. McDonald	ECO	97.05
18.	P. Monaghan	WE	99.00
19.	M. Donovan	DUO	99.51
20.	S. Morrish	LEE O	100.12
21.	P. Cadogan	CORK O	101.27
22.	C. McCarty	CORK O	101.30
23.	T. O'Sullivan	CO	105.09
24.	D. Hogan	UCG O	106.09
25.	A. Bell	GEN	107.00
26.	I. McNeill	3ROC	108.10
27.	J. DeLacy	ECO	111.30
28.	D. Deasy	SET	112.30
29.	B. Dalby	3ROC	117.53
30.	N. Rice	AJAX	118.45
31.	M. Cahalan	WE/RTC	119.59
32.	F. O'Leary	CO	123.01
33.	J. Crowley	UCGO	123.04
34.	G. Dunne	THO	123.35
35.	K. Davies	DUO	126.21
36.	J. Scholmeister	DUO	126.45
37.	R. Costelloe	KERRY O	127.16
38.	T. Corrigan	BSO	127.24
39.	M. Kiernan	UCGO	128.31
40.	A. Butterfield	DUO	131.48
41.	B. Corbette	DUO	133.30
42.	R. Poff	SET	134.14
43.	N. Nugent	DUO	139.55
44.	P. Lalor	CO	154.41
45.	M. Murphy	BSO	164.30
46.	T. Cleary	WE	165.56
47.	K. Kelly	UCCO	178.19
48.	P. McNamara	THO	181.24

3 non-finishers

COURSE B W21A 8.8K

1.	O. Cooke	AJAX	86.29
2.	D. NíChallanain	AJAX	94.11
3.	A. Savage	LUO	96.16
4.	H. Wood	DUO	101.13
5.	J. Martindale	3ROC	101.27
6.	C. Murtagh	SET	104.11
7.	H. McCutcheon	AJAX	106.31
8.	C. Lyons	AJAX	110.09
9.	A. Masterson	AJAX	110.48
10.	E. Deane	CORKO	122.27
11.	M. Rohan	LEE O	126.32
12.	O. Finlayson	KERRY	141.15
13.	C. Monaghan	WE	143.18

COURSE B M35 8.8K

1.	S. Cotter	CORK O	63.50
2.	A. Flegg	SET	65.45
3.	E. Wilson	LUO	66.08
4.	T. Russell	ECO	75.51
5.	E. Niland	AJAX	82.48
6.	F, McCormack	CO	83.57
7.	A. Price	WE	85.36
8.	D. Kennedy	3ROC	85.13
9.	D. Connell	-	102.25

COURSE B M19 8.8K

1.	L. Donovan	3ROC	75.20
2.	O. Creagh	3ROC	81.44
3.	B. O'Connor	3ROC	84.21
4.	P. Walsh	3ROC	88.24
5.	D. Dunne	PLO	93.56
6.	D. Lucey	UCCO	144.00
7.	P. Corolan	ECO	178.01
8.	P. Irwin	ECO	181.01
9.	D. Reidy	WE	205.20
10.	J. Hanley	WE	218.42

7 non-finishers

COURSE C M17 6.4K

1.	M. Malone	3ROC	50.40
2.	F. Barry	3ROC	58.48
3.	D. Stokes	3ROC	54.20
4.	B. Molloney	CO	64.25
5.	M. Crowe	3ROC	64.59
6.	C. O hÚigin	LEEO	103.40
7.	M. Hill	UCCO	118.13
8.	T. Barry	BSO	126.02
9.	P. McGrath	BSO	155.44

COURSE C M40 6.4K

1.	A. Shaw	THO	53.55
2.	H. Quirke	CO	58.23
3.	T. McGrath	3ROC	60.22
4.	F. Martindale	TO	65.58
5.	p. Long	LEEO	66.29
6.	T. Hudson	ECO	94.30
7.	P. Keane	3ROC	104.43
8.	N. Conerney	WE	111.08
9.	N. Donagh	CUST	130.47

COURSE C M21B 6.4K

1.	G. Smith	3ROC	59.17
2.	J. Kehoe	SET	68.23
3.	B. Phelan	3ROC	69.07
4.	P. Smyth	SET/UCDO	71.30
5.	T. Caffrey	SET	73.30
6.	T. Walshe	THO	75.55
7.	PJ Curran	ECO	82.41
8.	W. Kee	SET	83.40
9.	H. Savage	LWO	87.12
10.	M. Breanan	CUST O	88.35
11.	J. Kinneen	WE	88.47
12.	D. McCormack	THO	89.10
13.	J. Daly	ECO	90.45
14.	M. Dee	ECO	91.40
15.	J. Flood	ECO	94.28
16.	C. Dolan	THO	95.11
17.	N. Clarke	THO	95.29
18.	- Tobbritt	ECO	100.58
19.	J. Mockler	ECO	102.12
20.	E. Hudson	ECO	106.33
21.	T. O'Gorman	UCCO	115.12
22.	B. McEaney	ECO	135.24

MISC.

1.	F. McGoldrick	THO	112.46
2.	E. Hume	-	135.38

6 non-finishers

CONNACHT INDIVIDUAL CHAMPIONSHIPS 1984. SUNDAY 4th MARCH. BALLYGAR

COURSE D M15 5.2K

1.	A. Tyner	3ROC	45.11
2.	R. Morrish	LEEO	45.41
3.	F. Malone	3ROC	54.39
4.	C. Carroll	3ROC	56.49
5.	A. O hÚigin	LEEO	63.11
6.	C. O Duinn	CUST O	67.45
7.	G. Martindale	THO	75.47
8.	D. Conerney	WE	81.17
9.	V. Lawless	WE	109.14

COURSE D W17 5.2K

1.	E. Flegg	SET	54.11
2.	U. Morrish	LEEO	61.30
3.	S. Clarke	3ROC	62.01
4.	U. Morrish	LEEO	67.34

COURSE D W21B 5.2K

1.	K. Mulcahy	KERRY	52.56
2.	M. Collison	THO	61.48
3.	F. Daly	WE	64.41
4.	N. Ruane	WE	70.59
5.	M. Curran	CORKO	82.57
6.	B. Coleman	"	87.01
7.	N. Woolan	DUO	87.23
8.	M. NíChaoimh	WE	88.46
9.	J. Morrisey	GEN	90.40
10.	F. Murphy	SET	94.37
11.	C. Coleman	CORKO	101.13
12.	P. Reidy	ECO	108.40
13.	M. Ring	WE	122.39
14.	Angela Goggin	UCCO	150.39
15.	Ann Goggin	"	153.34

COURSE D W35 5.2K

1.	C. Nutall	LEEO	58.05
2.	J. Flegg	SET	67.11
3.	A. Wilkinson	WE	94.43
4.	J. Keane	3ROC	100.06

COURSE D M45 5.2K

1.	C. Dunlop	SET	55.36
2.	C. Tyner	3ROC	71.24
3.	M. Dooley	SBO	73.02
4.	J. Riordy	LEEO	107.20

MISCELLANEOUS.

1.	C. Crowe	WO	64.59
2.	J. Higgins	WE	69.15
3.	N. Bohan	CO	69.48
4.	S. Hynes	WE	76.52
5.	C. Coughlan	-	79.53
6.	G. Warde	-	83.32
7.	D. McManus	WE	84.52
8.	S. Finnerty	-	89.00
9.	K. Jordan	WE	112.10
10.	D. Murphy	-	114.00
11.	B. York	-	114.20
12.	P. McWilliams-		135.20

6 non-finishers

COURSE E M13 2.8K

1.	N. Flegg	SET	27.49
2.	E. Quirke	CO	35.12
3.	S. Good	WO	49.42
4.	M. Ruane	WE	60.30

COURSE E W15 2.8K

1.	A. Morrish	LEEO	20.48
2.	U. Creagh	3ROC	27.18

MISCELLANEOUS.

1.	L. Maher	LEEO	43.16
2.	C. McCarthy	CORK	43.43
3.	B. O'Neill	-	72.28
4.	C. McManus	WE	100.14
	G. McManus	WE	

2 non-finishers

COURSE F W13 2.5K

1.	T. Eakin	3ROC	26.00
2.	H. Creagh	3ROC	31.00
3.	V. Crowe	WO	42.47
4.	K. Gillespie	WO	48.48
5.	A. Rice	AJAX	54.22

M11

1.	D. Tyner	3ROC	62.17

4 non-finishers

COURSE I M55 3.0K

1.	N. Morrish	LEEO	31.00
2.	J.H. Newman	GEN	45.04

COURSE G M10 1.6K

1.	E. Niland	AJAX	21.22
2.	S. Dou--	SBO	61.02

W11

1.	J. Wilson	LUO	29.35

MISCELLANEOUS

1.	Kelly/Ryan	-	51.17
2.	C. Heavey	-	96.05

COURSE H M50 3.5K

1.	S. Kulldorff	SET	38.30
2.	M.T.O'hÚigin	LEEO	45.15
3.	C. Carroll	3ROC	46.47
4.	J. Creagh	3ROC	50.03
5.	T. O'Duinn	CUST O	57.50
6.	P. Lawless	WE	62.27

W40

1.	M. Higgins	SET	56.35

MISCELLANEOUS

1.	McKenna	-	54.32
2.	E. Conroy	-	91.50
3.	J. Cunningham	-	96.43

COURSE I W45 2.0K

1.	D. Large	GEN	32.13
2.	N. Creagh	3ROC	33.59

W50

1.	H. Newman	GEN	40.33
2.	M. Morrish	leeO	57.27
3.	F. White	SET	57.45

Leinster Championships

RESULTS OF CURRAGH GRADE 1 EVENT - HAIRYMAN'S BROOK

SUNDAY, 25th MARCH 1984

A COURSE - 12.6 Km 455m
M 21A

1.	E. Rothery	AJAX	97.33
2.	J. Martensson	ALMBY SWED	97.52
3.	J. May	3 ROC	98.21
4.	W. Young	CURR	99.43
5.	D. Reidy	ECO	105.19
6.	P. Kiernan	3 ROC	105.35
7.	C. Gustavson	OVS SWED	108.55
8.	P. Higgins	W EOC	116.16
9.	B. Dalby	3 ROC	122.24
10.	W. McAuliffe	AJAX	123.36
11.	R. Cleary	3 ROC	125.45
12.	M. Donavan	DUO	132.59
13.	R. O'Shea	CURR	133.21
14.	B. O'Neill	CURR	136.19
15.	N. Rice	AJAX	141.46
16.	P. Otterbjork	SV SWED	143.06
17.	N. Finlay	AJAX	143.15
18.	P. Nash	BVOC	143.41
19.	P. Monaghan	W EOC	145.18
20.	P. Redmond	SET	150.27
21.	R. Poff	SET	152.08
22.	G. Dunne	THO	156.22
23.	K. Davies	DUO	156.24
24.	J. Schulmeister	DUO	159.28
25.	P. Maguire	CORK	160.21
26.	D. Barry	GEN	162.59
27.	D. Hickey	CURR	167.03
28.	A. Bell	GEN	168.01
29.	I. McNeill	3 ROC	173.37
30.	T. Cleary	W EOC	180.54
31.	A. Butterfield	DUO	181.00
	G. O'Dowd	ECO	NF
	B. Corbett	DUO	NF
	D. Deasy	SET	NF
	M. Carr	SET	NF
	P. Conroy	3 ROC	NF
	P. Cadogan	CORK	NF

B COURSE - 9.1 Km 270m
M 35

1.	E. Wilson	LVO	78.44
2.	T. Russell	ECO	89.14
3.	T. McCormack	GEN	96.07
4.	L. Roe	3 ROC	96.18
5.	K. Buckley	SET	99.42
6.	E. Niland	AJAX	100.25
7.	T. Hodson	ECO	102.40
8.	B. Power	SET	115.44
9.	D. Doyle	SET	131.40
10.	D. O Brolochain	SET	144.00
11.	P.J. Curran	ECO	151.53
12.	J. Meade	3 ROC	176.57
13.	J. Gray	3 ROC	192.50
	J. O'Brien	AJAX	NF

C COURSE - 8.9 Km 280m
W 21A

1.	K. Rabe	ALMBY SWED	83.12
2.	E. Loughman	GEN	96.54
3.	M. Thornhill	GEN	100.17
4.	A. Savage	LVO	103.56
5.	O. Cooke	AJAX	106.27
6.	D. Ni Challanain	AJAX	109.05
7.	R. White	SET	119.34
8.	P. Murphy	3 ROC	123.52
9.	C. Murtagh	SET	128.47
10.	A. Hallows	3 ROC	130.00
11.	F. Daly	CURR	131.20
12.	J. Flanagan	B. ST	135.26
13.	M. Turley	3 ROC	135.54
14.	C. Lyons	AJAX	136.59
15.	E. Deane	CORK	137.23
16.	T. Horan	AJAX	139.48
17.	A. Masterson	AJAX	143.43
19	S. Dempsey	B. ST	163.56
20.	H. Wood	DUO	181.38
21	M. O'Brien	SO	190.08
	J. Martindale	3 ROC	NF
18	M. Heapes	GEN	151.04
	C. Lynham	Wrong No 15	

C COURSE -
M 19

1.	O. Creagh	3 ROC	87.45
2.	L. Donovan	3 ROC	93
3.	R. O'Gorman	CURR	93.22
4.	J. Pim	CURR	99.43
5.	D. Meally	CURR	104.52
6.	J. Walsh	SET	116.04
7.	-	PLO	117.01
8.	B. O'Connor	3 ROC	118.50
9.	J. Dunlea	CURR	135.19
10.	P. McWey	PLO	137.25
11.	M. Devereaux	PLO	151.11
12.	J. Downey	ECO	154.19
13.	R. Byrne	CURR	157.31
14.	J. Butler	CURR	160.47
15.	R. Duggan	CURR	168.44
16.	W. Hayes	CURR	177.41
17.	A. Dempsey	CURR	183.41
18.	B. Ryan	CURR	185.26
19.	A. Caffrey	CURR	188.42
20.	P.J. Doherty	CURR	200.44
21.	J. Ahern	CURR	204.18
22.	E. Butler	CURR	249.20

NF

L. Kemp (ECO) W. O'Hara (CURR) P. McCarthy
M. Lyons(CURR) R. Markey (CURR) S. Murphy
K. Mannion(CURR) D. O'Brien(CURR) P. Murphy

D COURSE - 8 Km 290m
M 21B

1.	T. Caffrey	SET	82.00
2.	J. DeLacy	ECO	83.05
3.	K. Walsh	SET	88.28
4.	S. McGibbon	LVO	89.37
5.	A. Corcoran	GEN	90.58
6.	K. McDonald	ECO	95.43
7.	D. Fitzpatrick	DUO	96.03
8.	G. Smith	3 ROC	97.43
9.	J. Keogh	SET	99.03
10.	P. Smyth	SET	99.20
11.	M. McAuliffe	3 ROC	100.31
12.	B. Higgins	W EOC	100.35
13.	Heaney	SO	101.46
14.	G. Parker	3 ROC	103.39
15.	W. Kee	SET	107.08
16.	K. Slevin	ECO	107.20
17.	T. Walsh	PLO	110.13
18.	D. Corrie	AJAX	110.32
19.	C. Conway	SET	110.40
20.	D. Thornhill	GEN	113.26
21.	J.F. Murphy	ECO	115.02
22.	J. Daly	ECO	115.59
23.	D. Larkin	3 ROC	119.29
24.	N. Clarke	THO	120.11
25.	P. Farrell	ECO	123.14
26.	B. Bough	SET	124.17
27.	E. Hudson	ECO	131.30
28.	J. Walsh	DLSO	132.06
29.	T. Foley	SBO	137.15
30.	McCarthy	SO	169.09
31.	F. Keogh	SET	176.13
32.	G. Tubbritt	ECO	178.38
33.	E. O'Dowd	SO	179.41
34.	J. Grinston	SO	183.07
	B. McAnenny	ECO	NF
	S. Cahalan	W EOC	NF
	A. MacGregor	AJAX	NF

F. COURSE - 6.1 Km 200m
W 35

1.	W. McCormack	GEN	76.15
2.	B. Flanagan	3 ROC	85.00
3.	R. Bent	SET	96.08
4.	M. Walsh	3 ROC	100.20
5.	J. Keane	3 ROC	123.41
6.	T. Russell	ECO	139.31
7.	M. Bohan	LEE O	161.00
	T. Jones	ARW	NF

F COURSE
W 40

1.	J. Flegg	SET	87.43
2.	R. Shaw	11R&S	97.19
3.	M. Higgins	SET	117.06
	C. O'Friel	GEN	NF
	T. Maguire	11R&S	NF

D COURSE -
M 17

1.	J. Riordan	LEE	68.54
2.	D. Stokes	3 ROC	77.19
3.	N. Bohan	CURR	78.30
4.	M. Malone	3 ROC	87.16
5.	F. Barry	3 ROC	88.03
6.	M. Crowe	3 ROC	91.11
7.	F. Malone	3 ROC	105.00
8.	L. Hourigan	CURR	136.20
9.	P.J. Martin	ECO	143.40
10.	W. Hunt	CURR	146.03
11.	P. McLoughlin	CURR	156.24
12.	F. Costelloe	CURR	161.31
13.	D. Swan	CURR	167.27
14.	M. Hearns	CURR	170.64
15.	G. O'Shea	CURR	182.53
16.	J. Ging	CURR	192.48
17.	C. Maher	CURR	210.11
18.	T. Davis	CURR	217.50

NF:

T. O'Riordan *(CURR) K. McCarthy *(CURR)
M. Duncan *(CURR) B. Norton *(CURR)
P. Duffy *(CURR) B. Mullowney*(CURR)
G. O Tiarnaigh*(CURR) G. Donohue *(CURR)
T. O'Connor *(CURR) B. Rowe (3 ROC) NF

*No 14 Control Wrong

E COURSE - 7.6 Km 250m
M 40

1.	P. McCormack	GEN	72.23
2.	A. Flegg	SET	72.45
3.	A. Shaw	THO	79.31
4.	P. Flanagan	3 ROC	81.58
5.	T. McGrath	3 ROC	82.05
6.	N. Carroll	3 ROC	92.46
7.	D. Kennedy	3 ROC	93.05
8.	B. Hallowes	3 ROC	103.49
9.	D. Stokes	ARD	107.29
10.	S. Ryan	SET	108.08
11.	J. Garvey	ARW	113.05
12.	M. Kiernan	ARW	118.54
13.	P. Keane	3 ROC	124.06
14.	H. Inglis		124.48
15.	C. Harrington	SET	125.23
16.	V. Carroll	ARW	126.23
17.	A. Dennis	ARW	132.40
18.	M. O'Brien	ARW	167.20
19.	K. Gould	CURR	174.52
20.	J. Blade	CURR	182.48
21.	K. Mayne	ARW	202.47
	N. Price		NF
	P. Harrington		20.00 R
	H. Seymour	LO	179.20 R

E COURSE - 7.6 Km 250m

M 45

1.	A. Bonar Law	GEN	91.12
2.	C. Tyner	3 ROC	92.22
3.	C. Dunlop	SET	99.43
4.	M. Dooley	SBO	100.45
5.	M. Lunt	GEN	100.59
6.	P. Harrington		122.83
7.	J. Bent	SET	125.09
8.	C. Harrington	SET	125.23
9.	B. Yorke	CURR	146.45
10.	J. Donnelly	CURR	148.45
11.	M.J. Bell	ECO	156.48
	P. Kilfeather	SET	NF

G COURSE - 4.9 Km 185m

M 50

1.	P. Walsh	SET	61.24
2.	S. Kulldorf	SET	65.53
3.	D. Quinn	GEN	72.39
4.	E. Hume		75.40 NC
5.	G. May	3 ROC	86.52
6.	C. Carroll	3 ROC	91.30
7.	B. Duffy	3 ROC	102.02 NC
8.	T. O Duinn	CUS	113.19
9.	T. Creagh	3 ROC	130.13
10.	J. O'Brien	AJAX	195.21
	P. Stephens	3 ROC	NF
	S. Rothery	3 ROC	NF

G COURSE

W 45

1.	D. Large	GEN	72.22
2.	N. Creagh	3 ROC	86.02
3.	H. Convery	3 ROC	92.15
4.	M. Moran	GEN	136.48
5.	P. May	3 ROC	152.20

G COURSE

M 55

1.	J. Lynam	3 ROC	65.38
2.	M. Hewson	GEN	83.31
3.	D. Rowe	3 ROC	86.16
4.	J.H. Newman	GEN	97.21

G COURSE

W 50

1.	H.W. Newman	GEN	105.46
2.	F. White	SET	106.46
3.	V. Rowe	3 ROC	158.35

L COURSE

M 13

1.	N. Carroll	3 ROC	44.40
2.	E. Quirke	CURR	49.00
3.	S. Goop	WO	74.25
4.	D. Lillis	DLSO	75.52
5.	H. O'Brien	AJAX	80.51
6.	C. O'Carroll	SET	81.38

J COURSE

W 21B

1.	H. Johnston	LVO	68.48
2.	R. Roche	GEN	82.28
3.	E. McGoldrick	THO	86.06
4.	J. McGregor	AJAX	92.43
5.	R. Sloane	3 ROC	95.54
6.	J. Kelly	UCDO	99.39
7.	P. Reidy	ECO	112.09
8.	H. Stewart	LVO	116.09
9.	E. Bell	GEN	125.51
10.	A. O'Neill	SET	128.31
	D. Roche	GEN	147
	D. Moore	GEN	154
	E. Conroy		
	P. Reboul		
	J. Morrissey	GEN	

K COURSE

M 15

1.	A. Tyner	3 ROC	62.17
2.	C. Carroll	3 ROC	63.47
3.	F. Malone	3 ROC	66.18
4.	T. Gillespie	3 ROC	81.00
5.	C. O Duinn	CUST	114.00
6.	A. Green	UCDO	116.00
7.	P. Irwin	ECO	127.00
8.	P. Dennehy	ARW	128.00
9.	P. Pettigrew	CO	135.00
10.	K. Kelly	ARW	138.00
11.	J. Molloy	ECO	146.00
	J. Collins		No 7
	D. Williams	ARW	149.46
	A. O'Driscoll		NF
	A. Crawford	ARW	NF

K COURSE

W 17

1.	S. Clarke	3 ROC	66.18
2.	M. Convery	3 ROC	89.55
3.	N. Carroll	3 ROC	138.29
	M. Lynch	3 ROC	DNF
	N. Doyle	NIHE	DNF

L COURSE

W 13

1.	T Eakin	3 ROC	44.58
2.	K. Gillespie	WO	51.59
3.	V. Crowe	WO	60.07
4.	H. Creagh	3 ROC	62.36
5.	A. Rice	AJAX	63.06
7.	P. Gargan	AJAX	81.52
8.	B. Roberts	DLSO	84.18
	M. Kelleher	DLSO	NF
	E. Kennedy	SET	Disq (No 9

J COURSE -

W 15

	U. Creagh	3 ROC	68.30

M COURSE

W 11

1.	K. Convery	3 ROC	40.46
2.	C. Malone	3 ROC	45.29
3.	M. Mulcahy	CO	80.32
4.	J. Wilson	LVO	87.18
5.	D. Jackson	CO	109.16

M COURSE

M 11

1.	P. Tyner	3 ROC	36.48
2.	T. Russell	ECO	37.69
3.	B. Richardson	SET	44.04
4.	J. Galligan	SET	71.14
5.	P. Thornton	DLSO	79.37
	S. Carroll	3 ROC	NF

N COURSE

M 10

1.	E. Niland	AJAX	34.12
2.	E. Shaw	THOMOND	44.42
3.	F. Dooley	SBO	45.02

O COURSE - Wayfarers

1.	C. Roche	3 ROC	67.59
2.	A. Rice	AJAX	68.13
3.	K. O'Neill	OAK	89.24
4.	A. Hayden	OAK	98.00
5.	T. Sommer	CURR	100.44
6.	[illegible] Schwer		100.50
7.	E. Martin	CURR	100.51
8.	[illegible] McDevitt	CURR	100.52
9.	J. Travers	CURR	100.53
	A. Camill	WEO	NF
	Kilfeather	SET	NF
	P. Redmond		NF
	A. Mulcahy	CURR	NF
	P. McFinery	SET	NF
	P. O'Brien	AJAX	NF
	A. O'Connor	GEN	NF

Organisers Comments

Firstly, thanks to all of you who participated in the Championships. Once again, the weather was a little unkind to us, particularly early in the day. Nevertheless this did not dampen spirits too much on both the organising side and that of the participants. One area of disappointment for me however was the problems with late entries. Here I am probably echoing previous organisers who have encountered similar problems in this area. Despite having the closing date for entries as late as possible, and making entry as straightforward for competitors, there was a sizeable percentage of late entries. Particularly disappointing here was late entry by some of our top orienteers.

So, please, in future remember the organisers.

Finally, thanks to all who helped to make the day a success and a special thank you to Ted McGrath who probably still is suffering from writer's cramp after signing the certificates of achievement. People who have yet to receive their certificates can collect same from either myself or Frank O'Leary, at the events in the coming weeks.

H. Quirke

PARTIAL SPONSORSHIP WAS PROVIDED BY BANK OF IRELAND, NEWBRIDGE

LEE O v. NWOC : IRISH ORIENTEER TROPHY/ COMPASS SPORT CUP SEMI-FINAL RESULTS.
Stranahely, Co. Wicklow, March 25th 1984, in conjunction with the Leinster Championships. Thanks to Curragh Orienteers for facilitating both clubs.

D Course.

1.	R.Kidd	NWOC	63.59
2.	J.Riordan	LEE	68.54
3.	C.O'Halloran	LEE	70.59
4.	M.McCallion	NWOC	71.19
5.	D.Blair	NWOC	74.39
6.	S.Morrish	LEE	77.56
7.	P.O'Donnell	NWOC	86.08
8.	A.McGonigle	NWOC	100.28
9.	P.Long	LEE	102.38

NWOC 11, LEE 10.

E Course.

1	S.Linton	NWOC	57.04
2	A.Tinto	NWOC	63.46
3	M.Bennett	NWOC	64.16
4	R.Morrish	LEE	67.45
5	N.Bogle	NWOC	77.30
6	C.Nuttall	LEE	81.28
7	N.Morrish	LEE	86.00
8	J.Riordan	LEE	129.00

NWOC 15, LEE 6.

M Course.

1	P.O'Hara	NWOC	26.35
2	A.Morrish	LEE	26.55
3	R.Yard	NWOC	29.09
4	V.Whyte	NWOC	30.25
5	N.NihUigin	LEE	36.09
6	S.Tinto	NWOC	39.28
7	M.Morrish	LEE	48.00

NWOC 13, LEE 8.

J Course.

1	D.Simpson	NWOC	45.14
2	J.Logue	NWOC	45.31
3	A.Chilton	NWOC	46.59
4	C.Hunt	NWOC	47.15
5	G.James	NWOC	48.01
6	G.O'Donnell	NWOC	50.17
7	P.McBride	NWOC	53.17
8	P.Chilton	NWOC	54.31
9	Urs. Morrish	LEE	63.18
10	A.OhUigin	LEE	65.06
11	M.James	NWOC	65.48
12	C.OhUigin	LEE	67.31
13	Un.Morrish	LEE	69.00
14	J.Davis	NWOC	75.30
15	M.OhUigin	LEE	92.48

NWOC 15, LEE 6.

PLANNER'S COMMENTS: Hairyman's Brook presented a number of major planning problems, not least being the brook itself. For those of you who were previously in Stranahely, it was obvious what effects the foresters have had over the last six to eight years. The courses, as a result, were somewhat more physical than originally intended. However, while times were marginally slower than recommended Championship winning times, they were around what we had planned for. I hope that competitors were not too exhausted after crossing the felled areas to be able to appreciate the magnificent scenery of the Glen.

F.O'Leary.

CONTROLLER'S COMMENTS: This was a relatively easy event to control as both the organiser and planner worked on the principle of making everything as easy for the competitor as possible in parking, start, finish, facilities on side and pre-entry arrangements. Course planning was affected by the fact that 70% of the forest has now been felled. However, I feel that competitors were given Championship-class courses with good route-choice and navigational problems.

Procedure on the day worked well, and all should br thanked for their efforts.

P.Healy.

IN THE NEXT ACTION-PACKED ISSUE:

* Interprovincial report: Does the fact that you were born in a stable mean you're a horse?
* Part 1 of an alphabetical "Who's Who" of orienteering. (With Part 2 FREE!)
* Lots of event results
* Irish Orienteer Trophy Final report PLUS Compass Sport Cup Final report.
* Results of TIO Shoe Survey, to boot.
* Two-month old news from the clubs who missed the April copy date!
* IOF Congress Preview
* More Revelations, innuendo, rumour and scurrilous gossip in ODDS and ENDS and ODDS...

Results of Leinster Schools Championships at Glencree. 1/4/1984.

Controller...John McCullough. Planner...Bill Hallowes.
Organizers...Liam and Hazel Convery.

A Course 7.2km. 360m.

M 17.

1.	M. Malone	OAT	81.50
2.	F. Malone	OAT	83.48
3.	M. Crowe	WO	102.27
4.	B. Rowe	NO	109.55
5.	R. Byrne	DO	130.08
6.	S. Ryan	DCO	134.30
7.	F. Wilson	CEO	175.11
8.	N. McCabe	DO	274.00

6 Non-finishers.

Miscellaneous

1.	D. Reidy	ECO	68.23
2.	P. Walsh	3ROC	70.19
3.	R. Poff	SET	75.21
4.	T. Russell	ECO	76.19
5.	P. Smyth	SET	81.51
6.	L. Donovan	3ROC	82.41
7.	B. O'Connor	3ROC	84.41
8.	G. Smith	3ROC	88.28
9.	K. Davies	DUO	90.36
10.	P. Redmond	SET	93.18
11.	B. Heeney	UCDO	93.55
12.	C. Bonar Law	GEN	94.39
13.	R. Stanley	UCDO	99.22
14.	S. Walsh	SET	101.25
15.	Kinlay	-	104.05
16.	G. Parker	3ROC	106.23
17.	G. Byrne	CO	107.13
18.	D. Barry	GEN	111.34
19.	J. Bent	SET	113.08
20.	N. Rice	AJAX	116.00
21.	N. Maguire	-	136.17
22.	M. Hewson	GEN	149.35
23.	J. Kelly	UCDO	153.03

6 Non-finishers.

B Course 4.2km. 300m.

W17

1.	S. Clarke	WO	54.47
2.	M. Convery	MPO	70.54
3.	A. NiChoncradha	CI	114.21
4.	M. Ni Lochlainn	CI	122;58
5.	G. Weber	CI	127.21
6.	P. Bartlett	NO	147.05
7.	J. Mullett	MPO	170.48

12 Non-finishers.

M 15

1.	F. Malone	OAT	51.47
2.	T. Gillespie	WO	52.28
3.	C. Carroll	OAT	63.42
4.	A. Tyner	WO	65.54
5.	G. Clarke	WO	66.58
6.	T. Carroll	OAT	68.56
7.	D. O' Neill	DUO	78.45
8.	A. Young	DCO	79.29
9.	B. Halpin	CEO	94.36
10.	D. O Maithi	Naas	96.48
11.	N. Brennan	Naas	96.48
12.	D. Galvin	Naas	109.39
13.	S. Carroll	CEO	110.05
14.	P. Lynam	CEO	133.58
15.	J. Holland	Naas	136.36
16.	J. Sweeney	Naas	136.36
17.	M. Burns	CEO	165.50

16 Non-finishers.

Miscellaneous

1.	N. Carroll	3ROC	47.25
2.	A. Flegg	SET	54.59
3.	D. Price	-	56.56
4.	C. Bradley	WO	57.51
5.	A. McGregor	AJAX	68.34
6.	K. Bent	SET	71.33
7.	F. Keane	3ROC	81.45
8.	P. Walsh	CEO	82.27
9.	G. May	3ROC	83.23
10.	P. Dernie	-	86.41
11.	L. Johnson	-	93.00
12.	P. May	3ROC	97. 45
13.	D. Grace	-	109.07
14.	V. Hynes	RAVEN	124.44
15.	A. Weber	--	126.44
16.	Requedat	--	128.00
17.	D. Mc Mahon	--	139.34

2 Non-finishers.

C Course 3.8km. 215m.

W 15

1.	U. Craobhach	CI	46.32
2.	A. Ni Dhoiluin	CI	63.09
3.	F. Ni Fhearghaile	CI	76.22
4.	S. McInerney	DO	78.12
5.	J. Stewart	NO	79.25
6.	A. NicGiollaPhadraig	CI	83.31
7.	C. Redmond	DO	90.55
8.	N. Weber	CI	91.51

C Course (cont.)

9. S. Matthews	NO	93.25
10.S. Ni Fhearghaile	CI	94.43
11.V. O'Donoughue	DO	95.34
12.G. Byrne	DO	97.46
13.J. Ni Chormac	CI	100.51
14.S. Ni Mhurchu	CI	102.52
15.P. Morrison	NO	103.24
16.E. Deiseach	CI	104.59
17.M. Breathnach	CI	106001
18.C.NiCheallaechain	CI	108.04
19.G. Ni Bhurca	CI	110.04
20.A. Ni Dhalaigh	CI	110.10
21.L. O'Reilly	OBO	110.25
22.H. Stanton	MPO	110.38
23.A. Broderick	MPO	111.08
24.P. Browne	DO	120.40
25.J. Bartlett	NO	124.37

5 Non-finishers.

M13

1. H. McLindon	WO	55.07
2. S. Good	WO	58.42
3. C. McIlresvy	WO	61.08
4. L. Keogh	CE	74.18
5. C. McConnell	DCO	74.27
6. R. Cox	DLSO	74.30
7. B. Roberts	DLSO	76.24
8. G. Walsh	DLSO	79.03
9. M. Byrne	DCO	79.35
10.R. Oates	CE	83.28
11.D. O'Riordan	DLSO	85.36
12.E. Mullaly	CE	88.00
13.C. Hughes	CE	94.13
14.D. Moulds	DCO	95.18
15.D. Kelly	DO	99.34
16.C. Burke	DO	102.26
17.A. Hayden	OAT	102.47
18.M. Kelliher	DLSO	105.10
19.K. Cooke	DO	107.05
20.C. O'Neill	CE	109.39
21.C. Taylor	CE	115.04
22.R. Campion	CE	115.43
23.D. Black	CE	119.05
24.D. Lillis	DLSO	119.11
25.P. O'Rourke	DO	119.18
26.M. Wheeler	DO	123.32
27.P. Carey	DCO	124.12
28.J. Mordant	DO	129.18
29.C. Walsh	CE	131.23
30.K. Doyle	OAT	132.48
31.N. Tubridy	OAT	144.41
32.O. Doyle	OAT	149.22
33.G. Burke	DCO	152.53
34.N. Bermingham	DCO	178.45

6 Non-finishers.

Miscellaneous

1. J. Keane	3ROC	58.30
2. N. Carroll	3ROC	69.16
3. J,.McCarthy	DCO	73.25
4. P. Allen	-	74.53
5. Compton	-	76.54
6. P. Cooke	-	80.55

1 Non-finisher

D Course 3.1 km. 145 m

W 13

1. T. Bakin	WO	32.47
2. U. Crowe	WO	42.52
3. H. Craobhach	CI	47.21
4. E. Ni Charra	CI	76.39
5. A. NiFhearghaile	CI	83.29
6. L. Bertholet	NO	96.04
7. A. Garavaglia	CI	96.26
8. K. Glanville	DO	101.55
9. E. Coburn	WO	102.54
10. M.NiChonchradha	CI	105.02
11. N. Smyth	WO	109.54
12. S. NiGharbhail	CI	119.07
13. R. Nic Suibhne	CI	134.38
14. E. NiChorcorain	CI	137.38

3 Non-finishers

W 11

1. K. Convery	MPO	62.30

1 Non-finisher.

M 11

1. T. Russell	--	41.26
2. D. Tyner	--	53.17
3. K. Stokes	OAT	71.28

Miscellaneous

1.D. Quinn	GEN	33.04
2. A. Rice	AJAX	41.06
3. C. Malone	3ROC	54.47
4. J. McGregor	AJAX	54.55
5. K. Herbert	-	55.46
6. B. Ni Mhuiri	OBO	58.52
7. E. Mullally	CE	64.07
8. N. Carroll	3ROC	70.17
9. A.N. Other	-	82.42
10. I. Hannon	-	137.22
11. N. Ni Luinigh		138.22
N. Nic Suibhne		
12. T. Ni Fhearraigh		189.04
M. Ni Dhuiginn		

1 Non-finisher.

E Course 2.4 km. 85 m.

1. Tracey, Claire, Triona, Grainne	OLGO	41.50
2. M. Monaghan	AJAX	43.01
3. M. Carroll	-	46.01
4. O. Ladley S. P. Sweeney	OLGO	68.08

E Course (cont.)

5. N. Dennison	NO	75.52
6. A. Fallon	NO	75.53
7. M. Griffin	OLGO	80.07
E. Moore		
B. Maudre		
8. S. Sweetman	OBO	90.35
9. P. Watters	"	90.35
10.S. Willoughby	"	95.35
11.M. Cleary	"	97.39
12.D. Doyle	"	97.46
13.S. Kelly	"	109.35
14.C. Barry	"	111.40
15.S. Drew	"	111.41
16.F. McNally	"	112.22
17.T. Meagher	"	134.09
H. Vegter		
18.A. Cooke	MPO	168.21
S. Convery		

20 Non-finishers.

Wayfarers 2.0 km. 85 m.

1. E. Johnston	-	22.00
2. Grainne	OLGO	28.00
3. Triona	"	
4. P. Allan	-	32.00
5. Tracey, Claire	OLGO	33.00
6. R. Whelan	OLGO	36.00
A. Daly		
7. F. Reynolds	"	37.00
D. McCann	"	"
8. P&M Dernie	-	38.00
9. A. Kennan	OLGO	41.00
S. Clerkin	"	
K. Colgan	"	
10. C. Sherry	"	49.00
N. Fitzgerald	"	
11. M. Griffin	"	49.00
E. Moore	"	
B. Maudre	"	
12. A. Murphy	"	57.00
C. Flynn	"	
13. A. Ni Floinn	CI	62.00
14. O. Ladley	OLGO	65.00
S.&P. Sweeney	"	
15. H. Keane	3ROC	68.00
16. F. Mac Neill	3ROC	68.00

4 Non-finishers.

Winners of cup for best boys school; Oatlands College.

Joint winners of cup for best girls schools; Colaiste Iosagain
Wesley College

Winners of Bank of Ireland trophy for best recently affiliated school: Newpark Comprehensive.

ACKNOWLEDGEMENTS:

1. The grateful appreciation of the Leinster Schools Orienteering Association goes to the Bank of Ireland, who kindly sponsored the event and presented a magnificent granite perpetual trophy. This trophy will be awarded each year to the best of the recently affiliated schools.

2. Apart from Planner, Bill Hallowes and Controller, John McCullough, thanks are due to Nora and Clodagh Lynam, Nora, Brian, Tom Farley, Brendan and Nuala, Paddy Cooke, Brendan Cryan, Aileen Hallowes, Pat Conroy, John and Nuala Creagh, Larry Roe, Ronan Cleary, Maire Convery and above all to the organizers Liam and Hazel Convery.

PAGE 21 photograph: Curragh Orienteerers team changeover at Connacht Championships – Frank O'Leary and Paddy Lalor. (Photo – Oisín Creagh, 3ROC)

IRISH CHAMPIONSHIPS RESULTS - A SUMMARY

INDIVIDUAL: 7 April 1984.

M21A

1	P.James	NWOC	78.21
2	E.Rothery	AJAX	78.38
3	J.May	3ROC	85.40
4	P.Kernan	3ROC	86.19
5	B.Corbett	DUO	89.30
6	W.Young	CO	90.45
7	P.Healy	CO	91.18
8	R.Bryson	AJAX	92.16
9	B.Dalby	3ROC	92.44
10	M.James	NWOC	92.54

W21A

1	A.Bedwell	UBOC	83.39
2	O.Cooke	AJAX	101.19
3	E.Loughman	GEN	102.03
4	P.Murphy	3ROC	102.07
5	A.Savage	LVO	103.44
6	M.Thornhill	GEN	111.44

W11	K.Convery	3ROC
W13	T.Eakin	3ROC
W15	U.Creagh	3ROC
W17	S.Clarke	3ROC
W19	C.Bonar Law	GEN
W21B	D.Carson	LVO
W35	M.Walsh	3ROC
W40	M.Higgins	SET
W45	H.Convery	3ROC
W50	F.White	SET
M10	E.Niland	AJAX
M11	L.Whelton	BVOC
M13	P.O'Hara	NWOC
M15	J.Logue	NWOC
M17	S.Linton	NWOC
M19	R.Kidd	NWOC
M21B	A.McGonigle	NWOC
M35	P.Lalor	CO
M40	P.Flanagan	3ROC
M45	M.Lunt	GEN
M50	S.Kulldorff	SET
M55	F.Calnan	CORKO

RELAY: 8 April 1984.

MEN OPEN:

1. Curragh (113.08)	W.Young	34.41
	P.Farrelly	42.32
	P.Healy	35.55
2. NWOC A (115.07)	A.Lewis	39.32
	M.James	41.05
	P.James	34.30
3. AJAX (116.43)	R.Bryson	41.30
	E.Rothery	34.00
	W.McAuliffe	41.13
4. 3ROC 1 (121.01)	J.McCullough	39.11
	P.Kernan	41.23
	J.May	40.27
5. CORK O 1 (130.06)	P.Waldron	43.53
	W.Edwards	41.57
	S.Cotter	44.16

WOMEN OPEN:

1. AJAX (138.58)	T.Horan	45.54
	O.Cooke	47.44
	D.niChallanain	45.20
2. GEN (147.10)	E.Loughman	42.30
	D.Large	61.02
	M.Thornhill	45.20
3. LVO (156.20)	A.Savage	48.10
	H.Johnston	59.18
	H.Baxter	48.52

RELAY, Cont.

M35+:

1 Curragh (G.Byrne, P.Lalor, F.McCormack; 122.24)

2 3ROC 6 (P.Flanagan, T.McGrath, D.Kennedy; 127.04)

3 LVO 2 (A.Gartside, H.White, C.Henderson; 132.50)

LITTLE KILLARY ADVENTURE CENTRE 1984

M35+:

1 3ROC 13 (M.Walsh, H.Convery, T.Cleary; 179.06)

2 3ROC 14 (N.Creagh, J.Keane, P.May; 272.59).

M15-M17:

1 NWOC A (S.Linton, D.Simpson, J.Logue; 110.23)

2 3ROC 10 (A.Tyner, C.Carroll, F.Barry; 120.29)

3 LeeO (J.Riordan, R.Morrish, T.Meagher; 121.37)

W15-W17:

1 Lee (U.Morrish, U.Morrish, N.NihUigin; 139.13)

2 NWOC (S.Tinto, V.Whyte, R.Yard; 142.08)

3 3ROC 16 (U.Creagh, M.Convery, S.Clarke; 166.12)

M15-:

1 LVO (C.Speer, W.Moody, S.Campbell; 89.11)

2 NWOC A (P.O'Hara, J.Cummings, B.James; 104.59)

3 LVO (R.McKenna, I.Spratt, J.Wilson; 121.19)

W15-:

1 3ROC 19 (K.Gillespie, K.Convery, C.Malone; 102.52)

Ad Hoc:

1 NWOC A (A.McGonigle, R.Kidd, P.Chilton; 100.54)

2 NWOC B (N.Bogle, B.Peters, W.Martin; 104.30)

3 WEOC D (M.Healy, B.Cahalan, T.Cahalan; 116.26)

FULL RESULTS HAVE BEEN SENT TO EACH COMPETITOR. IF YOU HAVE NOT RECEIVED THEM, CONTACT YOUR CLUB SECRETARY.