the Irish Orienteer

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THE IRISH ORIENTEER NO. 16 MARCH-APRIL 1985 ISSN 0790-1194

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FIXTURES: The fixtures list in the centre pages is the most up-to-date available at going to press. Experience has shown, however, that changes do occur, and often at short notice, so either check the newspapers the day before the event or ring the contact phone number to make sure that the event is as you expected. Events marked with an asterisk (*) are registered by the IOA and are covered by the IOA Public Liability Insurance policy. These events are less liable to change than others which may by listed.

SUBSCRIPTIONS: If you are not a club member or are a member of a club which doesn't get enough copies of TIO and you would like to subscribe, the annual subscription is IR£6.00, at present. Clubs buying in bulk pay considerably less than this amount.

ENTRY FORMS: If you would like entry forms distributed with TIO then please contact the editor. At present 500 copies are printed, with circulation to clubs in Dublin, Cork, Limerick, Kildare, Wexford in bulk, and to other clubs in small quantities.

Cover Photo: Teddy Russell (ECO) at the Master Maps. (J.May)

MORE RAMBLINGS FROM THE EDITOR...

Well, it's good to see the letters pages filling out once again, even if it is only with ill-feeling and complaints! At least it shows that the Happy Families aspect of orienteering sometimes portrayed in the press has another side, and one which I feel deserves an airing too. Ted Russell has at last discovered what is involved in running a big event: his letter should be worth a few votes at the AGM, but for whom? The IOA and AJAX view (s?) on the IOA PRO's function are put forward, with an interesting similarity in layout, and we hear about the good manners of orienteers and their sportsmanlike acceptance of the fact that they have missed their entry date: several members of my own club could tell similar stories about the same individual, and I even venture into print myself to reiterate some points I made some time ago. The biscuit is taken, though for the escalation of intensity in the correspondence about the coverage of orienteering in the press, arising out of what I thought was a fairly gentle poke in a letter in TIO 15.

Musing on Brian Power's letter in TIO 15 about exposure, safety and such made me realise just how vulnerable we orienteers are when out in the forest: not so much in competition, but mapping, planning or controlling. In these circumstances one may be out in a forest alone, with no whistle, and nobody to know either where you are or when you are due back. While mapping over the last few months I often wished I had left word as to what part of the forest I was in in case I did have an accident. I would suggest that if you are going alone, especially on weekdays, as I and others did, that you give somebody a section of map of the area in which you will be working, leave a note of your expected time of return, and carry some extra food and protective clothing with you. If there are people shooting in the woods then it might be prudent to wear a brightly coloured hat or top to enable them to distinguish you from a deer: these things do happen.

Again on the theme of safety, for organisers to leave it until the courses close before they start to worry about overdue competitors is not good enough: if I were to start at 10.00 am and were injured soon after (perhaps after a f ll over a cliff leaving me unconscious), it could be six hours before anybody would begin to worry about me: after the course closes. I think that organisers should start to worry about overdue competitors well before that, after say two hours on any course, and should be prepared for searches. It is stipulated in the IOA Rules, that little-known volume, that competitors should be capable of completing their chosen course within a reasonable time, and entrants should be discouraged from taking on too much, especially in winter. Orienteering is, of course, an "Adventure sport" and it is in the degree of risk that many of us find the challenge, but we should rely on the intrinsic risks of the sport for our kicks: you versus the terrain, the planner, the environment and your fellow competitor, while reducing or eliminating the extrinsic risks like injury through inadequate training, tackling excessively long or difficult courses, or running without adequate weather protection. We must arrive at an acceptable level of risk for our sport. If you want more danger, try hang-gliding from tall buildings.

Finally, as mentionedelsewhere, it seems that event organisers are not taking enough care to contact land owners or local residents about their events: there have been several unpleasant incidents in the past few weeks where owners of land being crossed by orienteers became angry at the fact that they had not been consulted: shot guns were brandished in one instance. It is important for the future of the sport that good relations be maintained with forestry and with private landowners, particularly in areas near centres of population where they may already feel sensitive towards the average Sunday afternooner. More consideration should be exercised in the provision of parking on public roads to minimise disruption to the roads' normal users. Areas where problems arise would include Kilmashogue, Cloghleagh, Howth, Clara, Ballyhourigan, Raven's Rock, Bleesington and anywhere off-road parking is not possible.

Perhaps I'm preaching to the converted, but with each issue of TIO more newcomers take up orienteering, and some of this voicing of concern is for them.

Letters to the Editor

234 Captains Road,
Crumlin,
Dublin 12.

20 February 1985.

The Editor,
The Irish Orienteer.

Dear Sir,

I am still bemused by Trina Cleary's letter published in your January issue. Anyone with the best interests of Orienteering at heart would be well aware that the media reports of our events are covered by the I.O.A. P.R.O., Tara Horan. Thus Trina Cleary's letter constituted direct personal abuse of the work and regular contributions of our P.R.O.

It is obvious from the tone of her remarks that she is not aware of the fact that articles submitted to the daily newspapers are geared to the interests of the general public and not to the egotistical aspirations of individual Orienteers. The newspapers also require a high standard of journalism which, luckily for us, Tara is qualified to furnish. Trina Cleary also seems to be totally unaware of the fact that the content and form (including by lines) of articles submitted to the daily newspapers are published at the editor's discretion. Since interest in Orienteering, as a competitive running sport, is showing tremendous growth, Tara's articles would seem to have succeeded admirably in the purpose for which they are designed.

While all officials would, I am sure, welcome constructive criticism what they and the sport in general need least of all is the type of carping uninformed diatribes of which Trina Cleary's letter is a prime example.

Yours sincerely,

Ann Masterson.

THOMOND ORIENTEERS

ThO

40 College Park
Corbally
Limerick.

Dear Sir,
In spite of the lengthy hours and hard work, I enjoyed being part of the team organising the Mid-West two-day. One incident, however, tarnishes otherwise happy memories.
On Friday, 8th February the entry organiser received a number of entries which she returned as we had decided to close entries on the previous Sunday February 3rd, already 2 weeks after the advertised closing date.
Three of those denied entry 'phoned me two days before the event to query the decision; two after some discussion accepted what I said though that did not stop them annoying Registration on both days of the event; the third proceeded to abuse me at length for some 10 minutes. Nothing I might say - entries nearly 3 weeks late, shortage of pre-printed maps, difficulties for organisers, availability of E.O.D. - meant anything to this person. He could not see why we shouldn't accept his entry right up to the day before. The tirade was only brought to a close by my replacing the receiver.
Such incidents are upsetting to even the thickest of skins and are certainly to be deplored when directed at the people, namely event organisers, who are giving generously of their time for the enjoyment of others. They will also cut down the number willing to organise.

Yours faithfully,

A. W. SHAW

"Junipers"
Rossmore Grove,
Templeogue
Dublin, 12.

January 1985

The Editor,
The Irish Orienteer.

THE BITCHING MUST STOP

Sir,

Let me tell you a story of sweat and frayed nerves, of comradeship and hard work. It starts in 1982 when it was mooted that ECO and SET would organise the Leinster 2-Day in November 1984. ECO had at the time six orienteers with some experience of mapping, not much experience of organising big events and some appreciation of international standards. The club funds certainly could not afford to purchase a photogrammetric plot or employ professional mappers, nor had a suitable area been selected.

What to do? Two courses of action were considered: (i) opt out and let some other club do the job or (ii) get 'stuck in' and repay the sport for the pleasures it had given us for many years (in my case 14!). ECO chose the latter.

Setanta had an area in Wicklow which they were going to map. Denis Reidy and I started the long trail of reconnaissance on several Wicklow forests and came up with a few possibilities. But alas, these were already registered by Ajax. We approached Ajax to no avail. So where to go? The problem was solved when Curragh Orienteerers presented Setanta with the photogrammetric plat of Mullaghmeen and ECO checked Cootehill and found it suitable. The Westmeath/Cavan Irish Two-Day was born and the blood, tears and sweat were to begin. Ten ECO comrades spent 140 hours painstakingly surveying and,to quote Mr. Barry Dalby of 3ROC and AFAS/Tiglin, "Dubiously mapping the area". Denis Reidy spent 34 hours and John de Lacy and I 15 hours - again to quote B.Dalby- drawing and checking "a featureless" map.

In August 1984 I started the task of planning thirteen courses. My diary shows 105 control sites tagged, twelve visits to the forest, each entailing the long drive from Dublin, overnights away from home and six meetings into the early hours with Frank O'Leary, my controller. There were many days of worry and vexation, the result of a storm (which damaged the forest) and a dramatic rising of the water levels in October. Before finalising the courses, four competent orienteers (D.Reidy, J.de Lacy, K.MacDonald and T.O'Doherty) proof-ran, again quoting Barry, the "featureless" senior courses. The optimum routes, a la Swede, required road running of approximately 1.8km on M21A and 1.5km on W21A. Obviously Barry, who finished well down the field (24th) should forsake "the old combination of roads and earthbanks" as a means of navigation.

Many hours of work were yet to be done - maps premarked, assembly area laid out,etc. Forty members of ECO worked hard to ley on a competition which, accordind to B.Dalby, "was not exactly up to scratch for an international event". Incidentally, ECO members could not watch the rugby "from the comfort of a Cootehill bar". They were preparing the buffet and disco for that evening, processing results, taking in controls, clearing the assembly field and running the event centre.

At the IOA AGM 1984 I pleaded for a halt to begrudging comments and unhelpful cricicism. Again I beg ALL orienteers: if you have nothing good to say about an event then DO NOT insult the organisers, without whom there would not be a competition.So does my story have a happy ending? The answer is NO - NOT until the bitching stops.

Yours Sincerely
Ted Russell.
(Day 1 Planner, Irish 2-Day '84)

"PROGRESS TWO" AGAIN

34 Dun Emer Drive,
Dublin 16.

20 February 1985.

Sir,

The main thrust of my report of the IOA Development Conference, "Progress 2", was the apparent apathy of Irish orienteers towards the meeting, which I deplored, not the workings of the mapping group.

Could the fact that several prominent members of the mapping group, clubmates of Faith White's, were deeply involved in running an international Two-Day event have had a bearing on the choice of date for a meeting with IOA, I wonder?

If my memory serves, IOA Junior Affairs Officer Larry Roe was also present at the meeting, so a quorum was not as far off as Faith might have imagined.

Finally, the comment regarding content on page 2 of every TIO applies as much to letters, if not more, as it does to other items.

John McCullough.

Sir,

The Technical Development Working Group has recommended in its report that the IOA organise course planning conferences. We are most fortunate that Ian McMillan, a most experienced course setter, is to lead our course planning symposium. He is travelling from Yorkshire specifically for this purpose and we are most grateful.

Ian will be talking on senior and junior course planning techniques as well as planning for elite classes. The emphasis will be on the joys of setting orienteering challenges and the most advantageous use of the map. A wide spectrum of courses, ability levels and age classes will be considered.

These symposia in Dublin and Cork will be prestigeous occasions and give a unique opportunity to learn new approaches and to discuss our own ideas on course setting.

The IOA asks all orienteers with an interest in course setting and event organisation to do their best to attend one of these symposia. Experienced and beginner planners are needed. We can promise you an exhilarating and informative day.

Faith White, IOA Development Officer.

IRISH HILL RUNNING ASSOCIATION FIXTURES 1985

March 10		Sorrel Hill, Lackan, Co. Wicklow. 14.00 hrs. 6mls/1150ft.
April 14		Scarr, Annamoe, Co. Wicklow. 14.00 hrs. 7mls/1400ft.
28	*	Clashegall, Glen of Imaal, Co. Wicklow. 14.00 hrs. 6mls/1300ft.
May 2	*	Seefingan, Ballinascorney, Co. Dublin. 19.30 hrs. 8.5mls/2000ft.
9	*	Fairy Chase:Ticknock, Sandyford, Co. Dublin. 19.30 hrs. 3mls/950ft.
16	*	Sugarloaf, Co. Wicklow. Calary. 19.30 hrs. 2.3mls/700ft.
18	**	Spelga Skyline, Mourne Mts. 12mls/4500ft.
23	*	Kippure, Co.Dublin. Featherbed. 19.30 hrs. 5.5mls/800ft.

* means League Race: Best 8 out of 13 to count.
** means All-Ireland Championship Race. (Series of six, three to count, I think. Ed.)

(Note: Hill races have in the past been even more prone to change than have O events. Always check beforehand. The races are published here merely for your information. Hill running can be dangerous, and precautions taken by the organisers minimal, so you take part entirely at your own risk. As far as I know the IHRA has no insurance cover, so organisers may also be at risk from claims made by third parties.)

PROMOTING THE SPORT OF ORIENTEERING

By TARA HORAN.

As Public Relations Officer of the IOA I would like to clear up some misconceptions that some orienteers seem to have about the nature and duties of this office.

Primarily the PRO is concerned with the promotion of orienteering among those who are not informed about the sport through other channels. It is not the PRO's duty to furnish competing orienteers with results. This is the duty of the organiser of each event.

Many non-orienteers are under serious misconceptions about the nature of the sport of orienteering. It is widely thought of as some kind of masochistic exercise out under the elements. It is such a misconception which I as PRO try to combat through putting the competitive, exciting aspects of orienteering in the eyes of misled sports people. The main ingredient for a report for publication is NEWSVALUE, that is it must be a lively, interesting account of competitive orienteering. An account of a wayfaring course or an ad-hoc relay is not material for the sports pages of a newspaper. Editorial policy is such that only competitive sports are reported in these pages. It is the Elite classes of orienteering which are the most competitive and it is for this reason that they are the main focus for reports - unless of course an event is specifically orientated towards another competitive group such as juniors or veterans. An article on 'What to do when you get to the forest' for example, would not make the sport's pages

(MORE FOLLOWS)

PROMOTING THE SPORT OF ORIENTEERING

(continued)

of a newspaper - this is material for a features page.

When writing a report the PRO can use only the information readily or easily available. Lengths may be gone to in order to clarify certain results but in the absence of clarifications those results available must be used in order that the public does not lose sight of orienteering in the media. As PRO I select from the available results the aspect of an event which is most newsworthy and which will highlight the exciting and competitive nature of the sport. In the event of full results not being available to me, it may mean that periodically some newsworthy results may be omitted from reports. This is not my fault however, I can only report the results which I have. If an organiser fails to furnish me with results I can not be expected to report them. Finally may I add that all those results that are reported are provisional.

-TARA HORAN.

ORIENTEERING AND ITS IMAGE

By EOIN ROTHERY.

The A.G.M. is at hand and the time is right for some thinking about our sport. Orienteers know just how difficult reasonable thought is; - how many blindly stupid mistakes did you make in events during the year? However, once the orienteering is over, do you stop making mistakes? I don't and neither do most others - outside the IOA Executive Committee. Do we all know what orienteering is? Have we forgotten what is important about orienteering? Well the basic ingredient is the legs, ie. the bits between the controls - navigation through unknown terrain. The controls serve merely as checkpoints to ensure that everybody does the same course. This can be done competitively (RUNNING) or non-competitively (WAYFARING). If done competitively then we have a time trial, where the winner has the fastest time. And that is it. Simple isn't it?

Problems arise, however, when we try and stage this in 'real life'. First of all we look for woods. Why? The reason is to ensure fairness of the time trial aspect - that no competitor should gain advantage by seeing a competitor ahead. It is not so that there is more chance of an orienteer hitting off a tree. It is not so that controls can be 'hidden'. Orienteering should be enjoyable. Thrashing around in a patch of fight looking for a hidden control in a depression in a storm, soaked to the skin, and freezing is not enjoyable, nor is it orienteering. Neither is navigating in gorse, felled areas, on roads, to misplaced controls or on wrong maps. Nor is it about petty club rivalry, nor about score, line, corridor, window or any other form of technical training.

more follows...

ORIENTEERING AND ITS IMAGE

...continued

Ajax was set up in 1979 with all of the above in mind, with a commitment to promote the running aspect of the sport which to then had been swamped by the 'purposeful Sunday driving', wayfaring side. This is not to say we rejected wayfaring - simply that we recognised two different aspects of orienteering. To some people this seemed 'elitist' - they were quite wrong. All abilities are accepted equally in our club, each person can only strive to be as good as they can be, or they choose not to strive at all.

Promotion brings me to image. Orienteering needs an image to attract new members (to organise events for the existing members) and to attract sponsorship (to finance events and especially new maps). Where does orienteering have an image? In the media where non-orienteers read about it or see it. To attract, the image must be interesting, positive, and contain pictures which show orienteers doing enjoyable sorts of things. To get into the media it must be newsworthy. To achieve the above, however, means that Trina Cleary won't be able to see her name in the newspaper every week. 'The Irish Orienteer' is for orienteers and for results, previews and fixture lists. The papers are for orienteering's image.

-EOIN ROTHERY.

IRISH ORIENTEER TROPHY MATCH: LVO v GEN at Fauna, Co. Wicklow, 6.1.'85

A Course 9km/280m

1	W.Hollinger	LVO	78.45	(6)
2	B.Simpson	LVO	83.19	(5)
3	S.McGibbon	LVO	86.06	(4)
4	D.Quinn	GEN	91.37	(3)
5	K.Davies	GEN	92.56	(2)
6	B.Haire	LVO	94.21	
7	B.McKenna	LVO	100.52	
8	T.McCormack	GEN	101.03	(1)
9	D.P.Barry	GEN	114.41	
10	P.H.Ryan	GEN	117.11	
11	J.Doherty	LVO	120.36	
12	R.Bonar-Law	GEN	128.09	
13	D.Thornhill	GEN	142.42	

B Course 7.6km/270m

1	E.Wilson	LVO	59.24	(6)
2	A.Gartside	LVO	61.54	(5)
3	P.McCormack	GEN	64.42	(4)
4	E.Loughman	GEN	75.47	(3)
5	M.Healy	GEN	78.31	(2)
6	H.White	LVO	90.49	(1)
7	D.S.Carson	LVO	99.44	
8	M.Lunt	GEN	108.11	

C Course 4.8km/170m

1	M.Thornhill	GEN	38.21	(6)
2	A.Savage	LVO	38.51	(5)
3	A.Bonar-Law	GEN	41.27	(4)
4	W.Moody	LVO	46.48	(3)
5	E.Baxter	LVO	48.05	(2)
6	S.Campbell	LVO	48.21	
7	H.Johnson	LVO	48.58	
8	R.McKenna	LVO	52.40	
9	C.Bonar-Law	GEN	53.20	(1)
10	H.Stewart	LVO	55.46	
11	G.Hughes	LVO	57.54	
12	I.McKenna	LVO	62.43	
13	A.McCormack	GEN	65.00	
14	A.Bell	LVO	66.53	
15	I.Spratt	LVO	68.22	
16	J.McClelland	LVO	85.04	
17	R.Roche	GEN	72.31	
18	D.Farnham	LVO	79.39	
19	M.McCormick	LVO	82.06	
20	G.Sweeney	GEN	106.24	
21	D.Roche	GEN	126.40	
22	D.Hynes	GEN	139.37	
	1 n/f.			

D Course 2.7km/105m

1	M.Henson	GEN	28.12	(6)
2	G.O'Friel	GEN	30.05	(5)
3	J.Wilson	LVO	33.12	(4)
4	S.Moran	GEN	35.10	(3)
5	M.Moran	GEN	36.11	
6	B.Doherty	GEN	37.54	
7	D.Moran	GEN	37.58	
8	J.H.Newman	GEN	38.20	
9	P.Moran	GEN	39.59	
10	R.Davies	LVO	41.40	(2)
11	C.O'Friel	GEN	47.30	
12	E.Moran	GEN	49.25	
13	D.Hollinger	LVO	51.31	(1)
14	S.Sloan	LVO	54.47	
15	A.McKenna	LVO	55.32	
16	R.Hollinger	LVO	105.43	
	B.Doherty GEN Disq.(3&4)			
	M.Redmond GEN Disq.(5)			

OVERALL RESULT:

A Course	LVO 15	GEN 6
B Course	LVO 12	GEN 9
C Course	GEN 11	LVO 10
D Course	GEN 14	LVO 7

Lagan Valley Orienteers 44 points
Great Eastern Navigators 40 points.

Results so far: In the first round, 3ROC beat ECO, SET beat ThO and LeeO beat AJAX. NWOC made two attempts to meet WEO but on both occasions were thwarted by the weather. A match is expected in the near future. In the second round 3ROC meet LVO probably on March 31st at Rockmarshall, while Lee, SET and either WEO or NWOC meet to decide who goes through to the other semi-final.

The Irish final is expected to be in mid-May.

IOA Secretary: Julie Martindale,
68 Upr. Rathmines rd
Rathmines,
Dublin 6.

Irish Orienteering Association

IOA PAGES

1985 AGM.

The 1985 IOA AGM will be held on Saturday March 2nd in New Inn Secondary School, commencing at 7.30pm. The school also serves as the Event Centre for the Connacht Championships.

IOA Course Planning Symposium.

Sat. 16 March Wesley College, Ballinteer, Dublin.
Register with David Quinn, 01-691313

Mon. 18 March Colaiste an Phiarsaigh, Glanmire, Cork.
Register with Noel Morrish, 021-293444

Cost £2.00 each day

Ian McMillan, Chairman BOF will be leading both sessions and will deal with Course Planning of all standards.

Further details are available from:
Faith White, The Lake House, Crookedwood, Mullingar. 044-72118

Change of name.

FIOA (the federation covering IOA and our equivalent in the North, NIOA) have indicated that in future the Leinster/November 2 Day shall be known as the "Irish 2 Day". This is to help promote the event in international circles.

Swedish 5 Day invitation.

Due to the late notice about the invitation to the Swedish 5 Day, for one elite man and one elite woman, the closing date for application has been extended to March 8th. Applications to go to: Colin Dunlop, 30 Carrickbrack Hill, Sutton, Dublin 13.

An up to date Club Secretaries list is given.

Tayside '85

Scottish 6 Day Orienteering Event

* 4th - 10th August 1985
* Britain's Largest International Orienteering Event
* Six first-class new maps in the area around Pitlochry
* Event Centre and campsite in attractive lochside setting with on-site bar, restaurant and entertainments
* Entry forms from: P.O. Box 16
  STIRLING
  SCOTLAND

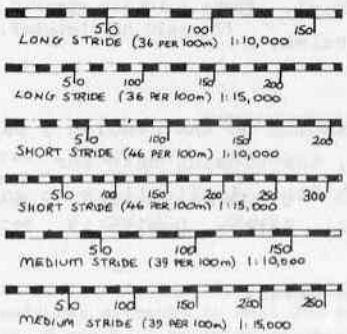
Please send an International Reply Coupon. Programme-listed entries will be accepted until April 30th. Later entries will also be available.

HAVE YOU GOT IT YET?

"A LIFESAVER FOR BEGINNERS AND AN INSPIRING READ FOR ASPIRING ORIENTEERS" - Paul Boyes, Compass Sport

"EOIN ROTHERY'S BOOK WAS JUST WHAT WE NEEDED" - Noel Carroll, Irish Runner

"WORTH £2 JUST FOR THE GLOSSARY " John McCullough - The Irish Orienteer



Extensive proofreading has revealed 2 significant errors; The pacing scales are reproduced at their correct scale left- they were reduced from A4 to A5 instead of A6.
On page 32, Fig. 58 was left unlabelled. The figures refer to paces from attack point. The 4 spaces on the left of the dashed line should contain 'rough bearing', 'pacing/rough bearing', 'accurate bearing', and 'pacing/accurate bearing'. Right of the dashed line should be 'Is there nothing else on the map?'.

"ROUTES" is still available at £2 from most Dublin bookshops, or from the author at (NEW ADDRESS) 157 Moyville, Dublin 16.

COURSE PLANNING COURSE: MARCH 16 &18

The IOA are running two course-planning symposia on March 16th in Dublin and on March 18th in Cork. The course will be given by Ian McMillan of the British Orienteering Federation.

Participants are asked to bring courses they have planned and/or enjoyed running on, and lunch. The cost is £2.00 per day.

Dublin: Wesley College, Ballinteer, D.16.
09.45 - 16.30 hrs.
Register with David Quinn, 69 Woodbine Rd. Blackrock, Co. Dublin. (01-691313)

Cork: Colaiste an Phiarsaigh,Glanmire.
09.30 hrs.
Register with Noel Morrish, Eudion, Castle Road, Blackrock, Cork.(021-293444)

Further information may be had from the above or from Faith White (044-72118).

HILL AND BOAT RACE : MAY 12th 1985

The race begins this year at Howth Harbour in Co. Dublin. The runners (a team of two per cruiser) will run to Howth Summit (563 ft), return to the Harbour and leap aboard. The sailors take over the race and sail to Greystones, south of Bray, Co. Wicklow. The runners are then required to run to the highest point on Bray Head (791 ft), the Little Sugarloaf (1123 ft) and back to the boat at Naylor's Cove before returning to Bray Harbour. The day should prove an exciting combination of tactical, navigational and physical skills.

If you are interested in competing runners should contact Eileen Loughman, Eastern Health Board, Poplar Square, Naas, Co. Kildare, Phone 045-76001 between 9.30 and 10.30 am up to April 12th 1985.

The much sought-after "Dolly Parton Trophy" for the old Two-Peaks race may now become just a fond memory.

INTERESTED IN TRAINING?

Two courses of interest to orienteers are taking place in March:

(i) March 23/24 at Tiglin Adventure Centre, Ashford, Co. Wicklow. All levels will be catered for. Contact 0404-4169.

(ii) March 30 at Glencree, Co. Wicklow. This is a course specifically for women of all age groups, who are interested in being competitive. It will start at Crone car-park on the south side of Glencree at 10.00 am.

Contact Eileen Loughman at 045-76001 between 09.30 and 10.30 am.

LEINSTER CHAMPIONSHIPS KAPUT

Having been postponed from March 17th to March 31st, the proposed Leinster Championships event is now believed to have been postponed again, probably until the Autumn. Survey delays and organisational capacity (or the lack of it) are rumoured to be the reasons, but organisers AJAX have made no definite statemant as yet.

AFAS ADVENTURE MARATHON

The entry forms for this unique event are now available from Ray Burke, Cappanalea OEC, Oulagh West, Caragh Lake, Co. Kerry. (066-69244/5).

As you were told in TIO 15 the event takes place on May 26th 1985 and involves running the Reeks (9.5 mls, 5200ft ascent), canoeing to Muckross via the Lakes of Killarney (13 mls Grade 1 paddling) and running a 5 mile O-course with 450m climb and 25 controls.
Entry is confined to competent exponents of each sport, over 18 years of age.

Entry closes on March 14th 1985.

How about an inter-O-club challenge, with teams of three taking part?

Lee orienteers

affiliated to the irish orienteering association

SUSIE WHITING 1963 - 1984

Orienteers and a wide circle of friends and acquaintances were shocked and grieved at the death of Susie Whiting who died in a fall while walking on Snowdon on Dec. 18th at the tragically young age of 21. More of a fun - orienteer than a serious competitor, Susie's real talents lay in other fields. Too young to enter College she won the Young Secretary of the Year award in a post leaving-Cert. year of study. A talented pianist, particularly as an accompanist, Susie took her Honours B. Mus. at U.C.C. in 1983, while concurrently obtaining a diploma in piano teaching at the Cork School of Music. At College she was, with Colm O'Halloran, a founder member of U.C.C.O.

In an era of material gain Susie's manifest charity and concern for others, allied to a gentle but delightfully humorous nature were a shining example to all of us whose privilege it was to know her. Of deeply religious conviction, it was her involvement as a volunteer youth worker in Cork City with the Church Missionary Society which prompted her to embark on a one-year Certificate of Theology Course at St. John's College, Nottingham. It was while studying there that she met and became engaged to John Bentham, who is due for ordination next June. John and Susie were to be married in July. Our best wishes for a full recovery go to John who was injured in, but fortunately survived, the accident on Snowdon.

In Orienteering terms Lee O's Whiting Family, parents Jill and Tony, daughters Wendy, Anita, Susie and Pamela and sons Peter and Paul, are everything one thinks of in the contex of 'The Family Sport'. To each of them and to John Bentham go our deepest sympathy.

LEE O OFFICERS 1985.

The Club AGM was held on January 14th and the following committee selected:-
Chairman - Noel Morrish. Tackle Master - Tom Meagher. P.R.O. - Jack Riordan.
Secretary- Marie O'Sullivan. Sen.Training Officer - Clare Nuttall.
Treasurer- Bill Gregor Jun. " " - John B. Riordan.
Committee - Alec Gibson and Micheal T. O'hUigin.

IRISH ORIENTEER TROPHY - Quarter Final at Kilcooly.

In a bit of a nail-biter Lee O prevailed over Ajax 44-40. As expected it was our younger and not quite so young members who swung the scales our way. Congrats to all who scored - especially Nuala Higgins (W13) first on the D Course and newcomer Padraig Riordan (M15) an impressive 2nd on the B, only 6 mins. behind the redoubtable Deirdre Ni Cheallanain. Hero of the day was M55 Club Chairman Noel Morrish who, although recovering from a serious op: made a late decision to tog out and navigate carefully round the 'D'. Noel's 3rd place at the end of the day turned a 43-41 defeat into a 44-40 win. Many thanks to Ajax for such a good contest and to Curragh who designed courses so eminently suitable for the competition. Heavy training is now in progress for the semi-final joust with Setanta and the winners of the W.E. and N.W.O.C. contest.

Womens Training in Tiglin - Susanne Clarke.

On Saturday, 12th January, 1985 in Tiglin there was a training session organised by Eileen Loughman, assisted by Justin May, a session for all women, not "Elite" as was originally suggested.

First there was a form to be filled in, compiling information about each person attending, name, age, height, weight waist and hip measurments were to be given, also P.B. times for 10Km, 800m, 200m, and 100m if available. Those who rather conveniently didn't know their weight and various measurements were not to be disappointed because Eileen had brought a scales and tape-measure. Hard luck!!

This was followed by a short talk explaining the aims of the training session, namely, to improve standards. Not many women have attained their potential in Irish Orienteering. One must raise the standard by giving advice and instruction if the sport is to reach a comparible level with other countries.

Afterwards some stretching exercises to prepare for a long day of practical orienteering, and a short warm up jog together, followed by a 3.5km time trial on the forest tracks. Next was an exercise over 300m timed both on the track and in the forest, with consistant results showing that in this case it was 1/3 faster on the track. The forest being used was indicated as fast run on the map. Pacing exercises were also carried out over both of these types of terrain.

The next exercise was to show that an indirect route on forest paths is often faster than the shorter direct route through the forest. This was followed by compass work - running on the needle. It was concluded that this area was the poorest of those who attended the training and further work was needed in this area to gain confidence in using the compass.

"Aiming-off" was the next technique to be practised before returning to the adventure centre for some nourishment needed for the afternoon session.

What better way to digest one's lunch than an hour's mapping! Equipped with pencils, rubbers, compass and paper containing only the roads outlining an area approx 500sq. metres and Magnetic North marked on it, we set off to draw our own interpretation of this area before comparing it with the map.

After a stroll to another part of the forest we met up with Justin, who had been putting out a close network of controls so that we could put into practise everything that we had learnt during the day.

4 o'clock and back to the adventure centre for coffee and questions, one of which was:

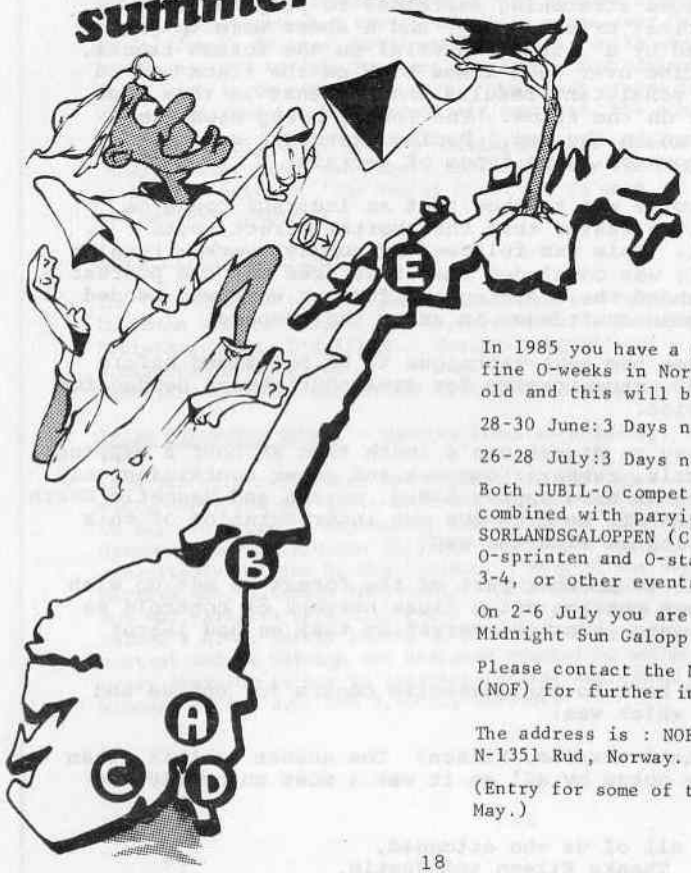
When is the next session, Eileen? The answer to this, when revealed should be noted by all as it was a most enjoyable and worthwhile day.

On behalf of all of us who attended,
Thanks Eileen and Justin.

From Deepest Munster we hear a recent edition of "The Kerryman" carried a full five-colour centrefold on Orienteering. Intrepid reporter The Motley Fool contributed with a meaningful article on TIO TROPHY. Thomond and Lee's thrilling double-header vs. Set and odds-on favourites Ajax at Kilcooly were described in all their gory detail. In a revealing interview The Fool discovered the truth behind the fall of mighty Ajax. ...too many of their training sessions are being devoted to speech therapy for the more monosyllabic element who find the club name a bit of a mouthfull ....
The Fool attended the Munster A.G.M. at Ballyhooly.....amongst the plans for the up-market 1985 computerised All-Grade-1 e.o.d. New Munster Super League will be Super Prizes of Super Red Biros for taking down the Super Courses from the Super Master Maps....

LOOK TO NORWAY

summer '85



In 1985 you have a great chance of spending fine O-weeks in Norway. The NOF is 40 years old and this will be celebrated with JUBIL-O:

28-30 June: 3 Days near Oslo (A).

26-28 July: 3 Days near Trondheim (B).

Both JUBIL-O competitions can easily be combined with paryicipation in SORLANDSGALOPPEN (C) on July 7-14, O-sprinten and O-stafesten (D) on August 3-4, or other events.

On 2-6 July you are welcome to the Midnight Sun Galopp (Midnattsolgaloppen) (E).

Please contact the Norwegian O Federation (NOF) for further information.

The address is : NOF, Hauger skolevei 1, N-1351 Rud, Norway.

(Entry for some of these events closes in May.)

ODDS and ENDS and ODDS..... The Leinster Championships saga goes on: now they're off until the Autumn. (at least...)....An interesting IOA AGM is predicted this year: Both Faith White and Ted Russell want the chair, but the other positions go either unwanted or uncontested. Some typical Ajax fireworks are expected from the ever entertaining and unfailingly controversial Eoin Rothery, plus the awarding of the Map of the Year, Course Planning competition and Mactire Trophies, the results of which will, as always, be the most closely guarded secrets in Irish Orienteering. Come along and see the fun: 7.30 pm at New Inn Vocational School, Co. Galway, March 2nd.... a recent suggestion for colour-blind orienteers in Britain is the introduction of blue punches instead of red. Hands up all those who remember when blue and red controls were used in Ireland!.... The IHRA, those real men who run in the wild without even the use of a safety net, are at it again. Weekend races have already started, while the Thursday evening league races start shortly. It may not be much fun at the time, but it sure is good training for the legs, the lungs and the mind.... IOA seems so far to have avoided the insurance scourge doing the rounds at the moment: many adventure sports have had their insurance premia increased by a factor of ten, or more. AFAS's quote is believed to have gone from about £800 to £12000, the Board Sailors' and the Divers' from £200 to £2000, and the ICU's no longer covers water activities! An AFAS affiliates' meeting is planned for late February and will be reported in the next issue.... Trina Cleary's letter about press coverage of orienteering in TIO 15 has generated much heat in certain quarters, but unfortunately very little light. When I was IOA PRO I thought, in my naive way, that the first duty of the PRO was to report the truth. Anybody like to nominate Clive Ponting or George Washington as PRO for next year?.... Parking and land access seem to be causing problems again: at several recent events local landowners have been angered by event organisers not seeking proper permission for their competitions, while it must be unreasonable to park hoards of cars along narrow country roads, interfering with the legitimate business of the locals. Parking and access should be the first things to be checked out.... CompassSport is still available from Trina Cleary, 16 Dodder Park Road, Dublin 14, at £9.25 for eight issues.... Contrary to a previous TIO report it is the 1988 Continental Cup which Ireland proposes to host, probably in July of that year... Did you know that if you are running you may not be able to see things at 20 feet that a stationary observer would see at 200 feet? So says the current IOF Report. The solution is to slow down if you want to read your map. Brilliant, isn't it? Slowing down also increases your "cone-of-vision" to enable you to see colours more clearly. So now you have a new alibi when you can't find that elusive control... If you ever feel that your preparations are not going too well when you try to organise an event, take heart from the story of Oleh Kandyba of Canada: he had three weeks to make an O-map on the other side of Canada and run an event. He bought an aerial photograph and a 1;15 000 scale map, tarced the two to make a contour-and-vegetation map, and went out to the forest, five days before the event. Unfortunately the photograph was at least ten years old so all the vegetation had changed: fields had become forest. So he decided to make a new map. Fortunately he had a pilot's licence, so he went and borrowed a plane. One of the youth leaders involved volunteered to take the photographs, so off they went. The plane had to be banked at 90° to get a vertical picture of the ground, and the poor photographer panicked and took all the shots much too early. Finally a lab was found where the photos could be developed overnight. Next day he scoured Calgary looking for a loan of a 35mm slide projector and found one at last. He found that the best shot of the area was at about 45° so he inserted the negative into the projector, slanted the projector at 45° and projected it onto a screen. Then he traced the detail from the photo onto a sheet of paper on the screen and marked what detail he could. Two dats to go! He and one other started the field survey , and through the night before the event he drew up the map in ink. The day dawned, and he went to Calgary to get the map copied...only to find it was a local holiday. He located a library 60 miles away which was open, so one of the group went there and shovelled coins into a photocopier to reproduce the maps, but his car was gone to take someone else to hospital. All the controls were out and the maps hadn't even left for the photocopier. At three o'clock in the afternoon the maps arrived back and the event was held... a considerable success, by all accounts. High hopes!... more ODDS and ENDS and ODDS next time....

ORIENTEERING FIXTURES 1985

Competitors are advised to check that events have not been changed from the dates or places stated here: see the sports diary in the newspapers or ring the contact phone number if in doubt. Events marked "*" are registered with IOA and covered by the IOA Public Liability insurance policy. Where possible the grid reference of each area and a contact telephone number have been given.

March

9		CLANDEBOYE	Co.Down. LVO event.GR J 48 77. C.Henderson Lisburn 71638.
10		AHERLOW	Co. Tipperary, on north face of the Galtees. Tipperary Orienteers Grade 1 event, in aid of the mentally handicapped. GR R 89 27.
10	*	CARRICKGOLLOGAN	near Shankill, Co.Dublin. LSOA Grade 3 event. Schools event, but all are welcome. This one has been changed once already, so check first! GR O 22 20. 01-953442.
10	*	THREE ROCK WOOD	Dundrum, Co. Dublin. UCDO Grade 2 event. GR O 17 23. Courses of 2 to 8km. Start 11.00 to 13.00. Steep mixed forest and mountain.
16		IOA COURSE PLANNING SYMPOSIUM at Wesley College, Ballinteer, Dublin 16.	Given by BOF's Ian McMillan. Contact David Quinn (01-691313).
17	*	GLENCREE	Co. Wicklow. DUO Grade 1 event. Pre-entry by March 10th: entry forms in TIO 15. Steep forest and rocky open mountain with expensive maps. GR O 19 14.
18		IOA COURSE PLANNING SYMPOSIUM in Cork.	Given by BOF's Ian McMillan. Repeat of Saturday's course. Contact Noel Morrish 021-293444.
23		MOYDAMLAGHT	Co. Derry. NWOC Grade 1 event. Sperrin Mountain terrain: steep but fairly fast. Scene of 1979 Irish Championships. GR H 74 99. David Blair Limavady 4902.
24		BROCKAGH	Laragh, Co. Wicklow. GEN Grade 2 event. GR T 12 97. Get a preview of the Irish Championships from across the valley.
24		BONERAILE	north Co. Cork. Cork O Grade 3 event. GR R 16 07. Parkland?
31		ROCKMARSHALL	Co. Louth. ECO Grade 2 event, featuring 3ROC v LVO second round match in Irish Orienteer Trophy competition. Scene of 1981 IOC which took place in 1982. Situated on the Cooley Peninsula. GR . This is NOT the Leinster Championships.
31		MUCKROSS	Killarney, Co. Kerry. KO Grade 1 event. GR V 97 85. Lovely area. See what you think of the map.
31	*	ROSTELLAN	Midleton, Co. Cork. Lee O Grade 2 event. Seaside, pits, oil refineries...but the grid North lines are gone. GR W 87 66. 021-293444.

April

5-8		JAN KJELLSTROM TROPHY	Northumberland, England. Britain's premier O-event, with training, two-day individual and relay races. If you haven't entered yet, tough. Entries closed on January 31st. Go next year.
6		FLORENCECOURT	Co. Fermanagh. FermO club event. NIOA Championships to be run here in September! B & W map. Start 11.00 - 13.00 hrs.
13		CRAWFORDSBURN	Co. Antrim. LVO club event. Start 11.00-13.00 hrs. Contact D.Watson, Holywood 4423.
14	*	CASTLEBLAGH	Ballyhooly, Co. Cork, near Fermoy. LeeO Grade 2 event. GR W 98 72.
20	*	IRISH INDIVIDUAL CHAMPIONSHIPS	Glendalough, Co. Wicklow. Organised by 3ROC. Entry forms from club secretaries or at events, closing March 5th or on March 19 with a hefty late fee. GR T 11 96.
21	*	IRISH RELAY CHAMPIONSHIPS	Hollywood, Co. Wicklow. Organised by 3ROC. Entry as for Individual. GR N 94 06. Phone 01-982762.
28	*	LEINSTER SCHOOLS CHAMPIONSHIPS, Tiglin, Co. Wicklow.	Open only to Leinster Schools. Contact 01-953442.
28		WARRENSCOURT	Co. Cork. Cork O event, Cork Championships at a secret venue...

May

4-5		CASTLEWELLAN	Co. Down. LVO Two-day, tough orienteering within sight of the Mournes in a well equipped Forest Park, scene of the 1984 Interprovincial and TIO Trophy Final. Grade 1 event on Saturday and NIOA Relay Championships on Sunday. Pre-entry required. Contact Colin Handerson at Lisburn 71638. GR J 32 37.
5		MALLABRACKA	Dunmanway, Co. Cork. LeeO Grade 1 event. Reputed to contain lots of open runnable land and some forest. Contact 021-293444.
12	*	WATERGRASSHILL	Co. Cork. LeeO Grade 2 event. GR W 79 83. Contact 021-293444.
12		MULLAGHMEEN	Co. Westmeath. SET Grade 1 event. Excellent forest, plenty of deciduous wood with contours. Used for second day of '84 Two-Day. GR N 47 78.
18		SHANNAGHMORE	LVO event. No further details at present.
19		CAPPANALEA	Killorglin, Co. Kerry. KO Grade 1 event. Interesting area of open mountain with lakes and crags, but bring a dry pair of socks for the apres-O. GR V 72 88.
25-26		SCOTTISH CHAMPIONSHIPS.	Trossachs area. Details in CompassSport.
25-27		BELGIAN THREE-DAY	Arlon & Luxembourg. Entries close March 29th. Contact 3 Jours de Belgique 85, Avenue Minerve 21/8, B1190, Bruxelles, Belgium.
26		Three Woods	Sailing and orienteering race, Co. Cork.Cork O Grade 3 event.
26		AFAS ADVENTURE MARATHON	Co. Kerry. Hill running, kayaking and orienteering. Details from Cappanalea OEC, Caragh Lake, Killorglin, Co. Kerry.
26	*	DONADEA	near Clane, Co. Kildare. Lovely fast,flat forest with lots of small features. GEN Grade 1 event, new map. This area has not been used for several years, so go and run there. GR N 84 33.

June

1	PORTSTEWART	Co. Derry. Curious 1:5000 scale map of sandhills flanked by the Bann and the Atlantical Ocean. Worth travelling to. NWOC event. GR C 80 36.
8	CRAWFORDSBURN	Co. Antrim. LVO Come-and-Try-It event.
16	LVO Training Event.	No details as yet. Contact Lisburn 71638.
22	CLEMENT WILSON PARK	Belfast. LVO event. No other details.

July

20	TOLLYMORE	Co. Down. LVO eveny in familiar forest park in the Mournes. Good camping facilities, etc., and the orienteering isn't bad either. GR .

.....

EVENTS ELSEWHERE THIS SUMMER

May 25/26	Scottish Championships. } Details above.
25/27	Belgian Three Day. }
June 1/2	Suunto Games, Helsinki, Finland. Entries close May 20.
2	French Championships, Rennes, Brittany. Entries close May 1.
26/30	Bulgarian 5-Day, Veliko Tiznovo. Entries close May 30.
July 6-7	3 Jours de Jura, Les Verrieres, Switzerland. Entries close April 15. I can't explain how they squeeze three days into two. Maybe that's what they mean by "Swiss Timing".
11-13	3 Giorno del Ticino, Switzerland.
22-26	Swedish 5-Day, Falun. The biggest of them all.

Full details of these and other events are available from your club secretary.

FEDERATION OF IRISH ORIENTEERING ASSOCIATIONS

This page is to be a feature in every couple of issues of The Irish Orienteer to inform Irish orienteers about the Federation of Irish Orienteering Associations.

What is the FIOA? The FIOA, as its name implies, is a joint body set up by the Irish Orienteering Association and the Northern Ireland Orienteering Association with responsibility for matters which affect orienteering in the country as a whole.

Such things would include overseeing the standards of Irish Championship events, arranging the selection of Irish Teams, making contacts internationally for events like the Continental Cup, the World Championships, the World Student Championships and so on, arranging rotas for Interprovincial events, and, recently, organising the All-Ireland Ranking List.

Who is on FIOA? As constituted at present the FIOA is composed of members of the Executive Committees of the IOA and NIOA, with nominated representatives from the general body of orienteers administered by each Association. The members of FIOA at the moment are Colin Dunlop (Setanta OC, Chairman and IOA nominee), Faith White (SET, Secretary and IOA Executive member), John McCullough (3ROC, IOA nominee), Joan Morrissey (GEN, IOA Executive member), Bill Simpson (LVO, NIOA representative) and Noel Bogle (NWOC , NIOA representative).

How is FIOA funded? The two Associations give contributions to the Federation to pay for the running of the organisation.

Communications to FIOA should be addressed to Faith White, The Lake House, Crookedwood, Mullingar, Co. Westmeath.

FIOA NEWS

- The FIOA Ranking list, the first edition of which appeared in the last TIO, will be updated as soon as the Connacht Championships results are available. The first day of the Midwest Two-Day will not be used for ranking due to certain courses being declared void, but another event will be substituted in its place. The next list will appear in May, to include the Irish Championships, and the 4th list after the November two-day.
  It took BOF three years to get the ranking system working, but we hope to have got it right within a few months. There were a number of flaws in the first issue (names missing, club abbreviations wrong and so on) but we hope that all this will have been sorted out in the second list. The second issue will also contain details of how to find the "Ideal Time" for your course. Remember to use the SAME INITIAL and CLUB ABBREVIATION in each race, and to run in the SAME CLASS in all the ranking events if you want your place in the list to be representative.
- FIOA urges clubs and regions to note the importance of Coaches at all levels: each club and region should have a training officer or coach to help raise the standard of competitors.
- A coaching day for women is to be run in Glencree, Co. Wicklow on March 30th. A separate notice about this appears on the NEWS page.
- FIOA wishes to express its appreciation for the work done in the past year by the Irish team selectors, and particularly to Diana Large for her record keeping.
- Irish WOC Team Manager Colin Dunlop is resigning his post, so a new Team Manager is sought. Apply to FIOA, address above.
- The 1985 Munster Championships will take place at Kilfinnane, Co.Limerick, on October 19/20 and it is expected that the 1985 Interprovincial Match will take place at the event.

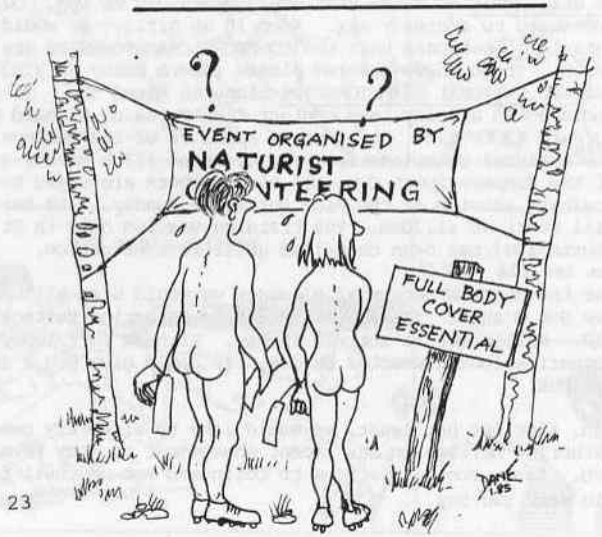
YOU'RE SERIOUS ABOUT YOUR RUNNING WHEN.....

While running, you stop your watch at a red light.
The doctor says "Stay off your feet...". You swim.
You hang up a Mary Decker poster in your bedroom.
You instantly spot a lighted cigarette in a restaurant.
You've heard of "Fartlek".
You look forward to your next issue of "Running" more than to "Playboy".
People think your house smells like a locker room.
You know how to pronounce "Adidas" correctly.
You double knot your dress shoes.
Half your laundry consists of T-shirts.
You refer to "pigging out" as "carbo-loading".
You wear your running shorts all day.
You stretch while you're on the 'phone.
You have no trouble converting kilometres to miles.
They call you by your first name in your local running shop.

YOU'VE GONE OVERBOARD WHEN.....

You don't stop at all at red lights.
You run anyhow.
You hang up a Grete Waitz poster.
You threaten to smash the smoker's head in.
You do "Fartlek".
You think the women are more attractive in "Running" than in "Playboy".
People pass out in your house from the smell.
You know how to pronounce "Saucony" correctly.
You no longer own any dress shoes.
You stop doing laundry.
You start pigging out at carbo-loading dinners.
You wear your running shorts all night.
You run while you're on the 'phone.
You no longer convert kilometres to miles.
You apply for a job in the local running shop.

(Thanks to NIOA Newsletter)



Secretary: Anne O'Neill
12 Rag[illegible] Rd., Ballsbridge, D4.
Tel: (H) 604859.

setanta orienteers

REFLECTIONS - CRITICISING THE CRITICS - For the past year the Setanta news seems to be devoid of any literary interest or style. The Gen news column (turned into a Lit. Crit. feature, it seems) has taken us to task.

"The Setanta page reeks of antiseptic efficiency" it unctuously comments. With little to report, or else losing faith in reporting to its own members, the Gen news, seemingly, obsessed by Setanta, criticises Setanta for rescuing two little girls at the DAY TWO EVENT.
The controller's report read, which they quote "just as darkness fell, two young girls who had gone astray on their courses were found and returned to their companions after drinks and souvenirs". For this evident care and concern, Gen's comment is SHAME-ON-YOU. Gen must obviously be going through a mis-setanthropic stage.

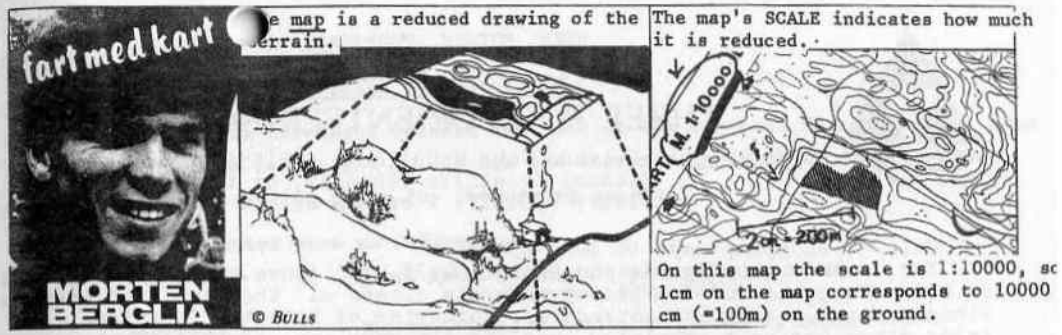
COMPASS SPORT CUP - Meanwhile all is sweetness and light here in Setanta (we forgive you Gen in general). We return from Kilcooley crowned with the laurels of success after handsomely defeating a gallant Thomond. We now look forward to the next round and send a clarion call to all members to attend training sessions in even greater numbers than they have.

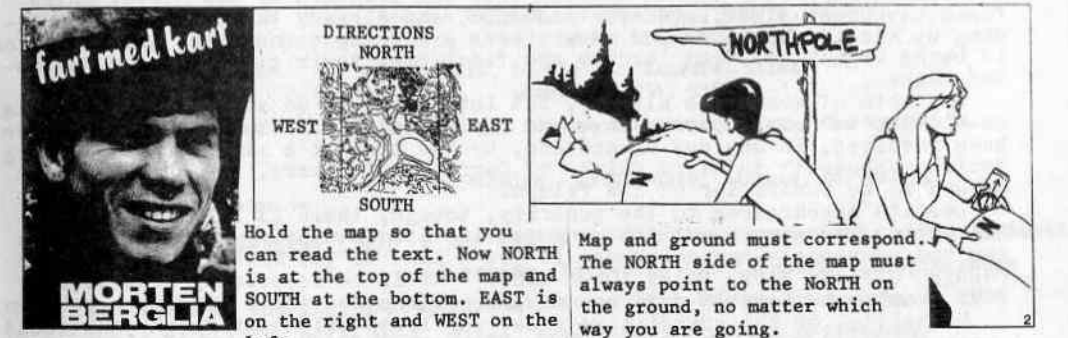
Despite the cold weather in early January the weekend training session in Mullaghmeen was an inspiring success. Thanks to Richard Poff and Brian Corbett for their consumate coaching, but special thanks must go to Faith and Roxanne for their hospitality in not only feeding us but also in leading an orienteering "encounter" group afterwards. Roxanne showed her great concern for the real art of orienteering - we still have to live with realistic "simple" Irish terrain and cling to the "blasting" school of orienteering. "Blasting" depends on fitness rather than navigation. We have taken Roxanne's advice to heart so in our training events we are stressing the idea that orienteering involves reading a map.

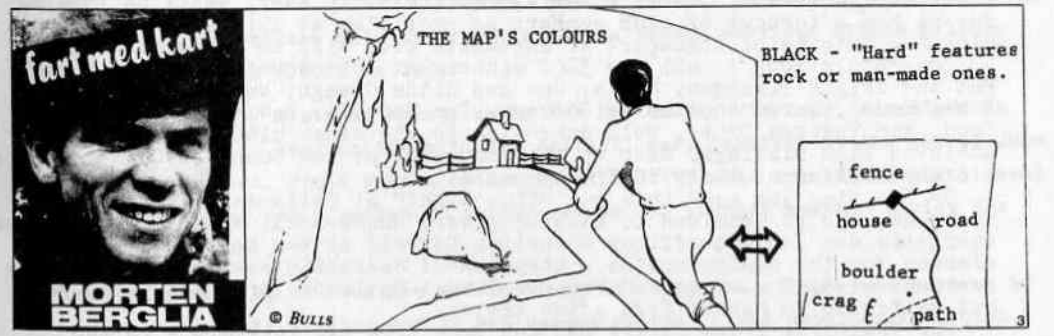
We still meet at BUSHY PARK every Wednesday at 8pm. Our token woman has increased to a steady six. Keep it up girls. We would remind all Setanta competitors that the CONNACHT CHAMPIONSHIPS are on 2nd and 3rd March. If you have entered please inform Bobby at 970379. The entries for the NATIONAL CHAMPIONSHIPS close on March 5th. If you wish to be included on a relay team contact Club Captain, Richard Poff at 333844 and forward £2 to him. Do it now - speed is of the essence. To prepare for the National Championships, JK, Glencree (17th March) and the next round of the Compass Sport Cup, all club members are urged to attend a SET training session at the Pine Forest on Sunday, 11th March. The session will start at 11.30am. The training session held in St. Anne's Park (northside) has been cancelled until further notice.

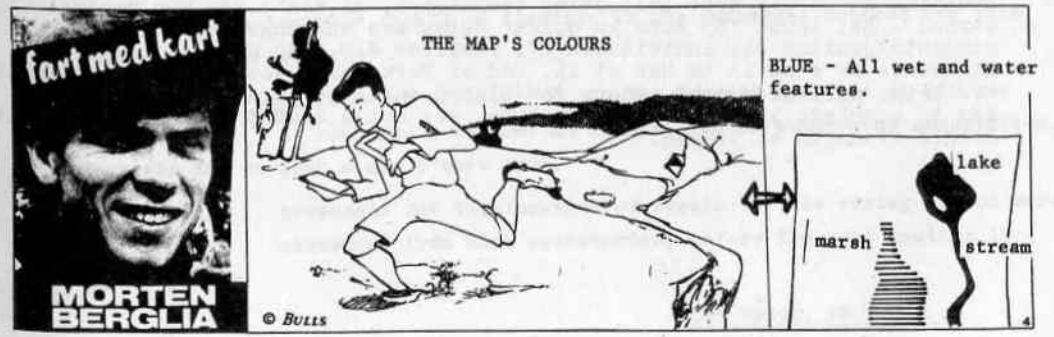
For the must in sartorial elegance we would urge all members to buy the new Set O suit. It is available from Catherine Murtagh at £16 - juniors £10. Willie Kee is attired in one. Richard Poff lopes in one. Catherine look glamorous in one. It could give you a new self image. BUY ONE.

And, last but not least, we would like to sincerely congratulate Catherine Murtagh on her recent engagement to Tony Keys - a member of SYO. Also, congratulations to Colin and Pat on their fine runs at the Mid West Two Day.









THREE ROCK ORIENTEERING CLUB

Enquiries: chairman John McCullough (981556), secretary Michael McAuliffe (982315), or treasurer Trina Cleary (904177) - or ask at the 3ROC car at events!

Only 35 shopping days to IOC '85!

Yes, folks, the Big Weekend (April 20-21, for those of you who've been in Outer Mongolia for the past year) gets closer all the time, and preparations are now moving into overdrive. Surveying of both the individual and relay areas has been completed, and the two maps are at present being drawn; the finished product should be back from the printers by mid-March. Entry forms have been distributed far and wide, and already the entries are building up nicely. Sponsors and advertisers are being rounded up. Accommodation is being organised. Team leaders are finalising their plans for the on-the-day tasks . . . . .

So, lots of work done already, but lots still to do as well. Many thanks to all who've helped out so far, and (in anticipation) to all who will have been involved, in one way or another, by the time it's all over - and a big "welcome aboard!" to Harry Quirke of Curragh Orienteers, who has kindly agreed to be Controller of the relays.

Despite appearances to the contrary, though, there IS life after April 21! During the summer we'll be engaged in various mapping projects on both new and previously-mapped areas. If you'd like to get involved contact our Mapping Officer Barry Dalby (0404-4169) - he'll be especially glad to hear from people who haven't done any mapping before but would like to have a go.

Meanwhile, on the competitive side: our Irish Orienteer Trophy 2nd round match v. Lagan Valley Orienteers has been fixed for March 31, at the ECO event at Rockmarshall, near Dundalk, Co. Louth. As ever, we'll be looking for as big a turnout of club members as possible, at all levels and in all classes. Details of transport arrangements etc. will be circulated soon.

Congratulations to all the 3ROC winners at the recent Midwest 2-Day: Pat and Brigid Flanagan, Nuala, Una and Hilde Creagh, Veronica and Brian Rowe, Hazel, Karen and Sheila Convery, Ian McNeill, David Tyner, Stephen Good, and Vanessa Crowe. Well done also to the other club members who achieved high placings. Keep up the good work at the Connacht Championships! (to say nothing of that TIO Trophy match!).

By the time you read this our "Club Night" at Oatlands will have been and gone, and it promises to have been very successful, especially with our energetic new Juniors Officer Cornelius Carroll at the helm. More are planned for the coming months - stay tuned! Meanwhile weekly training runs continue at 6.30 p.m. on Wednesdays. Venue: Oatlands for a few weeks yet, but switching to Marley Park after Easter.

Our Treasurer Trina Cleary is just back from her holidays - in the States, no less, visiting brother Ronan and sampling ski-O. She's also been brushing up on her debt-collecting techniques, so don't say you weren't warned - get those '85 subs in quick! Rates are unchanged from last year: students/juniors £4, individuals £7, families £10, and you can pay Trina at events or send it to her at 16, Dodder Park Road, Rathfarnham, Dublin 14.

Trina will also take orders for club O-suits - phone her at 904177. And to complete your spring collection, why not a club tracksuit? - contact Brigid Flanagan at 980928.

CONNAUGHT REGION NEWS

REPORT ON CONNAUGHT REGION COUNCIL A.G.M.

The agm of the Connaught Council was held at the Regional Tech. recently when Clubs from the region met to discuss the current situation of the sport in the West and outline plans for the coming season.

Officers elected were as follows:

Chairman :-	**Frank Ryan, St. Marys', Ballinafoyle, Galway. phone no. (091) 62029**
Secretary :-	**Noreena Ruane, 45 Dublin Rd., Renmore, Galway. phone no. (091) 55724**
Treasurer :-	**Brendan Higgins, 16 Tone Ave., Mervue, Galway. phone no. (091) 51941**
P.R.O. :-	**Tony Price, 10 Elm Pk., Renmore, Galway. phone no. (091) 55655**
Developement Officer :-	**Noel Donagh, Custume Barracks, Athlone, Co. Westmeath.**
Results Co-ordinator :-	**Michael Cahalan, Castle-ellen, Athenry, Co. Galway.**

Connaught Fixtures I985: A discussion on planning, controlling and organisation of events, including the Connaught Championships followed. It was also announced that, hopefully, the championships in I986 would be held in Union Wood, Sligo, organised by Custume Orienteers.

A proposal that a TWO-DAY be held at Little Killary was accepted but the date to be decided at a future meeting. Little Killary was the site of I.O.C. in I984.

Other Events: A street event, using the new Galway City map, organised in conjunction with the Salthill Harp Festival at the end of June was also agreed. Frank Ryan also announced that WE will organise a night event in late spring and a series of colour events for younger members during the summer.

Mapping: Mapping of Woodlawn and Portumna and progress of same was covered by Padraic Higgins and it was suggested that clubs should make a cash contribution towards mapping costs. A proposal that entry fees from the Connaught Championships should go directly to the Connaught Council for this purpose was agreed.

Affiliation Fees: Fees for affiliation to the Council were set at £I0.per club and a further £5 if involved in inter-club competition. Requests for payment a.s.a.p were made.

And Finally.....proposals for the location of events for the coming season were requested from club secretaries, before the next meeting in May....please.

TONY PRICE, PRO, C.R.C.

AJAX ORIENTEERING AND HILL RUNNING

February 3rd saw 30 members from AJAX down in Kilcooley, Co. Tipperary competing against Lee Orienteers in the 1st round of the Irish Orienteer Trophy. All four courses were equally well covered and impressive runs were accounted for in each: A course- P.O'Brien and P. Gargan were just behind Peter K. and Eoin R. B Course - D.Stokes one of our newcomers picked up the 6 pts. In the C course Déirdre, Tara and Michelle were the scorers. Good runs were also had by the juniors especially Edward Niland, Aisling Dillon and Hugh O'Brien. With all those good performers we thought we had the lead but a late starter from Lee O on the D course deprived us of our glory, the final score being Lee 44, AJAX 40. A different scoring system would have altered the points in our favour. Had the results been on overall time or position we would have won. The same would apply if the course scorers had been the best two, four, five or six from each club rather than the best three. Or if our opposers had been SET or THO, who also competed against each other in Kilcooley, the success would have been ours. Instead we wait for another opportunity next year. To LEE O - congratulations and good luck in the next round.

The Leinster champs have been postponed indefinitely due to mapping impedances. Had the event proceeded as scheduled it would have resulted in an inferior championship and this is not what we want. The event will probably be held in mid or late Autumn.

Monthly technical training continues every third Monday of the month in St. Tiernans Community School, Balally at 8.00pm. 18th March is the next date. February, however, was exceptional with it taking place on the last Monday.

Some members made it down to the Mid-West 2 Day, 16th-17th Feb. The ageing Paddy, running M35 for the first time, successfully overcame much opposition to win. Wendy Moore and Jayne MacGregor were 1st and 2nd respectively in W21B. The intervarsities were held in conjunction with the Sunday race in Gallows Hill. Eoin and Déirdre were representatives on the Trinity winning teams, Déirdre winning the ladies individual intervarsity title. Eoin might have been the men's champ if he hadn't fallen into holes on the Saturday.

Wendy Moore is the latest member to take to travelling, and Europe isn't enough for her because right now she is in China where she'll be working for the next three months. So now anyone wanting to glimpse the Swedish looking orienteer with the long blond plaits in the AJAX O-suit will have to wait till May. Rob has also left to go back to England. Win some loose some.

Enquiries etc: Déirdre Ni Challanáin, 17,Clonkeen Dr. Foxrock
Dublin 18. Tel: 89 37 89

EASTERN COMMAND ORIENTEERS

- Ted Russell

WELCOME to our new members for 1985 who include Linda Naughton (of Evening Press running column fame and author of the book "Lets Run"), Aidan Delaney (Brendan's & Ita's wee brother), the scouts of St. John's District Ballinteer, and all the other discerning new members who chose to run under the E.C.O. pennant.

A.G.M. held recently elected the following committee:-

Chairman	Tom Hodson
Secretary/Treasurer	John de Lacy
Training	Denis Reidy
Equipment	Martin Dee
Events	Tony O'Doherty

The selectors were re-elected and are:-

Tony O'Doherty, John de Lacy and Kieran McDonald.

Club Championships run at Kilmashogue (result in this issue of T10) saw two relatively new orienteers take honours, with Willie Quinn winning the Junior class and Tom Ayton the Novice. John de Lacy scored in the Senior. Congratulations to all. A pity the bad weather kept the ladies at home! The Hodson sisters were the only ones to brave the cold and wet - well done Nicola and Niamh.

Mapping. The plot of Rossmore Park is back and the survey is under way. Another mapping course will be held in March, any volunteers? Names to the committee please.

Ravensdale and Summerhill plots are currently being made and hopefully we will break the back of those surveys by Autumn '85. Ravensdale is suitable for a 2 Day Championships and Summerhill for colour coded events. Rossmore is being prepared for the All Army in May followed by a Grade I event on 29 Sept (day after NIOA Championships). By 1986 we will have provided maps in the populated areas of Monaghan, Cavan, Dundalk and Trim, continuing the policy of "Taking Orienteering to places where NO man dared before". "Beam me up Murph! "

SNIPPETS

- Fed-up with Grade 3 fare we ventured to Glengarra on 10 Feb for the Cork C Grade 1. Pat Nash and Liam O'Brien of Munster, however, saw us off with a thorough trouncing on the A Course.

- Murph is back training again (Yes, yet again!!). He showed a flash of his old skills by recently claiming Eoin Rothery's scalp at Kilcooley ....."France in Sept (CISM) here we come".

- My young daughter has turned down three modelling contracts and two screen tests since appearing as cover girl in last T10.
She's sore from signing autographs.

- 18 members have entered the J.K. The 'lovely legs' champ intends to defend his title.

- J. de L says he has an 8 berth caravan with shower and coloured TV booked for Scottish 6 Day. But where will he put the family?

- Damien Cashin and Dermot Hickey have taken up the hill running craze. They ploughed through the snow on Tibradden recently. Their verdict: "Mad, but lovely".

- Training continues each Wed at the winter league fixtures.

- An article in this month's An Cosantoir describes ECO involvement in the Irish 2 Day last Nov. An Cosantoir Editor, Capt. Gus Pender, tells me he will feature orienteering news regularly in this, the Defence Forces Magazine, from now on.

- 3 ECO members attended the recent LSOA coaching course for teachers. Very good course they agreed.

- At the Mid-West 2 Day ECO 'A' runners were to the fore. Well done all and thanks to Plassey and Thomond for an enjoyable opening to the season.

- The Command Championships are scheduled for 25 & 26 April. A club social evening will be held in the Mess in St. Bricin's on Fri 26 April after the event.

- ECO have stepped into the breach and will run a Grade II event at Rockmarshall Co Louth on Mar 31st to replace the (twice) cancelled Lenister Championship event. This area was first used for the 1981 I.O.C. The event will feature the LVO V 3ROC, IO Trophy match.
Corrections to the forested area will be overprinted. The map is mainly open mountain with good contour detail and many rock features.

Last chance to brush up your techniques before the J.K.! Refreshments (ECO style) will be served.

SWEDISH MAPPERS SEEK WORK IN IRELAND

Two young Swedish orienteers have offered their services to Irish O-clubs as mappers, but would also consider work as O-instructors. They have been active in mapping for the past four years and would work for their board and lodging plus a contribution towards their fare.

The pair are male (shucks!) and live in Eskilstuna, about 100 km north of Stockholm.

Contact: Pontus Eriksson, Tallvagan 27, 635 06 Eskilstuna, Sweden, stating your terms, but hurry!

A REPORT ON THE COACHING COURSE FOR TEACHERS

(Held in Wesley College on Jan. 26th.)

A total of 43 attended the course which included 35 teachers representing 10 schools, 3 youth club leaders and 5 individuals. Collinstown Park Community College, Clondalkin had the largest representation in 9 teachers. The course scheduled to start at 10.30 took a little while to get going but once in motion there was plenty to interest everyone. John McCullough gave the first lecture which was richly illustrated by slides. He traced the development of the sport from humble beginnings to the present day. He illustrated the way in which maps had progressed through the years and how the ordinary Sunday event had grown in terms of numbers and organisation. He held his audience attentive for nearly an hour with his quick wit and humour. It was difficult to follow that but I did so myself on the topic of games and exercises for children. Most of the ideas were kept simple keeping in mind the basic requirments and often with reference to using the schools own grounds. In this regard there was some time spent on how to map the school grounds and this was very well illustrated on wall charts supplied by Nuala Creagh (from part of the exhibition at the Congress in Maynooth in July) and by Liam Convery who showed the various stages in the mapping of the Muckross Park College grounds. After a twenty minute coffee break the final talk of the morning was given by Bobby Buckley from Drimnagh Castle CBS. He spoke on the business of organising a group from the school to go to an event. He used first hand experience to illustrate the problems that might arise and how they could be tackled and mentioned his follow up tactics so that interest in the school was maintained so that he had even larger numbers at the next event. He spoke with such sincerity and natural humour that he was warmly applauded. Finally, after a break for lunch, a practical session was held on the slopes of Kilmashogue Wood nearby. This was organised by Ian McNeill of 3ROC and he provided interesting little exercises which were of particular benefit to those who had done little or no orienteering before. To all who helped on the day and to Wesley College for providing the venue a big thank you.

Larry Roe.

RESULTS of ECO Grade 2 event, Fauna, Co. Wicklow 6 January 1985.

A Course. 9km/280m

M21A

1	P.Kernan	AJAX	67.49
2	T.Russell	ECO	71.53
3	J.May	3ROC	73.54
4	D Reidy	ECO	75.36
5	P.Gargan	AJAX	76.12
6	R.Bryson	AJAX	80.25
7	N.Bohan	CO	81.54
8	P.Smyth	SET	85.10
9	P.O'Brien	AJAX	86.09
10	M.Donovan	3ROC	88.20
11	L.Donovan	3ROC	93.01
12	D.Hickey	ECO	93.22
13	B.Delaney	ECO	96.20
14	F.O'Leary	CO	97.29
15	R.Cleary	3ROC	99.55
16	G.Smith	3ROC	102.29
17	W.Kee	SET	118.44
18	S.Walsh	SET	120.26
19	A.Butterfield	DUO	126.10
	E.Rothery	AJAX	Disq. (4)
	2 n/f		

M35

1	D.Kennedy	3ROC	104.56
2	R.Flynn	SET	114.59

2 n/f

B Course 7.6km/270m

M40

1	A.Flegg	SET	64.47
2	H.Quirke	CO	69.09
3	N.Carroll	3ROC	73.14
4	P.Flanagan	3ROC	75.45
5	J.Bent	SET	87.47

1 n/f.

M17

1	D.Stokes	3ROC	77.06
2	S.Dargan	ECO	195.43
3	K.Worthington	ECO	197.06

1 n/f

W21A

1	S.Clarke	3ROC	81.26
2	J.Martindale	3ROC	84.23
3	C Lyons	AJAX	86.33
4	A.Masterson	AJAX	98.38
5	H.Wood	DUO	103.22
6	M.MacPherson	3ROC	105.17
7	M.Coleman	AJAX	127.38

1 n/f

M19

1	W.Quinn	ECO	83.16
2	O.Doorly	GEN	87.46
3	D.Cashin	ECO	91.15
4	W.Carter		108.10
5	J.Whelahan	ECO	130.07
6	D.Supple	ECO	130.57
7	B.Dolan	ECO	132.38
8	M.O'Byrne	ECO	138.15
9	D.Cahill	ECO	189.58
10	B.McCarthy	ECO	193.07
11	D.Merriman	ECO	194.26
12	G.Perry	ECO	194.33
	A.Roe	ECO	Disq. (4 & 13)

C Course 4.8km/170m

W35

1	B.Flanagan	3ROC	60.35
2	E.Ryan		108.31
3	M.Ryan		108.36

M21B

1	K.Walsh	SET	39.07
2	C.Carroll	3ROC	45.24
3	C.Walsh	3ROC	50.32
4	E.Corcoran	GEN	55.48
5	R.Ryan	RPS	57.34
6	T.Axton	ECO	60.20
7	D.Gallagher		70.14
8	P.Keane	3ROC	84.28
9	P.Stephens	3ROC	88.28
10	S.Fox	ECO	89.03
11	B.Peppard	ECO	89.11
12	P.Dobbin	CO	91.48
13	N.Geraghty	ECO	107.19
14	E.Leavey		108.31

1 n/f

M45

1	C.Dunlop	SET	40.32
	F.McCormack	CO	Disq. (9)

M50

1	P.Walsh	SET	48.11
2	S.Rothery	3ROC	49.20
3	S.Kulldorff	SET	58.46
4	C.Carroll	3ROC	64.15

M19B

1	B.Jackson	ECO	116.23
2	D.Lynch	ECO	116.30

3 n/f

D Course 2.7km/10[illegible]

W15

1	U.Creagh	3ROC	20.44
2	H.Creagh	3ROC	24.44

M17B

1	E.Quirke	CO	26.23
2	B.Rowe	3ROC	33.04
3	P.Maloney	ECO	51.23

M13

1	T.Russell	ECO	33.53
2	B.McMahon		59.37
3	A.Delaney	ECO	109.56
4	P.Doyle		143.57

M60

1	D.Rowe	3ROC	35.45

W50

1	V.Rowe	3ROC	47.03

W21B

1	E.Conroy		47.56
2	J.McGregor	AJAX	57.03
3	N.Carroll	3ROC	85.19
4	A.Maloney	DUO	100.31
5	M.Maloney		100.32
6	F.Maloney		100.33

E Course 3.5km/120m

M15

1	N.Carroll	3ROC	40.09
2	S.Roe	ECO	48.01
3	P.Buggy	ECO	48.15
4	M.Merriman	ECO	69.58

W17

1	C.Smith	SET	43.26

W45

1	N.Creagh	3ROC	45.31
2	P.May	3ROC	75.04

W40

1	J.Keane	3ROC	62.21
2	M.Higgins	SET	70.45

Non-competitive:

	A.McGregor	AJAX	52.46
	D.Walsh	3ROC	78.29
	C.Baxter & C.Turner		90.18
	I.ni Dhubhshlaine	ECO	109.50

F Course 2.3km/110m

M11

	M.O'Reilly	3ROC	58.02

Wayfarers 2.5km/70m

	D.Hickey	25.42	
	S.Mills	31.03	
	F.Walsh (?)	31.05	
	M.McKnight	31.50	
	M.Walsh	32.48	
	R.McKnight	33.47	
	A.Mills	34.01	
	A.deLacy ECO	53.31	ECO
	Alan deLacy "	54.00	ECO
	Bents & Rices	61.27	SET & AJAX
	Maire & Teresa	61.30	
	S & P O'Brien	71.03	AJAX
	J & A Russell & Wesley	78.44	ECO

Controller: Denis Murphy
Planner: Kieran MacDonald
Organiser: Ted Russell.

Thank you all for coming. Congratulations LVO and hard luck GEN. If the felling ceases we may get another event on this map. But that is unlikely.

Please note that Irish Orienteer Trophy runners received pre-marked maps. These results are published separately.

Lost: One ladle (used for the mulled wine)

Found: One map and one control card (Name. F.McCormack, Curragh) spattered with wine stains.

Ted Russell.

Map Memory COURSE A 5 km. 240m

1.	J. May	3 Roc	M21	47 00
2.	D. Reidy	ECO	M21	50 58
3.	T. Russell	ECO		55.20
4.	A. Flegg	Set	M35	58 00
5.	T. McCormack	Gen	M35	61 19
6.	D. NiChallanain	Ajax	W19	62 39
7.	M. Donovan	3 Roc	M21	63 11
8.	D. Hickey	Eco	M21	64 11
9.	D. Quinn	Gen	M21	64 20
10.	A. Tyner	3 Roc	M17	68 30
11.	D.P. Barry	Gen	M21	69 12
12.	S. Doorly	UCDO	M21	72 12
13.	C. Dunlop	Set	M45	72 52
14.	P. Gargan	Ajax	M21	78 50
15.	C. Parker	3 Roc	M21	80 43
16.	M. O'Hara	Ajax	M21	83 53
17.	M. MacPherson	3 Roc	W21	86 38
18.	S. Kulldorf	Set	M55	91 46
19.	M. Healy	Gen	W21	99 29
20.	I. MacNeill	3 Roc	M21	101 31
21.	D. Fitzpatrick	Set		111 57
22.	S. Rothery	3 Roc	M50	116 03

Map Memory COURSE B 3 km. 130m.

1.	H. Creagh	3 Roc	W15	47 38
2.	C. Lynam	3 Roc		53 38
3.	U. Creagh	3 Roc	W15	53 52
4.	B. Rowe	3 Roc	M17	60 25
5.	N. Creagh	3 Roc	W45	61 50
6.	A. McCormack	Gen	W35	63 52
7.	J. Lynam	3 Roc		65
8.	H. Inglis		M40	65 45
9.	M. Coleman	Ajax	W21	66 54
10.	G. May	3 Roc	M50	69 32
11.	D. Rowe	3 Roc	M65	80 03
12.	J. Keane	3 Roc	W35	81 41
13.	J. Morrissey	Gen		86 33
14.	E. O'Friel	Gen	W17	92 25
15.	T. Banahan	3 Roc		95 57
16.	C. Carroll	3 Roc	M50	102
17.	J. Creagh	3 Roc	M50	106 35
18.	M. McDonald	UCDO		110 33
19.	P. Ryan	Gen	M21	111 25
20.	A. Smeaton	UCDO		111 33
21.	D. Tyner	3 Roc/WO	M11	134 18

Cross Country COURSE C 4.5 km. 210m.

1.	N. Carroll	3 Roc	M40	48 26
2.	D. Cashin	ECO		53 20
3.	J. DeLacy	ECO	M21	54 46
4.	W. Quinn	ECO		57 13
5.	P. Murphy	3 Roc	M21	59 06
6.	D. Larkin	3 Roc	M21	60 05
7.	L. Naughton		W21	61 57
8.	C. Walsh	3 Roc	M15	64 09
9.	N. Carroll Jrn	3 Roc	M15	66 46
10.	D. Somers			66 51
11.	T. Dixon	Duo	M17	68 39
12.	C. Price			70 27
13.	B. Hallowes	3 Roc	M40	70 43
14.	E. Hudson	ECO		71 37
15.	B. Ellis	Gen		74 05

'C' Course Ctd.

16.	J. Mac Gregor	Ajax	W21	74 18
17.	N. Geraghty	ECO		75 42
18.	R. Diver		M21	75 59
19.	D. McElduff	3 Roc	M19	76 05
20.	J. Flegg	Set	M40	76 26
21.	A. Mac Gregor	Ajax	M21	77 04
22.	B. Bell			78 20
23.	T. Russell	Eco	M11	79 44
24.	E. Hume		M40	81 20
25.	W. Carter			81 42
26.	A. Hallowes	3 Roc	W21	85 05
27.	L. St. John			85 08
28.)	A. Green	UCD	M21	86 02
29.)	J. Whelehan	Set	M19	86 02
30.	D. Walsh	3 Roc	W21	87 07
31.	L. Convery	3 Roc	M45	88 12
32.	T. Ayton	ECO		89 33
33.	K. Bent	Set	W35	89 55
34.	M. Higgins	Set	W40	90 22
35.	T. Eakin	3 Roc	W15	91 20
36	S. Fox	ECO	M19	93 40
37	W. Crowe	3 Roc	W15	95 18
38.)	M. Fitzpatrick	DUO		96 53
39.)	I. McIntosh			96 53
40.	R.R. Irvine			98 30
41.	E. Hassett			99 00
42.	D. Keane			99 37
43.	C. Bourke			101 17
44.	C. Jamieson			102 00
45.	C. Storan			102 09
46.	B. Peppard	ECO		104 49
47.	J. Reilly	ECO		105 40
48.	P. Fox	ECO		105 54
49.	T. Dixon	DUO	M17	108 39
50.	T. Russell	ECO	W35	108 49
51.	B. Brack			109 09
52.	N. Coldrick			110 07
53.	D. Hales + M. Kennedy WO			110 15
54.	P. Allan		M21	112 05
55.)	A. McCann		M15	135 30
56.)	F. Humphreys		M15	135 30

Cross Country COURSE D 2.4 55m.

1.	A. McAuley	ECO		31 05
2.	G. Campbell			31 07
3.	O'Down	ECO		31 09
4.	K. Convery	3 Roc	W11	34 27
5.	R. Doorly	Gen	W45	34 36
6.	R. Monks	ECO		35 10
7.	C.P. Quinlivan	96th Scouts		38 00
8.	C. STOC	3 Roc	M13	42 00
9.	D. Roberts	DLSO	M13	42 25
10.	B. Doherty	Gen		42 46
11.	C. MacNeill	3 Roc		47 43
12.	G. Barry	Gen		47 44
13.	N. Flegg	Set	M15	47 49
14.	T. Boland		M15	47 49
15.)	J. Fisher			48 27
16.)	J. Mold			48 27
17.)	J. Sutton			48 27
18.)	M. Connolly		M21	48 27
19.)	O. McElduff		W21	49 22
20.)	E. McElduff		W11	49 22
21.	B. Moran	Gen	M50	51 10

'D' Course Ctd.

22.)	A. O'Regan			52 00
23.)	M. Power	Girl Guides		52 00
24.)	S. Jones	Girl Guides		52 00
25.)	S. McCluskey	Girl Guides		52 00
26.	P. Sheehy			53 58
27.	N+E Carroll			54 10
28.	S. Carroll	3 Roc	M11	54 59
29.	B. Doherty	Gen	M15	55 09
30.	P. Roche + H. Regan			55 20
31.	A. Bond			56 50
32.	F. Hewson	Gen		57 00
33.	T. Dunne			58 44
34.)	P. Martin			60 48
35.)	S. Conboy			60 48
36.	D. O'Beirne	3 Roc		61 38
37.	D. Bell		M15	63 12
38.	G. Bell		M15	63 20
39.)	M. DeCourey			64 14
40.)	M. O'Grady			64 14
41.	A. Murray	WO	M11	64 28
42.	R. Watt	WO	W11	72 24
43.	H. O'Brien	Ajax	W11	75 05
44.	N. O'Brien	Ajax	W11	75 50
45.	E. Malone			76 15
46.	C. Kavanagh		W11	76 54
47.	J. Byrne	Girl Guides		76 54
48.	C. Murray	96th Scouts		79 33
49.	H. O'Brien	Ajax	M13	80 05
50.	E. Ryan+F. O'Flaherty			80 24
51.	P. McInerney			80 49
52.	F. + M. Moloney			81 23
53.	A. Nolan			82 40
54.	F. Magee			84 12
55.	D.R.C. Judge			85 35
56.	Mahon/Graham	96th Scouts		85 54
57.	M. Bunyan	Scouts	M11	88 08
58.	A. Burne	Girl Guides		90 14
59.)	D. Doran	Girl Guides		90 29
60.)	P. Mahon	Girl Guides		90 29
61.	K. Kavanagh	Girl Guides		90 35
62.	E. McKern	Girl Guides		90 35
63.	D. Armitage	WO	W17	91 09
64.)	J. O'Connor		W11	92 08
65.)	P.H. Margarets	Girl Guides		92 08
66.	M. Redmond	Gen	W55	92 49
67.	D. Bell			105 2[illegible]
68.	C. Bruton	Gen		117 [illegible]
69.)	O. Mahon	Girl Guides		138 [illegible]
70.)	L. Carroll	Girl Guides		138 00
71.)	B. Delmar	Girl Guides		138 00

WAYFARERS 1.8 Km. 50 m

1.	J. Bray	56.30	
2.	Parle	65.01	
3.	Forker	69	
4.	Reilly	69	
5.	Bowler	69	
6.	H. Sydner	69	
7.	M. Keane	74.22	
8.	D. Enright	74.30	
9.	G. Enright	75	

RESULTS OF E.C.O. CHAMPIONSHIPS - 27 JANUARY 1985 - KILMASHOGUE

A COURSE

5.8 Km 360m.

Seniors

J. de Lacy	63·40	ECO Champ 1985
J. O'Dowd	69·50	
K. MacDonald	84·25	
T. Hodson	87·00	
J.F. Murphy	124·00	
D. Reidy	56·20	Disq No 21
K. Hanrahan	DNF	
P. O'Brien	DNF	

Other Clubs

P. [illegible] Hogan	AJAX	55·25
P. Gargan	AJAX	68·15
M. O'Hara	AJAX	80·30
T. Horan	AJAX	85·10
P. MacManus	3ROC	108·45
P. O'Mara	AJAX	109·05
J. O'Brien	SET	135·00
T. Healy	DNF	
A. Butterfield	DUO	DNF

B COURSE

3·8 Km 170m

JUNIORS

W. Quinn	51·15	ECO Junior Champ 1985
M. Ryan	55·10	
D. Supple	62·00	
E. Hudson	62·45	
M. O'Byrne	64·57	
L. Fender	66·45	
P. Doyle	67·04	
J. Fitzpatrick	67·57	
A. Barry	77·05	
B. Jackson	84·27	
D. Genlon	84·45	
P. Gahan	98·15	
B. Kearns	100·45	
J. Pocbrook	129·35	129·35
D. Girvan	DNF	
C. O'Neill	DNF	

Other Clubs

D. O'Neill	DLSO	59·59
E. Hume		61·32
B. Roberts	DLSO	77·10
K. Heman		132·00
M. Dolan		DNF
J. Collins		DNF

Venturer Champ St. John's district 1985

C COURSE

2·5 Km 85m

NOVICES

T. Ayton		**38·27**	**RCO Novice Champ 1985**
J. Reilly		**46·12**	
T. Russell		**57·27**	
B. Peppard		**59·20**	
M&S. Hodson		**62·00**	
M. Hodson		**64·20**	
W. Carter		**80·55**	
A. McNulty		**104·35**	
D. Carey		**104·36**	
M. Bradley		**104·37**	
R. Lynch		**114·50**	
H. Brennan		**114·51**	
S. Magan		**170·00**	
A. O'Brien		**177·00**	

Other Clubs

J. Roberts		**61·05**
P. Thornton	**DLSO**	**63·10**
M. Carew	**DLSO**	**64·10**
E. Conroy		**66·00**
Hugh O'Brien	**AJAX**	**69·35**
Helen O'Brien	**AJAX**	**70·30**
M. O'Brien	**AJAX**	**72·25**
MacMahon		**98·04**

Planner: Ted Russell

Controller: Denis Murphy

Pity the weather kept the ladies at home! Denis Reidy swears there was NO punch at No. 21. Congrats to the Club Champs - we expect great things from our juniors in 1985.

FOUND one pair of olive green overtrousers.

MID-WEST TWO-DAY ORIENTEERING EVENT, 16-17 FEB. 1985

Day 1 Ballyhourigan/Day 2 Gallows Hill

Results up to top 10 placings

A COURSE — Day 1 8.4k/415m (Day 1 course void) — Day 2 9.0k/310m

M21A

			Day 1	Day 2	Total
1.	B. Corbett	C 's C	N/F	67.52	
2.	T. Keys	ROC	77.03(1)	71.27	
3.	P. Kernan	Ajax	78.17(2)	73.04	
4.	J. Riordan	UCCO	-	76.40	
5.	P. Higgins	WE	6	81.23	
6.	D. Murphy	ECO	113.57(12)	82.41	
7.	P. Healy	CO	82.54(3)	85.34	
8.	L. Donovan	UCDO	-	86.07	
9.	J. McCullough	3ROC	101.11(8)	86.37	
10.	P. Monaghan	WE	-	91.31	

B COURSE — Day 1 6.7k/320m (Day 1 course void) — Day 2 7.5k/250m

M35

1.	P. O'Brien	Ajax	-	70.30	
2.	P. Lalor	CO	71.16(2)	71.15	
3.	T. Russell	ECO	65.12(1)	73.54	
4.	N. Rice	Ajax	89.49(4)	82.35	
5.	F. Ryan	WE	-	87.41	
6.	L. Roe	3ROC	98.54(5)	97.19	
7.	D. Burke	Lee O	112.46	106.39	
8.	T. Herlihy	Army	-	124.00	
9.	E. Niland	Ajax	88.51(3)	128.41*	

*Lost 10-15 mins. due to reporting loss of control no.2 to organisers.

M19

1.	C. Murray	Set	-	174.05	
2.	H. Toye	UCDO	176.13(2)	180.34	
3.	P. Farrelly	UCGO	N/F	223.49	

C COURSE — Day 1 6.1k/300m — Day 2 6.6k/200m

W21A

1.	E. Loughman	Gen		84.54(2)	73.49	158.43
2.	D. NiChallanain	DUO		84.21(1)	80.29	164.50
3.	P. Murphy	3ROC		90.20(3)	84.43	175.03
4.	DUO 3	DUO		94.26(4)	85.34	180.00
5.	C. Murtagh	Set		97.35(7)	86.41	184.16
6.	R. White	DUO/Set		96.28(5)	88.54	185.22
7.	M. Healy	Gen		105.24(8)	96.13	201.47
8.	H. Johnston	LVO		128.22(9)	91.30	219.52
9.	F. Daly	CO		138.22(10)	90.43	229.05
10.	R. Roche	Gen	145.	145.13(10)	94.43	239.56

M17

1.	W. Edwards	Cork O	63.40(1)	52.56	116.36
2.	B. Rowe	3ROC	77.12(2)	72.45	149.57
3.	A. Tyner	3ROC	87.31(3)	64.14	151.45
4.	T. Gillespie	3ROC	113.41(4)	88.08	201.49

C COURSE Cont.

M40

1.	H. Quirke	CO	77.37(1)	70.46(2)	148.23
2.	P. Flanagan	3ROC	79.56(2)	72.14(3)	152.10
3.	D. Watson	LVO	83.47(4)	69.41(1)	153.28
4.	J.D. Murphy	Lee O	103.36(7)	75.24(4)	178.00
5.	T. Flynn	Set	99.45(6)	84.34(5)	184.20
6.	P. Long	Lee O	93.17(5)	103.42(7)	196.59
7.	F. McCormack	CO	106.04(8)	99.57(6)	206.01
8.	T. Hudson	ECO	83.17(3)	180.44(8)	264.01

D COURSE — Day 1 5.1k/200m — Day 2 5.0k/150m

M15

1.	T. Hayes	ThO	69.47(1)	49.38(1)	119.25
2.	E. Quirke	CO	83.11(2)	62.33(2)	145.44

M45

1.	C. Dunlop	Set	60.14(1)	53.45(1)	113.59
2.	A. Bonar-Law	Gen	72.16(2)	61.30(3)	133.46
3.	L. Convery	3ROC	92.32(3)	79.18(6)	171.50
4.	J. Riordan	Lee O	97.02(4)	79.18(5)	176.20
5.	M. Dooley	SBO	116.41(5)	69.37(4)	186.18

W35

1.	B. Flanagan	3ROC	83.57(1)	75.20(1)	159.17
2.	R. Rice	Ajax	103.12(2)	93.29(2)	196.41
3.	P. Redmond	Set	112.37(3)	107.10(3)	219.57

E COURSE — Day 1 3.4k/150m — Day 2 4.2k/130m

M50

1.	S. Rothery	3ROC	56.05(1)	61.58(1)	118.03
2.	J. Creagh	3ROC	93.30(2)	89.38(4)	183.08

M55

1.	M. Hewson	Gen	139.12(1)	59.55(1)	139.12

W17

1.	U. Creagh	3ROC	53.36(1)	44.17(1)	97.53

W40

1.	N. Creagh	3ROC	65.26(1)	55.55(1)	121.21
2.	P. May	3ROC	94.55(2)	125.48(2)	220.43
3.	C. O'Friel	Gen	158.12(3)	147.52(3)	306.04

W21B

1.	W. Moore	Ajax	77.45(1)	52.52(1)	130.37
2.	J. MacGregor	Ajax	82.02(2)	65.03(2)	147.05
3.	J. Morrissey	Gen	85.05(3)	73.10(3)	158.15
4.	C. Shortt	-	108.17(5)	75.04(4)	183.21
5.	J. O'Neill	Set	91.04(4)	99.15(5)	190.19

F COURSE — Day 1 2.8k/115m — Day 2 3.3k/80m

W45

1.	H. Convery	3ROC	52.33(1)	49.06	(1)102.29
2.	D. Large	Gen	56.22(2)	66.29(2)	122.51
3.	M. Moran	Gen	71.21(3)	83.45(3)	155.06

W50

1.	V. Rowe	3ROC	93.09(1)	72.36(2)	165.45

G COURSE — Day 1 2.3k/95m — Day 2 3.2k/65m

M13

1.	S. Good	3ROC	28.08(1)	39.01(1)	67.09
2.	C. Whelton	BVOC	34.14(2)	54.19(2)	89.33

W13

1.	N. Shaw	ThO	46.01(1)	93.53(2)	139.54

W15

1.	H. Creagh	3ROC	29.22(1)	42.16(1)	71.38
2.	V. Crowe	3ROC	45.48(2)	45.48(3)	80.00
3.	L. Libell	Set	49.47(3)	44.49(2)	94.36

H COURSE — Day 1 2.0k/60m — Day 2 2.0k/50m

M11

1.	D. Tyner	3ROC	22.10(1)	25.57(1)	48.07
2.	E. Niland	Ajax	25.50(2)	29.41(2)	55.31
3.	E. Shaw	ThO	38.03(3)	33.07(3)	71.10

W10

1.	S. Convery	3ROC	53.47(1)	50.54(1)	104.41

W11

1.	K. Convery	3ROC	25.36(1)	33.16(1)	58.52

H COURSE — Day 1 5.5k/240m — Day 2 6.3k/200m

M21B

1.	I. McNeill	3ROC	57.36(1)	59.18(1)	116.54
2.	P. Redmond	Set	65.19(2)	62.20(2)	127.39
3.	D. Quinn	Gen	76.53(3)	69.05(3)	145.58
4.	D. Cronin	ThO	78.50(4)	88.05(6)	166.55
5.	D. Larkin	3ROC	98.25(5)	76.30(4)	174.55
6.	A. McGregar	Ajax	99.10(8)	83.16(5)	182.20
7.	P. Allen	Ajax	98.35(6)	95.39(9)	193.74
8.	T. O'Doherty	ECO	98.44(7)	103.16(10)	202.00
9.	D. Delaney	BSO	111.21(10)	93.46(8)	204.67
10.	T. Ryan		110.06(9)	106.43(11)	216.49

IOA ADDRESS LIST 1985

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as for Cork O.

Cork Regional Tech. Coll.OC
as for Cork O.

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The IOA will have a new address by the time you read this. The address will be published in TIO 17, with any corrections there may be to this list.