the Irish Orienteer

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THE IRISH ORIENTEER NO. 13 SEPTEMBER - OCTOBER 1984 ISSN 0790-1194

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So, the IOF has been and gone, leaving in its wake...what? A row of redundant flagpoles in Maynooth, a Minister for Finance who knows about orienteering, and a lot of committed orienteers who want to take a well-earned holiday? Certainly these are results of the Congress, but the most important results have been brought away with the visitors: the impression created of Irish orienteering during the Congress, which will be of immense assistance to Ireland in terms of international contacts, of prestige and of demonstrating an extraordinary ability to rise to the occasion of which we can be justly proud.

The Congress was, by all accounts, a great success: the complimentary letters are now coming in to the organisers, the loose ends are being tied up, and the euphoria of a frantic week is fondly remembered, but laurels are not for resting on - the IOF may have sorted out some of its problems, but much work remains to be done at home. A second IOA Development Conference is about to take place: at this you will be able to influence the direction in which Irish orienteering is to go. Will we offer to host the World Championships in 1995? It may be no more difficult to organise than the Congress was. We are starting on that road with the Continental Cup in 1987, so it's not beyond the bounds of possibility.

Anyway, have a good O-season. Enjoy it - that's what it's for.

J.McC.

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Cover photo: Garth May (3ROC) competing at Glencree, Co. Wicklow. (Photo:J.May)

Letters to the Editor

Sir,

I notice that the past few issues of the Irish Orienteer have been quite devoid of letters to the Editor. As I feel sure that not every Irish orienteer or anybody else who may read the magazine is so completely happy with his lot, or with that of the sport here, that they fail to write to air their views, I can only assume that you, Sir, are acting as censor, or that pressure of space, that oft-invoked excuse for the non-appearance of various articles of journalistic endeavour, is preventing the publication of those sundry epistles of which I am quite sure you are in almost daily receipt: a situation, Sir, which I deplore, and am, with this missive, attempting to rectify.

(The signiture was totally illegible, but the letterhead was that of a well-known Irish O-club. Ed.)

CONNACHT REGION NEWS.

Connacht's summer orienteering programme was completed as planned. However, the woods seemed to be competing unfairly with the water this long, hot summer, as attendances at events were below average. Nevertheless, some new participants were attracted to the sport.

The evening street events arranged for the first time this year to commemorate Galway's Quincentennial year could be very successful with a little more publicity and an improvement on the maps prepared.

Preparations for the Ballymahon Grade 1 event on Sunday, September 16th, are progressing well. This event should provide a good starter for orienteers who wish to begin the competitive season early this year. Its location, practically in the middle of the country, should make it convenient to the majority of people. Junior leaders who were not at the IOF Congress should try the Norwegian "Sma Troll" introductory event.

National Orienteering Day events are to be held in Coole Park, Gort, Co. Galway, run by Western Eagles, and in Newcastle Demesne, Ballymahon, Co. Longford, run by Custume Orienteers, on September 30th.

Connacht orienteers are reminded once again of the Controllers' Course on Saturday October 20th. The full programme has not yet been decided on, but it is intended to cover event organisation and course planning as well as the duties, responsibilities and practical problems facing controllers.

Finally, entry forms for the Grade 1 event at Ballygar, Co. Galway on November 4th will be posted to club secretaries in September, and should be returned to Anthony Price, 10 Elm Park, Renmore, Galway. Course lengths vary from 11.6 km for M21A to 2.0km for M10/W10/W11. with seven courses in between.

Eagle Eye.

IS ANYBODY OUT THERE TRAINING?

As El Nino's grip on our Summer slackens, Autumn's embrace beckons.
The meaning to us? Why of course, it's the start of a new Orienteering season!
The time to search out those old Orienteering shoes and scrub them free of several months growth of mould in anticipation of renewed activity. For many, this ritualistic kiss of life to one's soles will be the full extent of their preparations and so be it, for I have no intention of criticising those who can take their Orienteering lightly. On the contrary, I often envy them and their more casual attitude. There is however, an enthusiastic few who believe in a more rigourous form of approach - they TRAIN!
They train to raise the standard of their Orienteering, wishing to achieve better results or to at least hold their own against those around them who are (surprise, surprise) also training!
Training will be aimed at improving physical fitness and skill level. The purpose of increasing fitness is to enable the Orienteer to cover the ground faster and more efficiently. To improve your level of physical fitness, the answer is simple. You all know what it is - get out and RUN. Within reason, the more you run, the fitter you'll become and more likely than not, you'll notice your stub sideling leftwards along the results string. Be careful though, especially to begin with. Be patient, adopt the approach "more haste, less speed" and you should survive. If you go Orienteering regularly you will have a reasonable base level of fitness to work from. If you do no other regular training between events, aim to do only two or three extra runs a week for the first month or two. Start with just a mile or two, three at most and if possible run on level grass. Go to your nearest Park for we have enough of them. Invest in good shoes, that point cannot be over-emphasised. Only when you get stronger is it wise to start moving onto the roads and hills. The aim for the first few months should be to develop a regular routine of mid-week running to slowly develop fitness and above all to avoiding injury.
The object of attaining a higher level of skill is to reduce time lost through mistakes. Forms of skill training are innumerable. The limit is your imagination. Although Clubs should feel a responsibility towards their members in giving technical guidance, this ideal rarely sees the light of reality and if you want to make any significant progress, you'll often have to work by yourself. Perhaps the easiest way to develop skills is to set aside certain Grade Two and Three events as technique sessions. Don't worry about your results in these competitions as it's the Grade Ones and Championships that count.
If you want to run a course, run out of Class, either up or down or simply declare yourself as NC for the day. A better way of taking advantage of a forest full of controls is to design a course of your own from a Master Map of all the control sites. I'm sure most planners will be agreeable but don't try it at higher grade events or you'll be liable to upset both competitors and officials. By planning a course of your own you can incorporate legs that will better enable you to practice specific skills.
What you have just read is no more than the outline of the sort of plan that could be adopted by most Orienteers in this country. Obviously, the experienced will have ideas of their own and that's fine. This piece is meant for those with only a little experience and the ambition to improve.
So, it's up to you. Lace up those born again O - shoes and hit the trails.
Let's see better results and hear fewer excuses. Go to it!

JUSTIN MAY.

SWEDEN 1984.

-EOIN ROTHERY

Kent Olsson and Karin Gunnarson provided welcome home victories at the Swedish 5-Days at the end of July. Held in the extreme south of Sweden, at Brakne Hoby, attendance (18 500) was down slightly on previous years, but the events were of higher quality and physically tougher. Visibility, even in "white" forest, was often very poor, leading to problems in the vicinity of controls.

Ireland's interest in the Elite classes was just three: Eileen Loughman finished 34th of 38 in the Womens' Elite, a poor run on one day masking several worthy performances, confirming Eileen's position as our number one D21 international; Deirdre Ni Challanain was in the D19-20E, finishing about 10% further off the pace, 58th of 58 in a competitive class.

I was in the second of the two H21E classes. Lacking competition, I had some minor problems "in the circle" and especially at the first controls. Over half the time I lost in mistakes was at four of my five no.1's, and most of the rest came early in my races. I had three average days (55% behind) and two good days (35% behind) to finish 67th of 73.

Deirdre and I were lucky enough to be the IOA recipients of invitations to the 5-Day by the O-Ringen Committee, and we also attended their training clinic over the following three days. In the shadowing exercises I learnt that I am not able to read the map running at the speed that the Swedes do through the forest. Roger Glannefors outlined his ideas to us, emphasising the use of the compass just before the control and also, surprisingly, just after leaving controls. He also told us to look for handrails.

As a prelude to a tough session on a sand dune area we ran two courses of roughly 300m each (10 controls) in an area 45m x 30m, i.e. the garden of Per Olaf Bengtsson's house. The winner of the final, Niklas Lowegren, was to shatter the field in the World Student Relay. Niklas also won that sand dune session (8.5 km) in 42 minutes. I was pleased to run 56 minutes.

In a final exercise we had to find controls even though the circles were blacked out: the emphasis being on attack point and compass. Thanks again to Per Arne Hoog and his team, including Kerstin Mansson.

Next was the World Student Championships at Jonkoping in south central Sweden. Results:

Men: 13.7km			Women: 8.7km		
1 Anders Erik Olsson	SWE	80.51	1 Arja Hannus	SWE	65.47
2 Sindre Langaas	NOR	81.31	2 Kerstin Mansson	SWE	65.51
49 Eoin Rothery	IRL	112.19	44 Roxanne White	IRL	109.35
55 Colm O'Halloran	IRL	118.56	49 Deirdre Ni Challanain	IRL	120.38
63 Peter James	IRL	134.13	53 Catherine Lyons	IRL	144.40
64 Anthony Lewis	IRL	146.44	60 starters.		
66 Ronald Kidd	IRL	169.25			
71 starters.					

Bad luck there for Kerstin who lost Gold on the run-in. Olsson was a surprise winner, while some may recognise the name in second place: Sindre was in Ireland in 1981 helping to map Cappanalea, Camolin and Cronybyrne, and coming fifth in the Leinster Championships at Ballinderry.

This event featured "easy" Swedish terrain of knolls and marshes in the first part followed by "Middle European" type terrain of interlocking steep hills. I was pleased enough with my run, doing a good middle part to overtake Colm O'Halloran.

Having only three runners meant no relay team for the Irish girls. I had a much better run this time, I think due to the event being run on the same map as the individual. This meant that reading the map while running was easier, making planning ahead simpler.

72.48 on the 10km course left us in 9th place, 15 minutes behind leaders Switzerland and 10 minutes behind eventual winners Sweden, 3rd on the first leg. Peter James was next, only to be lacerated by a barbed wire fence near No.2. More serious, perhaps, was a path that disappeared on the ground, though shown boldly on the map, costing Peter 20 minutes, and many others (including me) some time also. 102 minutes left us last of 13, and a good run by Colm O'Halloran (88) could not change that. Eleven minutes down on the USA and Anthony Lewis wisely took the opportunity to pull out half-way round (the course visited the finish field for control no.11 of 17) when that gap had widened to a chasm.

These are a championships worthy of the title "World" and deserve the strongest representation by Ireland. I say this because of the strength of the teams from Sweden, Switzerland, Finland, Czechoslovakia, Britain, Australia, Hungary, Austria, Bulgaria, West Germany and Japan, who attended. Norway were under strength this time, apart from Sindre Langaas, but Oyvin Thon won this event in 1980 between his double World Championships in '81 and '83. Notable absentees were Denmark, France, Canada and Russia. The USSR, though, don't compete internationally at all and will not until orienteering looks like getting into the Olympics. So I am glad that Ireland sent such a good team this year, and while this was my last (and first) Student Games I think the future is secure with people of the calibre of the rest of the team.

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LONDON CALLING.
3rd/4th.NOVEMBER 1984.

Mike Cooper of London Orienteering Klubb has been in contact with details of a weekend's Orienteering in England. By now, it is traditional that each year Irish Orienteers travel to London to take part in two days of competition with LOK members. On this occasion, the excursion to London is planned for the first weekend of November(The weekend before our "two-day").
As usual, those travelling can be assured of being extremely well accommodated at no cost. The anticipated itinerary reads as follows: Journey to London over Friday night by means of boat and train/coach (you're welcome to fly if you can afford it!). We will be met on arrival by LOK members, amongst whom we will disperse for breakfast and a short rest.
On Saturday there is a choice between taking part in LOK's annual Club Handicap Championships or spending the day bargain hunting in London. In the evening, there's another choice. Enthusiastic insomniacs can travel to the New Forest for the Southern Night Championships. Those with more sense and less energy can stay in London for a meal out in the city and a good night's sleep.
Sunday will see everyone taking part in the November Classic Badge Event (Grade one + Standard) also in the New Forest.
Return then to London for a quick bite to eat before staggering aboard Holyhead-bound wheels for the journey home.
The only real expense involved in what has always been a most enjoyable couple of days is the cost of travel. £35 - £45 should cover the Return Fare depending on how and when you travel. Are you interested? If so, contact me at 988730.
JUSTIN MAY.

Irish Orienteering Association

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

CONTINENTAL CUP

By the time this has been printed, the team which has attended the Continental Cup representing Ireland will have returned home. It is the strongest team we have sent out of the country yet and no doubt they will have done very well. A full report will be in the next Irish Orienteer.

DEVELOPMENT CONFERENCE

The second annual IOA Development Conference will be held on Sat. 22nd September in Tiglin Adventure Centre, Co. Wicklow. There is no conference fee but attendees will have to bring their own lunches. There will be discussion on the work achieved by the four working parties and future plans will be made for the next year.

NATIONAL ORIENTEERING DAY

National Orienteering Day as everyone should know, is on Sunday, 30th September and there are well over 20 events being staged throughout the country. Information regarding the event should have reached clubs by the time this is printed and if anyone requires any other information, the National Co-ordinator is

Justin May, "Hawthorns", Ticknock, Sandyford, Co. Dublin.

SUPERSTARS '84

Having mentioned the above name, it must also be said that Justin May, 3ROC, will be competing in the Irish Superstars again this year - remember his performance last year! - , the event is taking place in Galway at the end of September and on behalf of all the orienteering folk, may I wish Justin the best of luck.

IOA TREASURER

Ronan Cleary has finally left Ireland for his new post in New York. Before his departure he was presented with a suitcase by the IOA Executive in recognition of all the work he has done in his position as Treasurer. We wish him all the best in the States in both his work and his orienteering.

Ronan's departure means that the new Treasurer, Ted McGrath, has finally taken his office over. Ted's address is

42 Clonard Drive, Dundrum, Dublin 16. 01-987758.
Any financial matters, queries or payments should now be sent to him at the given address.

IOF CONGRESS

It was hoped that these pages would contain a list of names of everyone who assisted in any way with the organisation of the Congress held in Maynooth in early July. However, thank you letters are still being sent and the major contributors have not yet produced a final list. So names will be published in the next edition.
However, thank you must be said initially to the organising committee of Faith White, Ted McGrath, Bernard Phelan and Donal O Brolachain. The success of the Congress shows how much hard work went into the organisation and Ireland is now firmly on the map of orienteering countries.

THE IRISH ORIENTEER TROPHY

For the second year The Irish Orienteer is organising an all-Ireland inter-club knockout orienteering competition for the Irish Orienteer Trophy, a handsome cut-glass decanter won last year by Three Rock OC. The winners of the Irish final then go through aytomatically to the final of the CompassSport Cup competition, organised in Britain along similar lines.

Invitations are being sent to all Irish orienteering clubs to take part in the competition, the first round of which it is hoped to have finished by late December. It is important that all clubs interested in entering the competition do so immediately.

It is not necessary to have a large membership to take part: in last year's matches only 12 runners from each club counted, although they must be spread over a range of classes.

The Irish final is again expected to be in May, with the Compass-Sport Cup final in mid-June, and it is expected that the early rounds will be run off on a more-or-less regional basis, assuming that a sufficient number of clubs in each area enter.

For further information contact John McCullough, 34 Dun Emer Drive, Dublin 16. (Phone 01-981556).

THREE ROCK ORIENTEERING CLUB

Our treasurer, and IOA's, Ronan Cleary, has finally left us for New York where he has joined Hudson Valley Orienteers. In fact, not alone has he joined up, but he has already been offered the club treasurership! Up-and-coming M21 Mark Donovan has also gone to North America, not too far away, so Wednesday evenings at the South West-most car park in Central Park . Ronan's position on IOA has been taken by clubmate Ted McGrath.

It is interesting to note that at the last count, sixteen members of the Irish team travelling to the Continental Cup competition in Belgium are 3ROC runners. That's 16 out of 57. Well done, folks.

Our next training event is at Kilmashogue, behind Marlay Park, on September 15th. All members are welcome: more experienced orienteers will be there to help you out. This event isn't just for those who are "nearly-elite", but for all of you. Come along around 11.00 o'clock.

Our next events are at Tiglin on September 23rd - a Grade 1 event at which we will need lots of people to help: contact Trina Cleary, the organiser (904177), and at Phoenix Park and Three Rock Wood on September 30th, National Orienteering Day. If you can help at either of these, contact John McCullough (981556).

As you all know, we are running the Irish Championships next April. A questionnaire is being sent to all members to find out when you can help: beforehand, on either day, or afterwards (or on more than one occasion). A meeting is being held on Tuesday, October 9th, to discuss the position. All members are invited to attend, especially those who have never had anything to do with event organisation in the past. You will be notified of the exact time and place shortly.

Weekly training sessions are continuing at Marlay Park each Wednesday at 18.30 hrs. It is expected that we will be moving back to Winter quarters at Oatlands, Stillorgan, from Wednesday October 3rd, at the same time. Showers afterwards, of course.

Orienteering suits, tracksuits and gaiters are available in club colours from Trina Cleary (O-suits & gaiters) and Brigid Flanagan (tracksuits)(980928). With Christmas in the offing, perhaps a few well-directed hints wouldn't go amiss?

Barry Dalby is still interested in hearing from people interested in mapping, and with some experience. The work is varied, in healthy conditions; the pay isn't great, but you can't have everything. Contact him at 0404-4169.

Three Rock again had excellent representation at the recent Thomond Orienteers Burren Walk weekend. Nearly thirty members travelled over to Clare, and some good performances were recorded, notably Justin May's time of 2.00.54 for the 22km A-course, knocking nearly 20 minutes off the old record. Lee O's Pat Long is lucky to have a sail-board left intact after the thrashing it got over the weekend!

Those of you who are interested in travel should take note that the almost-annual (like Shaws') trip to London takes place on November 3/4 th next. Contact Justin at 988730 if you are interested.

Monthly sessions of merrymaking at Revels pub in Rathfarnham are starting again on the last Thursday of September, and continuing right through the winter on the last Thursday of every month. Come along around 9.15 pm, and bring a map, or a friend, or both. Revels is at the SE corner of Rathfarnham village, and we are to be found upstairs.

Another event we have coming up is the Leinster Relay Championships on November 25th at Tiglin. Helpers will be required for this, but we want to have some teams running to represent the club also. Contact organiser Larry Roe at 953442.

If you want accommodation for the Munster Championships, or have any other enquiries, contact club secretary Michael McAuliffe (982315) or chairman John McCullough (981556).

ORIENTEERING FIXTURES 1984-1985

September

6-8	CONTINENTAL CUP	Belgium. Essentially a European Championships with teams from all age classes.
11	MAYFIELD	Cork O street league. Mayfield Swimming Pool, 18.30hrs. (021-46194)
15	DONARD	Newcastle, Co. Down. LVO Club event. Start 11.00-13.00hrs. 1:10 000 scale map, scene of '77 Irish Junior Champs. Always rains here. GR J 37 30. (Ann Savage 08 4 641175)
16	BALLYMAHON	Co. Longford. Custume Orienteers Grade 1 event. Pipping Kerry O for the big time. New area. Pre-entry by Sept.3rd. GR N 18 75.
16	KINSALE	Co. Cork. Cork Street-O Champs. Cork O. Start 14.00-16.00 hrs. "More info. later". Results, perhaps? GR W 64 50.
22	IOA SECOND DEVELOPMENT CONFERENCE, TIGLIN. "Progress 2". See separate notice.	
22-23	NIOA MOUNTAIN MARATHON	Mourne Mountains. Teams of two. Entries close Sept. 7th: Contact Denis Rankin, 80 Greystown Ave., Belfast BY9 6UL.
23 *	TIGLIN	Ashford, Co. Wicklow. 3ROC Grade 1 event. Pre-entry by Sept. 9th. Limited EOD. GR T 23 98. New 1:15 000 scale map. String course.
23 *	GOUGANE BARRA	Ballingeary, Co. Cork. Cork O Grade 2 (Munster League) Event. GR W 08 66. (021-44504). Signposted from church at Gougan Barra.
23 *	PHOENIX PARK	Dublin. LSOA Grade 3 event. GR O 09 34. 1:15 000 scale map. Then visit the Zoo. Contact 01-953442.
29	NIOA CHAMPIONSHIPS	Portstewart Sand Dunes, Co. Derry. GR C 81 38. 1 5 000 scale map. (Remember Drumkeeragh?). Pre-entry by Sept.14th to: Lindy McConnell, Lisnakilly, Limavady, Co. Derry, BT49 9DW. IRE1.50/2.50 + 2 SAE's. EOD available. Contact 08 050 472 62242.
30	FERMOYLE	Co. Derry. NWOC informal relay. EOD or at NI Champs. GR C 77 27.
30	NATIONAL ORIENTEERING DAY. Local events: see press for details. Those known are: Cork: Ballyannon (GR W 87 72), Ballygiblin, Currabinny (GR W 79 62), Doneraile (GR R 16 07), Farran (GR W 49 71), Glenbower (GR W 99 77), Island Wood (R 37 05), Marlog (W 85 68), Shippool (W 57 54) and Watergrasshill (W 79 83). Dublin: Three Rock Wood (GR O 17 23), Phoenix Park (O 09 34), Hellfire Club Wood (O 12 22). Galway: Coole Park, Gort (GR M 42 03). Longford: Newcastle Demesne, Ballymahon (GR N 18 57).	

October

6	CLANDEBOYE	Bangor, Co. Down. LVO event. GR J 48 77. (Harold White, Bangor 43640)
7 *	REHILL WOOD	Co. Tipperary. Across the road from Glengarra. Cork O Grade 2 Munster League event, signposted from Burncourt. GR R 96 18. Contact 021-44504. Tomorrow, The World!
7 *	CASTLEFREKE	near Clonakilty, Co. Cork. Lee O Grade 3 event. Fast sand dunes and mixed forest. GR W 32 35.
7 *	KILMASHOGUE	near Rockbrook, Co. Dublin. LSOA Grade 3 event. GR O 15 24. Contact 01-953442. Small, physical forest. 1:10 000 scale map.
13	MUNSTER CHAMPIONSHIPS	Muckross, Killarney, Co. Kerry. Kerry O Grade 1 event. Pre-entry is believed to close on September 14. GR V 97 85.
14	KILLARNEY	Kerry O relay in Town Park. GR V 96 91. Leprechauns only need apply.

October

20	IOA CONTROLLERS' COURSE	Galway. Details from Frank Ryan (091-62029).
20	GARVAGH	Co. Derry. NI Ranking event + LVO Championships. GR C 83 15. Contact Claire Perston at Eglinton 810230. Nice forest.
21 *	ISLAND WOOD	Co. Cork: near Newmarket. Cork O Grade 2 Munster League event. GR R 37 05. Signposted from Newmarket. (021-44504). Not to be confused with Treasure Island, in France.
21 *	MASSEYS' ESTATE	Rathfarnham, Co. Dublin. LSOA Grade 3 event. GR O 12 22. (953442).
21 *	TOBBEROE	Athenry, Co. Galway. WEO Grade 3 CATI + training event."Relatively flat", good path network. GR M 45 26. (091-61927).
28 *	SHIPPOOL	Innishannon, Co. Cork. Cork O Grade 2 Munster League event. Contact 021-44504. GR W 57 54. And you always thought it was Amsterdam Airport!
28 *	BALLINDERRY	Rathdrum, Co. Wicklow. UCDO Grade 2 event. An EOD "Fun Relay" event: just turn up and make up a team. But at what time? GR T 15 91. (01-502347). Signposted from Laragh & Rathdrum.

November

4	CASTLE ARCHDALE	Co. Fermanagh. NI Badge event. Pleasant area, nice map, lots of rhododendrons. GR H 17 58.
4 *	BLESSINGTON	Co. Wicklow (barely!). Actually Glendine Covert, steep eskers, sheer drops, etc. DUO Grade 2 event. New map. GR N 97 14.
4 *	BALLYGAR	Co. Galway: Aghrane Wood, used for '84 Connacht Champs. Flat and fast, longish courses. WEO Grade 1 event. Pre entry by 12.10.'84. Contact 091-55655 (Tony Price). GR M 78 52.
4 *	GARRETTSTOWN	Kinsale, Co. Cork. Signposted from Ballinspittle. Cork O Grade 2 Munster League event. GR W 58 44. (021 44504).
4-5	KINSALE	Intermediate level O technique course + planning + organisation. Contact Sean Cotter (021-46194).
10-11	IRISH TWO-DAY 1984:	Cootehill, Co. Cavan and Castlepollard, Co. Westmeath. Joint organisation by ECO and SET. Pre-entry by October 1st. Entry forms in this issue of TIO. Contact 01-682951.
11 *	GLENABO	Fermoy, Co. Cork. Cork O Grade 2 Munster League event. GR W 80 96. Signposted from Fermoy. Contact 021-44504.
18 *	MALLABRACKA	Dunmanway, Co. Cork. Lee O Grade 1 event.New map. 50% open, with contour detail & crags. GR W 22 55. (021-293444).
18	MOUNTSELLEW	Co. Galway. UCGO Grade 2 event. Fast, flat forest. GR M 66 46.
18 *	CARRICKGOLLOGAN	Co. Dublin, near Shankill. LSOA Grade 3 event. GR O 22 20. (01-953442)
25 *	LEINSTER RELAY CHAMPIONSHIPS	Tiglin, Co. Wicklow. 3ROC. Pre-entry only. Entry forms will be sent to Leinster clubs in September. GR T 23 98. (01-981556).
25 *	GLENBOWER	Killeagh, Co. Cork. Cork O Grade 2, Munster League event. GR W 99 77. Contact 021-44504.

December

2 *	SEEFIN	Kilavullen, Co. Cork. Lee O Grade 3 event. GR W 68 95. Rough stuff!
2 *	KILLINEY HILL	Co. Dublin. LSOA Grade 3 event. GR O 26 25. (01-953442).

Advance notice: 9/12:Saleen & Rostellan, Co. Cork; 9/12: Kinnitty, Co. Offaly; 26/12: Pine Forest Score, Co. Dublin; 27/12: Ballincollig, Cork; 30/12: Scartnamuck, Co.Cork.

"Compass, whistle, Rosary beads...". Well, when you travel on a bus from Ireland to Lourdes you want to be prepared. In fact, the coach was almost empty, and there wasn't a tussock or a mandible in sight, but we were delivered safely at our various destinations, mine being Bordeaux. The occasion was the start of the first French 5-Day orienteering competition, being held near Maubuisson, about 60km NW of Bordeaux, in part of the largest forest in France, and 3 500 fellow-orienteers had congregated there also.

The event centre was at Maubuisson, a developing holiday village situated a few km inland from the Atlantic, and boasting the largest lake in France. Camping sites had been reserved nearby (if you had a car) or further afield (if you had none), so that a lot of accommodation-swapping was done in the early stages of the event. I took up a pitch beside what I hoped was the tent belonging to the rest of my party, and so it turned out to be: Pierre Kernan, Patrique McManus and the two headers arrived back in the dead of night to find their tent had spawned another.

Two training areas had been provided nearby: bothmaps were produced because of the Bombannes orienteering/adventure sport centre situated at Maubuisson, and demonstrated the type of terrain to be encountered throughout the week : sand dunes with runnable forest, rather like Curracloe (except in two dimensions). In true Irish style we went to the Day I area on the second day, and Ifound the navigation to be tolerably easy on the excellent 1:15 000 scale maps with 2.5m contours common to all the areas. It was with some horror that I contemplated the start lists for the week: first starts at 7 am meaning rising as early as 5 am, but as it transpired the early starts were a blessing in disguise as the heat later in the day was incredible. My latest start was 9.50 am, so I was very lucky, but the other four were not so fortunate, with some starts after midday.

The first day's competition was perhaps the most testing, partly because we didn't know quite what to expect. There was a nice mixture of large and small contour features with the forest divided into sections by rides and firebreaks which enticed one out to run along them only to turn out to be loose sand which was far slower running than the direct route through the forest. An unusual feature of all the areas was the presence of a network of narrow concrete bicycle paths which were very fast to run on, but on which one could meet some very irate cyclists, incensed at their thoroughfare being usurped by lowly orienteers.

The second day took us to the infamous "Treasure Island" map: the maps were produced to a uniform size, which meant that in some cases there was ample scope for artistic endeavour around the edge. The forest on day 2 occupied less than half of the area of the sheet, and so was surrounded by yellow (for a beach) and blue (for the sea). Unfortunately, the beach and the sea were only to the west, with forest stretching for miles to the north and for over 150 miles to the south. Quite a number of people (some of them ex-members of World Championship teams) overshot controls and decided to keep going to the beach, and come back. The beach, however, was an illusion...a mirage on the map! The run in on days 1 and 2 was actually along the beach, and a harder run I have never had.

The third day was an area of bigger contour features, and very runnable forest, but intense heat: competitors were finishing in tears at 3 pm, if they could spare the water to cry with. There were a couple of large open areas across which it was necessary to go, and there wasn't a bit of shelter. It's difficult to read a map which spends most of its time on the top of one's head. Again it was possible to shuffle down to the beach for a swim after running, or spend the day lazing under a tree in the shade,in the knowledge that the weather would be good. The car park was so dusty that the trees nearby looked like Christmas trees despite the temperatures in the 90's.

About this time it was decided that Patrique needed a haircut, so a search was begun for a suitable person to administer a coupe classique, but - helas! - none was to be found until after the competition. Even though we were encumbered with such an impediment as the McManus Mane, the social calendar was hectic, with barbeques chez Russell and chez McKenna, and visits to the Ajax camp, while late night orgies of drinking chocolate and toasted sandwiches were the norm.

On the fourth day the disasters started: Pierre took too long to find the first control in H21E and retired. The rest of us stayed more-or-less where we were in our respective classes: myself 45th out of over 100, Patrique 103rd out of over 100, Heather Johnston 92nd out of over 120 and Heather Stewart 47th out of 80.

The final day featured a chasing start, and saw Pat run disdainfully past the second last control without punching, and Heather Stewart losing her control card, so that only two of our party of five successfully completed the week.

The orienteering over the five days was very enjoyable, the maps excellent (if a bit gimmicky), and the weather superb. 3 500 runners took part in the competition which included part of the orienteering World Cup series on the first day, and most would probably return to the area for a similar event in the future: I know I would. In fact there are training facilities there for orienteering at all times, so who knows?

No Irish successes were recorded during the week, at least not in terms of prizes, but there was a good Irish representation there, and there was enough diversion to keep families or non-orienteering children happy: water sports are very much in evidence, with excellent facilities for boardsailing, surfing, canoeing, sailing,...

And if the orienteering didn't take it all out of you, you can go to see the biggest sand dune in France...feel free to run up it.

Jean Claude McCullough.

THE BURREN WEEKEND. *HIGHLY RECOMMENDED!

There can be no better way to warm up for the new Orienteering season than to take part in THOMOND ORIENTEERS "Burren Weekend". Traditionally held at the end August, consists of Orienteering on Saturday evening amongst the sand dunes of the Rabbit Warren at Fanore followed by the Burren Walk on Sunday - a walk that many Orienteers cannot resist running!

As the Orienteering does not start until 7.0p.m., there is time to travel at a leisurely pace on Saturday and caravans can be hired at Fanore for just £12 for the night. Until now, the Orienteering took place on a black and white map but this year Alan Shaw has produced a four colour map of the dunes which gives a far clearer picture of the terrain. The courses are short - the "A" course was just less than 4km. Even so, it took me over half an hour to find the thirteen controls on it and that was enough to stretch the legs for Sunday's run. When the Orienteering is done, there's always a bit of a barbeque to round off the evening.

While Saturday was warm and quite humid, the weather well and truly broke that night, with heavy rain and strong winds battering the caravans and flattening several tents. Sunday dawned rather mistily, it was still raining lightly. However, come the 10.0a.m. start time, things had brightened up considerably. There are three walks of 7, 14, and 22kms. starting and finishing at the recreation area adjacent to the caravan site. Along the lines of normal mountain walks, there are no controls, rather manned check points where your control card will be initialled. The map used on Sunday is an Alan Shaw modified version of Master cartographer T.D.Robinson's The "Burren" A map of the Uplands of North West Clare. Simply black and white, it is quite adequate for navigation. The terrain itself is, as you probably know, of an almost unique nature here in Ireland. Vast expanses of bare limestone, weathered and shattered into great flat slabs. It is an exhilerating experience to run across this surreal landscape but it requires concentration if falls are to be avoided. The check points are major, almost unmissable features such as summits and ruined castles. Navigation generally poses few problems provided the visibility is good. On finishing you will receive a fine Certificate as a memento of your days efforts.

The weekend is to be recommended whether you wish to walk or run. There are no results to hand, but this "two-day" is not about results, it is about having fun and that we certainly did. Thanks are due to Alan Shaw and family(Hi Niamh!) also Fiona McGoldrick and all the other Tho.members and friends who put together a most enjoyable couple of events. Thank you!

You should go next year - it's not really such a long long way from Clare to here!
JUSTIN MAY.

' ROUTES ' is the title of a new booklet on the techniques of orienteering by Eoin Rothery. 84 pages long (including 31 diagrams) it will be available by midSeptember. The book deals with the basics and goes on to illustrate ways of going faster. It also covers how to deal with errors and training. The cost will be £2, and can be obtained by writing to the author at 6 Rossmore Grove, Templeogue, Dublin 12.

" PROGRESS 2 " : The Second IOA Development Conference

Saturday, September 22, 1984 at Tiglin Adventure Centre, Ashford, Co. Wicklow.

Can you improve/develop/influence the direction of Irish orienteering? Make your contribution at "Progress 2".

The conference starts at 10.00 hrs, with coffee from 09.30, and will include:

- Dissemination and discussion of the reports of the working parties on Coaching, Mapping, Publicity and Technical Development;
- Opportunities for exchange of ideas both in the conference as a whole and in smaller groups with special interests;
- Consideration of long-term planning.

Do please try to attend as the future of Irish orienteering depends on the orienteer in the forest-our grass roots. Whether recreational or competitive as an orienteer, your views are important.

Note: The wood surrounding the Tiglin centre is out of bounds because of the Grade 1 event there the next day.
Participants are advised to bring a packed lunch.
If you are going to attend, please contact IOA Development Officer, Faith White, at The Lake House, Crookedwood, Mullingar, Co. Westmeath (044-72118) as we need to know how many reports to print.

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university college dublin orienteers

We are pleased to inform you that the 1984-'85 Committee of UCDO is as follows:

Hon. President	Ted McGrath		Hon. Treasurer	Therese Meagher	
Captain	Paul Smyth	(502347)	Secretary	Ross Stanley	(889234)
Treasurer	Helen Coughlan	(985076)	Ordinary Member	Arthur Green	(882234)
Event Organiser	Leo Donovan	(987068)	Social Secretary	Hugh Toye	

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BALLINDERRY AD - HOC

Once more our (in)famous Ballinderry map surfaces, this time on October 28th for a completely "ad-hoc" relay event. Yes, now you can run with your enemies in this fun relay event.

There is NO pre-entry and NO need for club teams. Just come along and pick your course and team there and then.

The courses we expect to run are: Mens Long and Short, Womens Long and Short, and a mixed Medium course. All are ad-hoc, with three legs per course (of course) (? -Ed.) Also, for those who insist on being unsociable, we shall have some individual courses, wayfarers, and a specially-designed pre-marathon string course (it's approximately 26 miles, 365 yards long !!).

So come to Ballinderry, October 28th, for our fun-run-relay, and remember that after this there's just 48 more shopping days till Christmas.

12th CONGRESS - INTERNATIONAL ORIENTEERING FEDERATION - 10th-14th July, 1984

MAYNOOTH, CO. KILDARE.

82 people took part in Congress Week - Delegates, Council Members, Committee Members, Instructors & Representatives for the Junior O'Theme presentations (many individuals were involved in several different committees and activities); PLUS the 5 Irish Orienteers who helped full-time during the Congress Week - Ted McGrath, Faith White, Roxanne White, Catherine Murtagh, Anne O'Neill (an interesting way to spend a week's holidays!); ALSO our full-time interpreter - Christine Whalley (JK'84 W21E Champion!). Many Irish members also came along during the week to take part in the sundry activities that were going on while the meetings were in progress.

The following countries were represented:- Britain, Hungary, Ireland, Israel, Japan, Italy, Australia, Belgium, Norway, New Zealand, Switzerland, West Germany, East Germany, Bulgaria, Canada, Denmark, Finland, France, Sweden, Czechoslovakia, and U.S.A.

Two years ago the decision was taken to hold the 1984 Congress in Ireland. Since then, the Irish working-group of Faith White, Bernard Phelan, Ted McGrath, and Donal O Brolchain have been working hard making the necessary arrangements to make the idea become a reality - and a tremendous success! As time crept on other orienteers became involved in the preparations and on Monday 9th July the Exhibition was installed in Maynooth College and the flag poles were erected. The programme for the week went as follows:-

* Tuesday 10th - Delegates start arriving 14:00 hrs. Flag-raising ceremony after the evening meal, followed by the Reception and Official Opening of Congress by Mr Alan Dukes, T.D., Minister for Finance.

* Wednesday 11th - Committee Meetings all day. At the same time, there were various presentations by the British, Norwegian and Danish Associations on the "Introduction of Orienteering to Schoòl Children". Irish Orienteers and others involved in teaching sports to children came along to participate. A video was made - filming the instructors at work with the children.

* Thursday 12th - Committee Meetings in morning. (One Committee made a visit to Dublin - re Computers in Orienteering.) The presentation by Sweden on Orienteering in Schools took place in the morning also. Afternoon:- O-event in Cronybyrne, Co. Wicklow. Organised by Aubrey Flegg, Colin Dunlop, Paget McCormack, and their helpers. Prize-giving in evening, followed by an Open Meeting of the IOF Development and Promotions Committee.

* Friday 13th - CONGRESS DAY - in the European Foundation Conference Centre at Loughlinstown, Co. Dublin, with interpreters providing simultaneous translation into German/English. So this is what it's all for! Everyone worked very hard to get through the business of the day and come to agreement on the various issues - the most heated discussion being on FINANCE. Among other actions taken was the expulsion of the old, inactive Israeli Orienteering association and the other, active Israeli Sport Orienteering Association was accepted into the IOF. Full details of the outcome of Congress will be available later.
While the Congress was in progress, the non-delegates went on a sightseeing tour and shopping spree in Dublin.

* The Congress Banquet on Friday evening (including many speeches and present-swapping) showed everyone in a very different mood. The serious business of Congress was now over and its success was showing on all faces. Everyone was relaxed; there was plenty of socialising, dancing, merry-making and late-night partying!

* Saturday 14th - More Committee Meetings! The Council - the executive committee of IOF - worked extremely hard all week.
In the afternoon there was a sightseeing tour of the Boyne Valley. More parties in the evening! Just ask any of the Irish members present for the tales to be told... of the Gummel Dansk... the Swedish, Danish, and Aussie jokes... the wheelchair episode...the Danish party... the Bulgarian party... etc...

* Departure on Sunday.

* Throughout the Congress Week there was an Exhibition showing the history and Development of Orienteering in Ireland - with information presented by many individuals - prepared and displayed by John & Nuala Creagh. (It is hoped that this will form the starting of a thoroughly comprehensive collection of information on Irish Orienteering.) Also on display - Instructional material for promotion of orienteering in schools - provided by the British, Danish, Norwegian, Swedish, and Northern Ireland associations.

Many thanks, also, to the following people who assisted and have not been mentioned above - Patricia Murphy, Joan Morrissey (brochures, information, timetables); Denis Reidy (Maynooth Map); Eileen Loughman, Denis Murphy (Junior O'Theme); John McCullough, Ian MacNeill (Publicity); Pat Healy, Jean Mullen, the Phelan Family, IOA Executive Committee members, and all who helped in any way (I can't possibly list all the names here - but you know who you are! - Many Thanks!). The Staff at Maynooth College certainly deserve a round of applause.

Ireland has now been 'put on the map' in orienteering terms, and many of our new international friends have expressed the wish to come back again and sample our orienteering terrain and see more of Ireland.

The final word of thanks goes to FAITH WHITE - who made the whole show happen!

(C. Murtagh)

KONGRESS XII CONGRESS

ODDS and ENDS and ODDS...IOA's second Development Conference takes place at Tiglin on September 22 - see separate notice...Seen any of the IHRA's new T-shirts yet? "Hill Runners Summit Up Faster" Ugh!...So Cleary finally made it to the States. He was very worried for a while that if he didn't go he'd have to live up to all the nice obituaries that were being written about him...NIOA Championships entries close Sept 14. Contact Limavady 62242...A fun score/relay will be run on the day after the Champs. also... orienteering in Scotland next summer at Tayside '85, Pitlochry, Perthshire, August 4-10. Entry forms in CompassSport, which is available from Trina Cleary, 16 Dodder Park Road, Dublin 14, at IR£6.00 p.a....The closing date for the Munster Championships in Killarney is believed to be September 14 ....Ex Irish Champion Justin May has been asked to take part in the Milk Superstars competition again this year. The event will be held in late September in Galway. Best of luck!...Things are really hotting up in the FIOA: another meeting in September!...The Two Peaks Race for the Dolly Parton Trophy took place a week earlier than advertised, on August 25th, because of the tides: the race involves sailing between Bray and Wicklow and running up and down hills...Edinburgh University won this year's Harvester Trophy overnight relay on June 23/24 near Aldershot, despite a near-disqualification for short-circuiting the taped route from the changeover to the start: Remember, you saw it first at the Irish Champs... Wilbert Hollinger was seen running for LVO at the recent NIOA relays:does this mean AOK RIP?...A copy of the Top Secret JK Results has come into the possession of TIO: special private showings can be arranged for a consideration...IOA Fixtures Sec. Joan Morrissey is now an acknowledged expert on Bulgaria, following the IOF Congress...Entry forms for Irish 2-Day in this issue: closing date Oct.1st...Tha'-tha'-tha'-that's all, Folks!

setanta orienteers

2/9/84

2-DAY EVENT

10th-11th November, 1984 - 2 new maps.
Day 1 - Cootehill, Co. Cavan - Eastern Command O.C.
Day 2 - Mullaghmeen, Co. Westmeath - Setanta O.C.
The entry forms for this 2-day event are being distributed with this issue of the "Irish Orienteer". Closing date for entries is October 1st; - to the coordinator C. Murtagh, 111 Haddington Road, Dublin 4.
We extend a welcome to all to come and sample the orienteering on these 2 new maps - in an area new to the sport. We expect a large entry from orienteers both at home and abroad.
All Setanta members willing and available to help with the on-the-day running of the competition are asked to contact Brian Power, 69 Idrone Drive, Dublin 16 (941378).

CLUB TRAINING SESSIONS

The training sessions in Bushey Park have been kept going throughout the summer and the last 3 sessions in particular have indeed been very tough, with continuous physical training for over an hour - incorporating interval training and uphill work amongst the activities. Unfortunately, the St. Anne's Park sessions have not had such a good attendance but we are hoping to get these going again.
New schedule:-
Every Tuesday - 7 p.m. St. Anne's Park, Raheny. (at Sybil Hill entrance, opposite St. Paul's School)
Every Wednesday - 7 p.m. Bushey Park, Terenure. (Tennis Courts)
Non-Club members are also welcome to come and train with us!

CLUB NIGHT

We hold our Club Night on the first Wednesday of each month at 8 p.m. in the Rathgar Hall, Dublin 6 (beside the Church). Refreshments afterwards.

NATIONAL O'DAY - 29th September

Setanta will be holding an event at the Hellfire Club Wood. All members are asked to come along and assist with the introduction of new-comers to Orienteering. Bring a friend!

SETANTA O'GEAR

We are getting Club O'suits and track-suits! Prices and details will be available soon. Contact Club Secretary to add your name and size to the list.

CONGRESS '84

Many thanks to all Setanta Members who assisted at the 12th I.O.F. Congress and participated in the sundry related activities. It is good to see members taking an active interest in all aspects of the sport and not just at the competitive level.

MUNSTER CHAMPIONSHIPS 13th-14th October

Muckross Forest, Killarney, Co. Kerry. If you are interested in taking part please contact the Club Secretary. We will be forming relay teams and need to know who is available to travel. Closing date 14th September. An entry form is enclosed with each copy of this newsletter. We hope to arrange club transport and accommodation.

Secretary: Catherine Murtagh
111 Haddington Road,
Ballsbridge,
Dublin 4. 851211 - work -(up to 8 p.m.)
682951 - home.

RESULTS OF GRADE 2 EVENT RUN BY D.U.C. AT GLENCREE ON 15 JULY 1984.

A COURSE 9.8km 530m

1.	W Young	CO	m21	103.04
2.	P Gargan	AJAX	m21	136.47
3.	D. Deasy	SET	m21	139.24
4.	D. Murphy	ECO		142.20
5.	B. Heeney	DCDO	m21	151.12
6.	P. Smyth	DCDO/DUO	m21	151.52
7.	D. Barry	GEN	m21	163.02
8.	D. Hickey	CO	m21	178.59
9.	J. McElhinney	SET	m35	226.43
	C. Weltzien		m35	DIS 0 2
	P. Nordahl		m21	DIS 0 2
	D. Ryan	De La Salle College		N/F
	G.Smith	3 ROC	m21	N/F
	A.Levini	3 ROC	m21	N/F
	J. Byrne	De La Salle College		N/F

B COURSE 7.1km 350m

1.	J. de Lacy	ECO	m21	89.06
2.	C. Dunlop	SET	m45	94.26
3.	K. McDonald	ECO	m21	100.12
4.	E. Loughman	GEN	w21	101.06
5.	P. Flanagan	3 ROC	m40	104.15
6.	A. Bonar Law	GEN	m45	112.02
7.	P. Redmond	SET	m21	122.19
8.	T. Caffrey	SET		125.50
9.	C. Bonar Law	DUO		127.02
10.	R. Bonar Law	GEN	m19	129.31
11.	M. McElhinney	SET	w19	198.21
	J. Shulmeister	DUO	m21	N/F
	C. Walsh	SET	m21	N/F
	M. Hewson	GEN	m55	N/F
	T. Corrigan	BSO	m21	N/F

C COURSE 4.2 Km 250 M

1.	I. MacNeill	3ROC	m21	60.42
2.	P. Conroy	3ROC		62.17
3.	L. Convery	3ROC	m45	65.43
4.	P. Walsh	3ROC	m50	68.47
5.	R. Watkins	TVOC	m50	70.21
6.	S. Kullderff	SET	m50	70.50
7.	K. Creagh	3ROC		74.06
8.	M. Walsh	3ROC	w35	76.10
9.	S. Murray	SET	m35	76.14
10.	D. Corvin	AJAX	m21	78.44
11.	O. Large	HEN	w45	81.00
12.	M. Higgins	SET	w40	82.32
13.	B. Flanagan	3ROC	w35	84.09
14.	D. Lotty			86.30
15.	S.Dooley	BSO		87.53
16.	T. Cleary	3ROC	w35	91.54
17.	M. Healy	GEN	w21	92.26
18.	G. May	3ROC	m50	92.58
19.	C. Walsh	3ROC	m15	93.22
20.	O. Beathnach			93.35
21.	L. Proger			97.19
22.	D. Proger			97.20
23.	D. Lyman		m21	98.10
24.	N. Convery	3ROC	w45	99.00
25.	J. Creagh	3ROC	m50	107.40
26.	P. May	3ROC	w45	109.13
27.	J.H. Newman	GEN	m50	116.13
28.	H. Newman	GEN	w50	122.07
29.	S. Milner			127.02

C COURSE Contd..

	H. Milner			127.02
	R. Breathnach			N/F
	R. Lynam	3ROC	w55	N/F
	S. Mannion			N/F
	A. Peyton			N/F
	O. Sheils			N/F

D COURSE 3.8 Km 175 M

1.	N. Carroll	3ROC	m13	70.02
2.	H. Creagh	3ROC	w13	71.03
3.	D. Carroll	3ROC	w41	75.07
4.	R. Burke	GEN	m40	88.48
5.	D. Hunt	SCOUTS		92.43
6.	S. Hunt	11th Wicklow		94.45
7.	D. Brien	Donore Harriers		96.31
8.	K. Convery	3ROC	w13	102.48
9.	K. Corbett			110.32
10.	C. Walsh	SET	m19	120.16
11.	C. Ryan			127.30
	M. Coffey			127.30
13.	Beckett			137.36
14.	B. Mullduff	DUO		138.35
	R. White	DUO	w19	138.35
	M.White	DUO	w21	138.35
17.	P. McVeigh			147.38
	F. White	SET		N/F
	D. Hilliard			N/F
	A. Hilliard			N/F

E COURSE 2.7 Km 150 M

1.	C. Smyth	SET	w17	44.27
2.	C. MacNeill	3ROC		49.03
3.	S. Convery	3ROC	w10	79.35
4.	N. McLane	SCOUTS		111.08
	D. Cliff	SCOUTS		111.58
6.	B. Burke	SCOUTS		113.30
7.	J. Hagee			146.47
	F. Hagee			146.48
	B. McCarthy			N/F
	J. Mullen	3ROC		N/F
	B. Mullen	3ROC		N/F
	R. Barry	GEN		N/F

STRING COURSE 0.8 Km 70 M

1.	A. de Lacy	ECO	m6	7.44
2.	J. McElhinney	SET	m10	10.54
3.	J. Power	SET		15.58
4.	A. de Lacy	ECO	w9	17.48
5.	U. McElhinney	SET	w8	18.03
	A. McElhinney	SET	w4	18.03
7.	O. McElhinney	SET	w6	20.17
	A. McElhinney	SET	w3	20.17
9.	D. MacNeill	3ROC	m9	29.13
10.	F. MacNeill	3Roc	w6	36.42
11.	M. Gargan	AJAX		42.58
12.	S. Healy	GEN	w6	43.43
	D.Smith	3ROC		N/F

MANY THANKS TO ALL THE HELPERS ON THE DAY - PAULINE C, BRIAN P, CHARLOTTE, HEATHER, JAMES, MARIANNE, MARK AND MICHAEL. SPECIAL THANKS TO ALL THOSE WHO VOLUNTEERED FOR THE EVENT AT SHORT NOTICE - WITHOUT THEIR HELP EVENTS WOULD NOT BE POSSIBLE. WILSON CARLILE - COMPETITIONS

RESULTS OF THO EVENT RABBIT WARREN 25 AUG.

A COURSE 3.8km

1.	B. Phelan	3ROC	31.32
2.	J. May	3ROC	31.59
3.	J. Kehoe	Set	33.40
4.	P. Murphy	3ROC	34.06
5.	P. Monaghan	WEOC	35.11
6.	J. McCullough	3ROC	36.11
7.	A. Tyner	3ROC	36.18
8.	J. Martindale	3ROC	39.38
9.	R. Poff	SET	40.15
10.	M. McAuliffe	3ROC	40.30
11.	T. McGrath	3ROC	42.29
12.	L. Donovan	3ROC	43.16
13.	T. Corrigan		44.11
14.	T. Caffrey	Set	45.10
15.	T. Cleary	WEOC	45.46
16.	D. Larkin	3ROC	49.20
17.	M. Crowe	3ROC	52.48
18.	P. Conroy	3ROC	52.51
19.	B. Higgins	WEOC	56.06
20.	M. Barry/S.	Donoghue	57.00
21.	D. Rowe	3ROC	59.11
22.	S. Cahalan	WEOC	60.07
23.	D. Quinn	Gen	63.29
24.	T. Barry		66.30
25.	N. Shaw	ThO	68.06
26.	B. O'Connor	3ROC	69.50
27.	P. Donnelly	BSO	73.40
28.	E. Shaw	ThO	73.50
29.	P. Brennan		78.30
30.	C. Brennan		78.36

B COURSE 2.8km

1.	S. Clarke	3ROC	31.00
2.	T. Cleary	3ROC	33.20
3.	D. Kennedy	3ROC	34.18
4.	U. Morrish	Lee O	35.26
5.	B. Rowe	3ROC	37.45
6.	A. Sloane	3ROC	38.55
7.	T. Eakin	3ROC	42.40
8.	G. May	3ROC	43.50
9.	P. May	3ROC	44.00
10.	2 Anon.		47.00
11.	J. Morrissey	GEN	49.00
12.	G. Doyle		50.21
13.	N.H.D. (SIdkw)	3ROC	60.50
14.	D. Tyner	3ROC	62.04
15.	V. Rowe	3ROC	84.00

C COURSE 1.0km

1.	Murphy Family	22.35
2.	Donncha Quinlan	33.38
3.	Susna, Brenda, Michelle	36.38
4.	Linda, Nicola	57.58
	K. Phelan 2 wrong	25.09

BURREN WALK 26th AUGUST - RUNNERS

A WALK 22km

Justin May	2-00-54
John McCullough	2-21-31
Bernard Phelan	2-51-25
Richard Poff	4-07-00
Ian McLeod	4-07-50
Catherine Murtagh	4-11-40

B WALK 14km

Paul Monaghan	1-38-27
Tom Cleary	1-58-35
Brendan Higgins	1-58-35
Suzanne Clarke	1-58-47
David Quinn	2-02-17
Ursula Morrish	2-33-17
Timed walkers:	
Pat May	3-28-55
Tracy Eakin	4-02-55