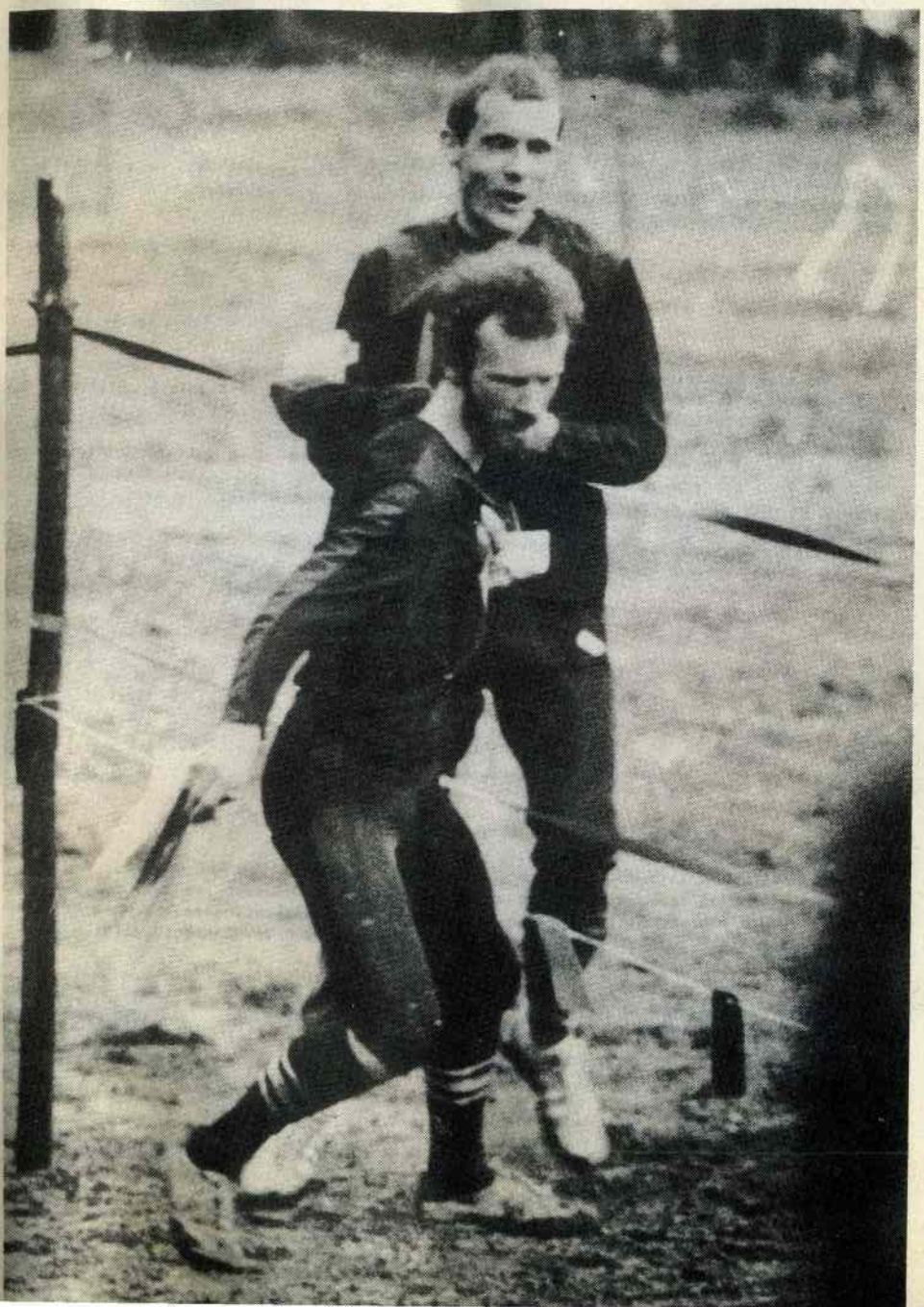
the IRISH ORIENTEER

NUMBER 1. SEPTEMBER 1982



The IRISH ORIENTEER is published approximately every two months and is available either by subscription or through any Irish orienteering club.
Subscription rate is IR£3.50 per annum , to the Editor:
John McCullough, 34 Dun Emer Drive, Dublin 14.

All articles, news, comment and photographs concerning orienteering will be gratefully received. The next IRISH ORIENTEER will be published in early November.
COPY DATE IS OCTOBER 22ND.

WELCOME! THE MOST WESTERLY ORIENTEERING MAGAZINE IN EUROPE

The more astute of our readers will have noticed the change of name of the LOC Newsletter to the "IRISH ORIENTEER" following the announcement in the July issue. As comparatively little has been happening on the home front during the summer much of this issue is devoted to events abroad and so the amount of Irish news is lower than would normally be the case. The amount of news filtering through from the four corners of the country is less than had been hoped for, but the flow should improve with subsequent issues. Space in the IRISH ORIENTEER is available to all clubs to inform their members of what is going on in the club, and to enable orienteers everywhere to keep abreast of developments.

LETTERS

Dear Orienteers,

I was delighted to read Diana Large's excellent letter in the LOC magazine on the subject of senior courses. There is no doubt that M/W 13 courses are dull for W43's as they present no intellectual challenge, and also frustrating as the same M13's keep running past one. As Carol McNeill said at the recent BOF Development Conference: "Elder ladies are cunning and can concentrate for hours".

Imagine my joy at Cratloe, Day 1 of the Munster 2-Day, to find that Alan Shaw had planned a real w43/M50 course. It was superb and I enjoyed every minute of my rather lengthy time in the forest. To quote Sven Kulldorff, "The most enjoyable course I remember ever"

Congratulations to Alan Shaw, Master Planner.

Faith White

Faith White

The following article appeared in the 8th July edition of the Swedish local newspaper "Ostgota Correspondenten" - on the front page -under the heading "Starten gar - for en!"

HE TURNS THREE DAYS INTO TWO !

There is no end to the service that the organisers of Ostgata orienteering offer to the competitor. If one gets to the event a day late one can later run the stage missed. No, that's not how it happens, but on Wednesday evening it actually happened as a once-off occurrance.

One of the competitors, the Irishman Brendan Cryan, had been mistaken over the dates as a result of wrong information in the IOF Bulletin. He thought the event started on the Wednesday instead of the Tuesday. Yesterday morning he arrived full of energy ready for three hard runs, just to be met by the news that the first stage had already been run. "When we saw how disappointed he became over his mistake, our hearts went out to him and we offered him a chance to run the Tuesday stage on Wednesday evening" says the Controller, Anders Montellius.

Brendan Cryan was very happy with this gesture, even though he had already had a hard Wednesday programme : first the original run in the morning, and later an equally long run in the evening.

Brendan was sent out on the course just after 18.00 hours. After a couple of hours run, a very happy Irishman came to the Finish in the H21B class. He was wreathed and cheered by hundreds of supporters.

Brendan got attention like no-one else. And the commentator - the sports radio-commentator Leif Larsson who was there specially for that evening - created a suitable atmosphere for the dramatic ending.

(The entire article was surmounted by a photograph of Brendan starting, with the Controller and the chairman of Ostgota Orienteering, Bertil Magnusson. Luckily, the hours of daylight at those latitudes in summer are very long.)

CORK ORIENTEERING CLUB NEWS

Events:

15th September - Cork Street O Championships (Cork O) Mayfield/The Glen. Organiser Liz Deane; Starts between 6 and 6.30 p.m. outside Mayfield Swimming pool.

7th October - Ballincollig Park (Cork O) New 5 colour map of scale 1:7500. Start opposite the White Horse Inn 10 a.m. to 4 p.m.

Training:

11th September - Farran Wood (Basic and Intermediate) Meet Opera House 11.00 a.m. and R.T.C at 11.15 a.m.

16th October - Ballincollig Park (Basic and Intermediate) Meet outside the White Horse Inn at 12 noon.

9th November - Four new instructional films and one film dealing with the World O Championships will be shown in the Cork R.T.C. at 7 p.m. sharp. Outsiders welcome. Gurt Neilsen, the Danish National Junior Coach, will attend and we hope to have a little discussion after each film.

Advanced level training and also some indoor sessions will be held during November/ December. Club members available for indoor/outdoor training sessions and talks to interested parties. Also available to survey small forests etc. and to produce B & w maps for school events, festival events, etc. (and to organise same, if requested).

CAPER CEILIDH & CONTINENTAL CUP REPORT

JULY 30th - AUG 2nd 1982

SUMMARY OF EVENTS:

FRIDAY - JULY 30
SCORE EVENT - AIRTHERY CASTLE

Excellent area and map with many choices open to competitors. We had two outstanding results, Justin May 2nd in M21, Gerry Byrne 1st in M35. Generally other Irish Competitors used this as a warm up event, but some good scores were recorded. It was extremely hot, with bright sunshine throughout and as much of the course was on the open mountain side, exhaustion was the order of the day.

SATURDAY - JULY 31
CROSS COUNTRY EVENT - ACHRAY SOUTH

This was a good mixed area, including a small amount of open ground. The terrain, obviously suited the Irish competitors and it was our best day. It was very hot and overcast and parking was on dusty forest tracks, which together with the ferocious Scottish midges made life unpleasant for those watching and waiting. The results were excellent, starting with "wee" Trevor Kelly from North West, who was first in the M11. Aonghus O'Cleirigh won the M21A. Maura Thornhill was third in W19A and Aideen Morrish and Peter James were 2nd respectively in W13A and M19A.

SUNDAY - AUG 1st
CONTINENTAL CUP - THE TROSSACHS!

Nobody, Irish or otherwise was prepared for the technical and physical difficulties that a section of this area was to produce (in spite of a warning in the programme!). To lose contact with the map was disastrous in this area as there were no line features to use. Head high bracken added to the visability problems and this was the graveyard of many hopes. Aonghus O'Cleirigh, just back from the Swedish 5, day reckoned that it was probably more difficult than some of the areas he had run on in the previous week.

CONT./

Nevertheless, there were some fine performances, Peter James 1st in M19A, Bridget Flanagan 2nd in W35A, Rory Morrish, 2nd in M13A, Eoin Rothery 3rd and Aonghus O'Cleirigh 4th in M21A. Gerry Byrne 4th in M35, Aubrey Flegg, 4th in M43, Fred Calnan, 4th in M50 and once again "wee" Trevor Kelly 4th in the M11. Maura Thornhill also had a good result, 4th in W19A. The British Team Manager, Nigel Thompson, reckoned that it was one of the most difficult areas, ever used in the U.K. He himself spent over a 100 minutes on the M50 course. The only rain we had during the entire weekend poured on us during this competition. The severity of the senior courses, W43 upwards, which had a "BLUE" start were much commented upon, these courses all started in the very difficult area, while the other coures had easier starts, which acclimatised people before they were subjected to the area of craggs, cliffs and head high bracken. I felt that the starts, which were at least forty minutes apart, and the finish assembly area were not ideal. However, in spite of difficulty, most people felt they would like an opportunity to have another run on this area, at another time of year.

At the completion of the event the U.K. team led from France, with Ireland 3rd and West Germany were 4th, unfortunately, due to visa problems, the Czechoslovakian team were unable to travel to Scotland.

MONDAY - AUG 2nd
RELAYS - ACHRAY NORTH

Problems with sign posting, caused the Team Manager to produce a few more grey hairs, and his passengers to grip their seats in terror. However, we made it with minutes to spare! Otherwise this was an ideal location with the assembly and change over beautifully situated, close to the car park. Good weather and literally instant results, were a feature of a very well organised event.

CONT./

The highlight was undoubtedly, Aonghus O'Cleirigh leading the class 3 teams first leg to a first changeover lead. There followed an excellent contest between the U.K. and Irelands teams (there were 2 in each class) ending wih U.K. 1st and 2nd, Ireland 3rd and 4th, only 7 minutes behind the U.K. and with 1 minute separating the two Irish teams, after 15 kilometers of tremendous competition. The 3 man teams consisted of one runner from M19, M21 and M35.

Ireland Team (1) was:
P. James, E. Rothery and E. Wilson.

Ireland Team (2) was:
R. Bryson, A. O'Cleirigh and G. Byrne.

Justin May, who was running on an Ad Hoc team had 2nd fastest time for his course behind Aonghus O'Cleirigh. All the Irish teams ran their hearts out, it was good to hear the tremendous support given by those who were not running and by the rest of the Irish contingent. The efforts of all the runners as they approached the finish up a long steep hill, especially, our more mature orienteers, was a great credit to each of them.

To conclude with a few general comments about the whole weekend. On Saturday afternoon, the official opening took place at Doune Motor Museum, this included a novelty relay event, which was won by combined Morrish and James team, a nice blend of North and South. Otherwise, socialising was difficult, as most of the Irish contingent were spread out, some camping and some staying at other locations. On the competitive side, I felt that there were some very good Irish performances and certainly, our top men are narrowing the gap between Irish and U.K. standards.

In the foregoing paragraphs, I have picked out a representative sample of the best results, however there were many other excellent results and I take the opportunity to thank each team member and reserve, for that extra effort which they made. The Continental Cup is very much a family affair and in this respect the Fleggs, Morrishs, Calnans, Cunnanes and the James brothers did us all proud. Finally, thanks to Andy McGonnagle who brought the contingent from NWOC who again proved such good ambassadors for the North West.

The official results will be published in the next newsletter.

The next Continental Cup is planned for Czechoslovakia in 2 years time, perhaps, we will be able to charter a plane to get there!.

Colin R. Dunlop,
Irish Team Manager.

SETANTA NOTES

Now that the summer is drawing to a close we can again turn our thoughts to orienteering. Some of the more dedicated members combined orienteering with holidays overseas, but for most of us October/November represents the opening of the season. Setanta has traditionally been associated with mountain marathons (not pure orienteering as such) and this year's for various reasons is later than normal - October 3rd (not September as in previous Setanta Notes). This event provides good training and enjoyment, and your support would be appreciated. Remember, however, that most of the controls are on the open mountainside and extra safety precautions are essential. Bring protection against the weather and chocolate, etc., and if you have doubts about navigating in mist, which is likely to be required, go with somebody experienced. Courses will be very much longer and tougher than normal orienteering events. Photostat copies of the relevant section of the "Wicklow Way" map (Scale I:50 000) will beprovided. Start from Glendalough carpark between I0.30 and I2.00 noon.

Work is proceeding satisfactorily on finalising the map of Massey's Estate/ Hellfire Wood in time for the Leinster Relay Championships in November (Details later). The original map of the estate has been extended as far as the Hellfire Club ruin to provide extra challenge. We hope to have a first-class map of this extremely pleasant and unique area.

We intend to have a series of Badge events on three successive weeks (Details in next Newsletter). We now have a stock of very nice badges after some delay following our last Badge event.

We appeal again for your continued support and enthusiasm which we hope will result in a successful season for the Club.

Regards,
Brian Power, Chairman.

P.S. The Hon. Sec. is on holidays.

EDITOR'S QUESTION: What kind of protection do you recommend against chocolate?

SWISS MAP CLINIC

- Alan Shaw

I had never been to the Jura, the mountainous western part of Switzerland. Switzerland to me meant precipitous mountain peaks covered in snow with flower-bedecked wooden buildings nestling in green valleys below. Thanks to the Swiss Orienteering Federation, I now know another beautiful part of an extraordinarily beautiful country; mountainous again - little of Switzerland is not - but not so high and thus much more forested. Flowers and wooden buildings are even more in evidence in the Jura area, not only in the valleys but all over the mountains and woods.

The map clinic was held at Magglingen, the centre of Swiss sporting excellence. Like Bombannes/Maubisson in France this is the place where the top athletes go to be coached to international standard. The centre has superb facilities including two swimming pools, three running tracks, one of them indoor and a number of gymnasiums, two I saw being solely for gymnastics and fencing respectively.

We lived in the Swizzerhaus and any lectures were also there. Most of the course, however, was practical so we only spent the evenings and nights at Magglingen. The days we spent studying various top-class Swiss maps on the ground. The maps included Les Alpettes and Les Verrieres, the World Championship maps of 1981.

The aim of the clinic was two-fold: firstly an explanation and discussion of Swiss mapping techniques including not only 'how' but what is mapped and how it is represented on paper, and secondly a discussion of the proposed changes in map symbols and colours put forward by the IOF.

Fleming Norgaard (Norway) Chairman of the three-man IOF Committee (Robin Harvey is another member) dealing with map symbols conducted the sessions on the latter subject. Apparently the IOF policy is to change map symbols only every 6/8 years. As the current symbols were produced in 1976 the committee have been involved in the past 12 months in a re-appraisal of the 1976 symbols.

Most of the proposed changes are relatively small and are too numerous to mention in this article. The most obvious changes will involve the colour green - to a lighter shade - and the representation of the various degrees of runnability, which most mappers will agree is in sore need of standardisation. Decisions are due at the end of the year but they may be later as the Swiss to not agree with the most recent proposals. Some of you will have met the new symbols as I understand they were used on the maps at the Continental Cup this year.

The most impressive aspect of the mapping course was the speed at which top Scandinavian and Swiss mappers work. We spent one day at Marchairuz, the map used for selection of the Swiss WM team, and were told that 3 mappers completed the field work in 2 weeks (11 km^2) The terrain at Marchairuz was quite a revelation - it was like the Burren with trees. I doubt if I would attempt to map it as I would consider it far too dangerous for orienteering. When I suggested this the Swiss admitted that it was rough but felt that it was quite acceptable O-terrain.

Our field work took two forms. We generally spent some time in groups of about 6 wandering with a mapping expert through an area with the map discussing and arguing about the methods used in the mapping and the cartographic representation. In these sessions we also dealt with the subject of exaggeration of contours to better represent small re-entrants and spurs. Each field day we also spent some time actually mapping an area. For these sessions we usually used as base a 1:10,000 colour map of the area. In the case of Les Alpettes and Les Verrieres these 1:10,000 colour maps were the first drafts - the competition areas of the WM maps were mapped three times in all over a 2 year period.

On our last day we ran a 5.5 km course at Les Verrieres. I really enjoyed this and was very happy with a time of 69.1@. The best time was returned by a Japanese who spoke very little English. Longest out were a West German and a Brazilian who could only speak Portuguese.

Compass points

It is to be hoped that in Setanta's new series of Badge (Colour?) events early next year they take the opportunity to review their method of awarding badges. At the last event only those finishing within a percentage of the winner's time (10% ?) got a badge, meaning that if a good orienteer goes out on every course, and wins, that all those MIO's and others have no chance of gaining a badge. Surely this is the very opposite of the idea of Colour events- to encourage participation rather than excessive competition? A pre-set par time for each course would be fairer and would give juniors or less experienced runners a reasonable chance of getting badges. I still haven't got mine after the Clarabeg event. -Editor.

I.O.F. CONGRESS 1984

The XI Congress has voted in Belgium this August to accept Ireland's invitation to host the 1 4 Congress. We are very much honoured as this is a very prestigious event and the presence of over 100 international delegates will enhance our position in the orienteering world. There should also be considerable spin-off in expertise, publicity and enthusiasm for orienteering in Ireland.

The XII Congress is to take place from Tuesday 10th to Sunday 15th July 1984 in the Dublin area. It will naturally mean much work and organisation for us as the host country. Therefore the IOA is setting up a Congress Committee and welcomes help from all Irish orienteers and friends. Aid is needed amongst other things with the arrangement of accommodation, Congress secretariat, budget, sponsorship, translation and a small orienteering event.

If you are able to help with this major undertaking in any way, please contact the organiser: Faith White, The Lake House, Crookedwood, Mullingar, Co. Westmeath; Telephone 044-72118.

Leinster Relay Championships entry forms will be available from October 1st. Closing date for entries is October 31st.

The Ian Course Planning competition is now getting under way. Entrants, who can be senior or junior, must plan an M21 Elite and a W13 course on a map of Gortnamoyagh - the map used for the Irish Championships this year. Entry fees are £1.00 and £0.50. Entry closes on October 30th and forms are available from: Alan Shaw, 40 College Park, Corbally , Limerick; Catherine Murtagh, 111 Haddington Road, Dublin 4; or John McCullough, 34 Dun Emer Drive, Dublin 14.

NOTICE: In view of the 2-Day International Competition being held in Leinster in November, the wood at Curracloe Co. Wexford has been declared out of bounds to orienteers with effect from September 1st.

AFAS MUNSTER

1/2/3 October A.F.A.S.(Munster) "Basic Course on Map Making for Orienteering purposes". Suitable for teachers, youth leaders, club members, and others, to enable them to survey school grounds, forests, parks, etc., and to produce B/W and also colour Orienteering maps. Ballingeary based and mapping Gougane Barra Forest. Details from: Sean Cotter, "Arabia", 41 Halldene Grove, Bishopstown, Cork. tel: 021-46194

3ROC NEWS

THREE ROCK ORIENTEERING CLUB

Another active season is starting, so we'll be looking for everybody's help in running our quota of events this year. On National O-Day, September 12th, we have Come-and-Try-It events at Phoenix Park and Three Rock Mountain in Dublin, Clara and Ballinahinch & Kilmurry in Wicklow, and Inistioge in Kilkenny. The next Sunday, Sept 19, we have a follow-up event on Three Rock Mountain.

The major venture this year is, of course, the 2-Day International in November- lots of help of all kinds will be needed for Day I at Curracloe.Don't wait for us to contact you- go ahead and volunteer yourself. The event controller is Frank Martindale of Tipperary Orienteers, planner is Ronan Cleary and organiser John McCullough.

After Christmas, on St. Stephen's Day, we're staging the annual Christmas Score Event on Three Rock Mountain, in February we have an event at Ballinahinch & Kilmurry, and in March at Clara.That's ten events between September and March, so there's plenty of opportunity to get involved in helping out.

3ROC and Great Eastern Navigators are the only Irish clubs to have entered the CompassSport Cup competition, a knockout competition open to all British and Irish clubs. The first round will be held at some neutral event in the next couple of months, and all club members can take part. Further details will be circulated shortly.

If you are a 3ROC member running in the Dublin Marathon, let us know so that our supplementary feed and moral support stations can keep an eye out for you - look for the orienteering controls.

Training continues each Wednesday at the south-west most car park in Marlay Park at I8.30 hrs. When the evenings close in we'll be returning to winter quarters in Stillorgan. Meanwhile, in any spare time, mapping in deepest Wicklow is progressing well, so if surveying is something which appeals to you contact John McCullough and we'll get you started.

Three Rock members wishing to enter the Leinster Relay Championships should do so through the Club Secretary: Avril Sloane, 24 Clonard Park, Sandyford Road, Dublin 14.

ORIENTEERING SUITS

Suits: Black, Green, Maroon, Navy, Royal Blue.
Trims: all colours.

Write to: E. Loughman, Castle Kevin, Annamoe, Co. Wicklow.

1982 SWEDISH 5-DAYS

by Eileen Loughman (GEN)

It was good to be running through Swedish forest after two days of sweltering heat in Stockholm. The Swedish 5-Day O'Ringen was held in Norbotten, Northern Sweden, from 19th-23rd July. There were only 5 Irish orienteers in the 15,990 start list - S. Cawley (3ROC), B. Cryan (3ROC), A. O Cleirigh (CURR), D. Murphy (ECO), and myself. The Event Centre was a University near Lulea, a town on the Baltic Coast, not far from the Polcirkel or Artic Circle. There were six training maps for use in the area so as to familiarise one with Swedish terrain and mapping interpretation before the competition. A. O Cleirigh, D. Murphy, and I attended a training course from Thursday to Sunday prior to the O'Ringen. We were guests of the O-RING GROUP which is made up of elite orienteers. The accommodation was in an Army camp and we had the use of large green army cycles - marvelous for touring the cycleways of Lulea. A period of familiarisation with Swedish terrain is essential before competing if one is to avoid obvious pitfalls. The terrain was liberally scattered with rocky areas. These are generally indicated only by contours. It is difficult to adapt to running in areas of large boulders and navigating at the same time.

The five days competition is demanding but very enjoyable. We all felt that we were just getting into our stride when it was over.

Day 2: POLCIRKEL - The terrain was a wilderness with areas of open marshes and small lakes. The ground was not stony so it was delightful to run in the undulating terrain even if it demanded total concentration to locate the correct depression or re-entrant. The undergrowth was negligible. It was mostly beautiful pale green lichens. Aonghus had a good run in this area.

Day 3: BODEN - The most difficult day. The longer courses did a circle on a very rocky hillside. It is hard to concentrate on navigation when one has to watch one's feet from slipping between rocks.

My result was 32nd overall after the 5-Days event. My best run being on Friday.

In 1983 the 5-DAGARS will be held in Southern Sweden - in Smaland. I would recommend Irish orienteers to go and have fun at this huge carnival of orienteering.

Orienteering tip given to Aonghus by A.C. Lovald, Norway:- Dance more & Drink less!

5dagars-82
Norrbotten

THE HARVESTER TROPHY RELAY

The 1982 Harvester Trophy Relay was held on June 19th-20th at Hipswell, Barden & Scotton Moors, near Catterick in North Yorkshire. The area was almost all open land with small pieces of forest here and there. The terrain was undulating and with lots of small paths, marshes, streams, and considerable contour detail, and the vegetation was predominantly long grass.

A combination of financial and logistical reasons dictated that we travel via the Holyhead ferry and drive the 220-odd miles each way to reach the event which started at 11 p.m. At around 9.30 p.m. the 7-man team and manager had all arrived, the tent erected, and the first runner, John McCullough, prepared. "Compass, whistle, control card, headlamp on, spare torch, kavlan on, chocks away!" (or choc's in our case). The Kavlan is a small plaque on a lanyard which each runner wears round his neck and hands to the next runner at the changeover, like a baton in a relay - looks like the big tags attached to hotel keys to stop you stealing them.

Calling for start. Rain falling steadily. Pitch dark. Turn on light - visibility poor - all I can see is rain. Turn off light to save batteries - God knows how long I'll be out there. Light should last 90 mins at least. 11 p.m. Countdown. Start. Down hill, across march, on to re-entrant. Easy. Onward.... 42 mins to radio control - one of the first through .... next control....where am I? Visibility zero, other runners zero. Am I on the map? Find a path and run. And run. Eventually relocate - beside control. 7 mins lost. No further problems. Finish in 70 mins for 9.1km, 15th place, hand over to Ronan Cleary - 26 mins ahead of LOK, 73 seconds ahead of Southern Navigators (eventual winners). Now 12.10 a.m., still raining. Ronan does 76 mins for similar course - back at 1.25 a.m. in 10th place. Raining. Ted McGrath struggles out of his waterproofs and goes out on the short course - we're right on schedule. He's due back around 2.25 a.m. Justin May warms up. Justin cools down. Where is Ted? Justin freezes solid in the pouring rain. Where the *?£@!! id Ted? (Luckily Justin doesn't have a watch on and can be convinced to some extent that the passage of time is an illusion.) Then, suddenly, Ted is upon us. 3.11 a.m. Still raining. 16th place - still 14 mins clear of LOK. Justin does 13 km in 102 minutes - on schedule. Finishes in 17th place. Meanwhile, at the sharp end, Arsunda IF of Sweden have dropped to 4th place, Southern Navigators are leading. Dawn is approaching. Rain giving way to fog. Larry Roe sets out. Reasonable run - 89 mins, finishing in 19th place, 6.23 a.m. Bernard Phelan girds his loins for a similar course - finishing 20th, 7.54 a.m. The winners have finished half an hour beforehand, but Peter Kernan still goes out into the mist for his 16 km. At least he got a night's sleep. 9.37 a.m., the Three Rock "Grim Reapers" finish the Harvester Trophy Relay in 17th place. Weary bodies struggle from sleeping bags as the tent comes down around them. No time for food - we have a boat to catch. Cars loaded up, hit the road again. Just a quick stop for dinner and on to Holyhead, making the ferry minutes before it leaves. Why do we bother? I can't answer that, but the Harvester is on in SE England on June 18th, 1983. We'll be there.

Note: For the uninitiated, the Harvester Trophy Relay is a 7-man overnight relay competition run each year by an amalgam called "Combined Harvesters". This is the second time an Irish team has run, the first being in 1980 near Liverpool. The whole event is remarkable, and well worth attending. This year the most remarkable performance was by Andy Lewsley who ran all 54 km on the B course on his own, finishing 12th overall, in 8 hours and 30 minutes. The A course was won by Southern Navigators, LOK 14th, Arsunda IF disqualified on last leg for mispunching while in 2nd place.

John McCullough.

G R E A T E A S T E R N N A V I G A T O R S

WELCOME TO THE NEW SEASON.

THIS SUMMER SOME GEN MEMBERS SPENT THEIR HOLIDAYS ORIENTEERING ABROAD. E. LOUGHMAN ATTENDED THE SWEDISH 5 DAY IN NORRBOTTEN AND P. RYAN AND I WENT TO THE EVENTS IN CZECHOSLOVAKIA (see account elsewhere in this issue). THE CONTINENTAL CUP ALSO HAD SEVERAL MEMBERS OF THE CLUB RUNNING IN IT.

THE CLUB AT THE START OF THE SEASON IS KEEN ON GETTING NEW MEMBERS AND LOOKS FORWARD TO HEARING FROM PEOPLE INTERESTED IN JOINING. AT THE MOMENT IT IS THE INTENTION OF THE CLUB TO REST THE MOST POPULAR MAP IN THE COUNTRY, THAT IS TROOPERSTOWN. BUT WE DO INTEND TO REPRINT DONADEA. PERHAPS SOME WOULD LIKE TO HELP IN ITS REVISION , IF SO PLEASE CONTACT ME.

GEN HOPES TO RUN AN EVENT ON 5TH DECEMBER IN CLARABEG SO DO BRING YOUR FRIENDS AND ENJOY YOURSELF.

IF A SUFFICIENT NUMBER OF MEMBERS ARE INTERESTED THE CLUB WILL PUT TOGETHER A WEEKEND TRAINING SESSION FOR THOSE WHO FEEL THAT THEY WOULD LIKE TO IMPROVE THEIR ABILITY.

ONCE AGAIN IT IS TIME TO WISH SUCCESS TO THOSE WHO INTEND TO RUN IN THIS YEARS MARATHON IN OCTOBER..

GEN HAS TALENTED ORIENTEERS FROM ALL WALKS OF LIFE AMONGST ITS MEMBERS. THE CLUB CATERS FOR ALL FROM JUNIORS TO SINGLE PERSONS TO THE FAMILY.

NEW MEMBERS SHOULD INTRODUCE THEMSELVES AT EVENTS SO THAT WE CAN ALL GET TO KNOW EACH OTHER. LOOK OUT FOR THE GEN SIGN AT EVENTS DURING THE SEASON AND PLEASE FEEL FREE TO COME ALONG TO OTHER THINGS WE MIGHT HOLD LIKE THE A.G.M. WHICH YOU WILL BE CONTACTED ABOUT.

DAVID QUINN, 67 WOODBINE ROAD
BLACKROCK
CO. DUBLIN
691313

KILLRUDDERY June. 25th.1982.

Midsummer Madness it certainly was!

The day before the event the heavens opened and two drowned rats succeeded in putting out about half the controls. It did not seem possible but the day of the event dawned without a change in conditions and two drowned,intrepid rats set off into the mist looking for ruined walls, etc; They returned safely to Belmont to encounter an organisers nightmare. Flags and pennants with the magic word Pernod bedecked their courses. What was about to occur?....A motor rally! Killruddery double-booked-the rain faded into the background as the sound of over fifty, masked riders was heard roaring down the Windgates hill, accompanied by a fleet of land-rovers and other assorted vehicles. A horseshow, parachute-jumping, skuba diving in the pond, kite-flying,-all these we could have coped with,but a motor rally? Sadly two drowned, intrepid, deflated rats crept home to tea. Having fortified themselves they reluctantly approached Killruddery for the third time in two days.

A few brave orienteers had already arrived and stood in puzzled clumps outside the gates of Belmont. Meanwhile the intruders roared around our courses following the Wayfarers Scenic Route through the mist. "Do you zink ze fog vill affect my run?" asked one dashing, handsome French competitor. Luckily my answer was drowned by the sound of machine revving up, and he too departed into the woods.

At 8.00 the last of them left us and the business of the evening began 48 footloose orienteers set off into the evening mist and by some miracle returned safely by 9.45.-their brains ticking madly as they made last minute efforts to solve the clues.

Quickly forgetting the rigours of the evening they set to frying sausages,etc and amost enjoyable time was spent by all until, at the witching hour of midnight,the gates of Belmont clanged shut for the last time and two relieved, intrepid, thankful,etc, etc, went home to forget the whole event.....

Thanks especially to George Eagar who helped plan and run the event and put out controls- also to Hazel Newman, Sheila Burns and the Creagh family who computed results- to Margot Newman and Andrew Bonar Law who looked after the fire- and to Paul Molony who with a band of helpers collected all the controls and tidied up after the event. And thank-you to all of you for turning up and making it worthwhile in spite of the obstacles put in our way.

A course

				Pts.	Pen.	Quiz.	Total
1.	P. Flanagan	M35	3ROC	460	10	100	= 550
2.	A. Bonar Law	M43	GEN	460	60	60	= 460
3.	D. Quinn	M21	GEN	370	0	60	= 430
4.	O. Creagh	M17	3ROC	330	0	70	= 400
5.	E. Loughman	W19	GEN	440	100	60	= 390
6.	R. Bonar Law	M17	GEN	300	0	50	= 350
7.	B. Flanagan	M35	3ROC	270	0	40	= 310
8.	A. Sloane	W19	3ROC	350	160	90	= 280
	C. Fletcher	M19	UCDO	240	30	70	= 280
10.	I. McNeill	M21	3ROC	240	70	90	= 260
	B. Farley	M35	DLSO	230	20	50	= 260
	J. Schulmeister		GEN	260	70	70	= 260
13.	C. Taylor	M21	DUO	170	10	60	= 220
14.	? Bradshaw	M21	-	360	210	10	= 160
15.	C. Bonar Law	W17	GEN	150	80	30	= 40
16.	P. Smyth	M19	-	190	220	20	= -10
17.	R. Garland	M43	3ROC	60	160	30	= -70

17 took part

B Course

				Pts.	Pen.	Quiz	Total
1.	P. Molony	M19	GEN	210	0	40	250
2.	N. Creagh	W43	3ROC	130	0	90	220
3.	M. McCarthy	W19B	3ROC	110	40	70	140
	P. Van Rooyen	M56	SET	110	0	30	140
	S. Eagar + 2	-	GEN	80	0	60	140
6.	C. Warner/M. Byrne	-	UCDO	120	0	0	120
	P. Ryan	M21	GEN	90	0	30	120
	M. Newman	W19B	GEN	70	0	50	120
9.	S. Burns	W19B	GEN	110	50	50	110
	U. Creagh	W13	3ROC	40	110	80	110
	H. Creagh	W11	3ROC	40	110	80	110
12.	D. Larkin	M21	3ROC	90	0	10	100
13.	N. Creagh	W15	3ROC	20	100	70	90
14.	J. Creagh	M50	3ROC	20	100	60	80
15.	T. Farley/M. Convery	-	3ROC	40	60	40	20
16.	A. Webb	W19B	UCDO	200	300	30	-70

20 took part.

WAYFARERS

			Time	Quiz	Total
1.	P. Kerone	3ROC	75	30	45
2.	B.N. Other	UCD	78	24	54
3.	C.N. Other	UCD	78	21	57
4.	?.Healy (2)	GEN	76	12	64
5.	M. O'Brien	-	70	3	67
6.	R. Sloane	3ROC	87	18	69
7.	Mrs Sloane	3ROC	87	15	72
8.	?	-	94	15	79
9.	Murray/Garvey	-	90	3	87

non-finisher, 11 took part

Total - 3 points per correct answer deducted from time.

THE BORN LOSER **Art Sansom**

ORIENTEERING

Orienteering is not a very popular sport in Europe. Although it is a very active and exciting sport, it has'nt been introduced to many people. People who want to compete against themselves can try this sport and I will guaruntee that they will enjoy themselves.

I think that orienteering is almost equally known in Ireland as in England. If you were to compare the amount of people in England who go orienteering to that of Ireland I am fairly sure that the percentage would be much the same.

Every boy who went to the first event in DLSO (De la Salle Orienteers) are still orienteering to this day. One of which is a Leinster champion(Barry O'Brien). All those who did'nt go don't realise what they are missing. Each one of those boy's now go to almost every event that is on every Sunday.

If you end up sitting in a chair watching the television or just sitting around every Sunday, orienteering is the sport for you! You can go out to a forest each Sunday and there is a whole days enjoyment in store for you.

If you are the energetic sort you can go out in a track suit and run around the course, or if you just want to go for an interesting stroll you can just walk around.

The good thing about orienteering, is that at each event there is no-one there but a few picnicers so that if there is a big crowd, there would be no parking trouble. It also has the advantage of being in remote areas, so that there is little chance of vandals coming and writing on or stealing the controls.

In orienteering you have to be physicly fit and you need to know how to read a map. All the world champions would look at a map and within seconds they would know which way to go.

When I went orienteering for the first time I did'nt realise how much fun and how sporting it was. It only apealed to me as a different day out. When you go orienteering you are competing against yourself and you get to go places. If you keep on orienteering you will get to know the symbols on the map and you will gradually improve.

Because orienteering is an individual sport which takes place in wild and remote surroundings there are obvious risks at hand. It is important that competitors observe the basic rules. All competitors must carry whistles in case they get completly lost. Competitors must NOT blow their whistles unless completly lost or very badly hurt. In the interest of safety all courses are timed to finish well before dark.

If all the safety rules are observed and obeyed combined with a little bit of common sense orienteering is a stimulating, safe and enjoyabl sport for all the family.

Graham Walsh (M11, DLSO)

HILL RUNNING FIXTURES

September	2	Maulin, Glencree, Co.Wicklow. 4 miles/1400 ft.,7 pm.
	5	Ballybraid Horseshoe, Laragh, Co. Wicklow. 11 miles/2300 ft.,12.30 pm.
	12	IHRA v NIFRA Annual Challenge, Mourne Mountains.
	19	Benevenagh Hill Race, Limavady, Co. Derry. 5 miles/1000 ft.,12 noon.
	25	Great Outdoors Race, Scarr Mountain, Roundwood, Co. Wicklow. 7ml/1400ft/12.30
	25-26	Mournes 2-Day Mountain Marathon 40/50 miles. Overnight camp.
October	9	Commedagh Chase, Castlewellan, Co. Down, 7miles/2000 ft., 1 pm.

Enquiries to Paddy O'Brien (AJAX) 905059 or Douglas Barry (GEN) 868160.
Enquiries regarding Mournes 2-Day to: Terry Eakin, 13 Sandymount St., Belfast 9.

NOVÝ BOR 3-DAY 30 July-1 August 1982 (Philip Ryan)

This event was held on three maps all adjacent to one assembly area in hilly country in Czechoslovakia, due north of Prague near the East German border. About 3 600 people took part, including four competitors from Ireland: Philip Ryan and David Quinn (GEN), Roxanne White (SET), and Jean Folan (AJAX), who drove over from Heidelberg where she is studying.

The very physical terrain (lots of cliffs and gorges) combined with hot sunshine made this competition a severe test of stamina. The cold showers at the finish were very necessary! After the shock of the first day we gradually got acclimatised. Our main problem was getting enough to eat in the evenings. Beer was not a problem and was very cheap. Soups and desserts, though, were not to be had in most of the restaurants we visited.

The event was a considerable challenge to our orienteering skills. The maps contained lots of complex contour detail with lots of crags and cliffs. It usually did not pay to leave the main paths. The controls were not easy to spot either. Our results were not very distinguished, but we did get a good preparation for the Jičin 5-Day which seemed easy by comparison.

AFAS NEWS

AFAS COURSES AUTUMN 1982

The Association for Adventure Sports will be running the following courses at their Adventure Centre at Tiglin, Ashford, Co. Wicklow. Courses normally cost IR£14.00 per day, covering accommodation, food and equipment, instruction and in-course transport. Telephone 0404-4169 for details.

September	4-5	M1	Mountain Navigation.
		W53	Wind Surfing.
	11-12	CAN5	Canoe/Kayaking
	17-20	OE7	Outdoor Education.
		ML3	Mountain Leadership.
	25-26	ML1b	Mountain Leadership.
October	2-4	ML4a	ML Assessment
	8-11	OE8	Outdoor Education.
	16-17	ML2b	M.L.
	21-26	OE9	Outdoor Education.
	30-31	WW4	White water Kayaking.
November	6-8	OE10	Outdoor Education.
	13-14	M2	Mountaineering First Aid.
	19-22	OE11	Outdoor Education.
	27-28	OR2	ORIENTEERING.(For anybody not running in the Leinster 2-Day)

RESULTS of 3ROC Grade 3 Norwegian Event, Phoenix Park, 21 July 1982.

A Course. 16.8 km

1.	P.Kernan	3ROC	M21	86.46
2.	J.May	3ROC	M21	90.16
3.	P.Lalor	CURR	M35	96.45
4.	E.Niland	AJAX	M35	101.08
5.	A.Flegg	SET	M43	106.34
6.	L.Roe	3ROC	M35	111.26
7.	M.O'Neill	CURR		119.08

1 N/F. Mulpetre(CURR) card not returned.

B Course. 9.5 km

1.	B.Phelan	3ROC	M21	52.51*
2.	P.Flanagan	3ROC	M35	57.30*
3.	I.MacNeill			64.56*
4.	P.Smyth			68.04*
5.	D.ni Challanain	AJAX	W17	72.40*
6.	R.Poff	DUO	M21	74.35
7.	A.B.Law	GEN	M43	75.02
8.	P.Walsh	SET	M43	75.48*
9.	C.Dunlop	SET	M43	78.30
10	D.Large	GEN	M43	79.45
11	T.McGrath	3ROC	M35	82.41
12	C.Ohmann		W19	83.45
13	B.Flanagan	3ROC	M35	85.03
14	C.O'Donovan			85.46
15	F.McCormack	CURR	M43	87.26
16	E.Flegg	SET	W15	92.17
17	G.Smith	3ROC	M21	92.21
18	P.van Rooyen	SET	M56	100.42*

6 N/F

Due to an error at the penultimate B control only those competitors with a * after their time actually completed the intended course. The others went off into an infinite loop near the Furry Glen. Sorry! JMcC.

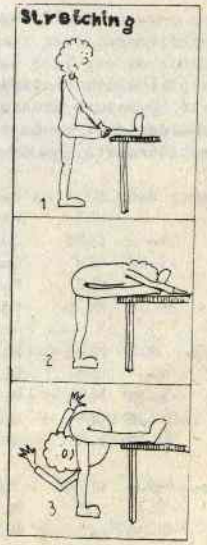
C Course. 5.0km

1.	D.Larkin	3ROC	M21	34.12
2.	M.McAuliffe	3ROC	M21	34.55
3.	A.le Brun	3ROC		37.45
4.	F.White	SET	W43	38.11
5.	U.Creagh	3ROC	W13	39.36
5.	N.&H.Creagh	3ROC	W11&43	39.46
6	M.Crowe	WD	M15	39.53
7.	T.Dennehy& M.Healy	GEN		40.46
8.	R.White	SET		42.41
9.	W.Nulty	CURR		45.49
10	N.Berratt	CURR		46.49
11	M.Downey,D.Brennan, & E.Miranda			50.49
12	K.Benn		W17	56.02
13	C.MacNeill	3ROC		58.15

1 N/F

Novice Course. 2.9 km

1.	C.Walsh	SET		37.26
2.	G.O'Dwyer			40.34
3.	S.O'Dwyer			44.33
4.	A.Flynn &A.McCabe	3ROC		44.35
5.	E.Niland,Jr.	AJAX	M8	76.27



RESULTS of ECO Grade 1 Event at ROCKMARSHALL, Co. Louth, on 13 June 1982.

A Course. 8.2km, 300m.

M21A

1.	A.OCleirigh	CO	78.31
2.	J.May	3ROC	91.59
3.	P.Kernan	3ROC	94.43
4.	J.McCullough	3ROC	99.36
5.	P.Thompson	AJAX	102.23
6.	B.Phelan	3ROC	131.47
7.	R.Cleary	3ROC	134.17
8.	J.Kehoe	SET	134.46
9.	C.Lawn	SO	138.21
10	K.Davies	DUO	148.29
11	P.de Cleir	SBO	153.35
12	L.Roe	3ROC	163.54
13	D.Oconnell	UCDO	169.30

3 non-finishers.

A2 Course. 7.8km, 245m.

M19

1.	R.Bryson	DUO	95.51
2.	J.Shulmeister	DUO	160.43

1 N/F

M35

1.	A.Flegg	SET	83.26
2.	E.Wilson	LVO	86.20
3.	P.Flanagan	3ROC	92.57
4.	T.McGrath	3ROC	109.33
5.	B.McKenna	LVO	110.05
6.	E.Niland	AJAX	110.59
7.	B.Farley	3ROC	161.21

B Course. 6.6km, 250m.

W19A

1.	C.May		104.29
2.	E.Loughman	GEN	108.28
3.	A.Savage	LVO	122.16
4.	D.ni Challanain	AJAX	132.39
5.	A.Sloan	3ROC	138.07
6.	A.Masterson	AJAX	172.33
7.	D.Finlatson	UCDO	177.21

4 N/F

M43

1.	A.Bonar Law	GEN	102.13
2.	C.Dunlop	SET	109.02
3.	J.Lynam	3ROC	150.50

2 N/F

M17

1.	R.Bonar Law	GEN	115.31
2.	N.Reid		154.54

4 N/F

F Course. 2.2km, 50m.

W10

1.	K.Convery	3ROC	86.32

W11

1.	M.Creagh	3ROC	115.23

C Course. 4.9km, 160m.

M21B

1.	D.Cronin	ThO	60.18
2.	D.Larkin	3ROC	68.44
3.	E.Corcoran	UCDO	69.26
4.	F.Flood	DUO	72.35
5.	P.Keane	SO	74.53
6.	M.Beagon	UCDO	75.40
7.	G.Smith	3ROC	77.13
8.	E.Doyle	SO	93.47
9.	T.Daly	SO	98.45
10	J.Walsh	DLSO	104.32
11	C.Taylor	DUO	105.07
12	F.Ryan	ECO	215.44
13	D.Westlake	ECO	215.45

2N/F

W43

1.	H.Convery	3ROC	83.05
2.	F.White	SET	85.47
3.	D.Large	GEN	87.41
4.	N.Creagh	3ROC	118.04

M50

1.	S.Kulldorff	SET	68.16
2.	J.Creagh	3ROC	157.26

W35

1.	J.Flegg	SET	62.56

W17 1 N/F

D Course. 4.0km, 45m.

M13

1.	D.McAuliffe	DLSO	60.32

W15

1.	E.Flegg	SET	39.50
2.	M.Convery	3ROC	57.58

W19B

1.	H.Wood	DUO	54.17
2.	E.Walsh	DLSO	62.47
3.	S.Burns	GEN	64.59
4.	L.Payne	DUO	77.17
5.	B.O'Brien	DUO	78.19
6.	B.Gill	DUO	80.40
7.	J.Morrissey	GEN	89.13
	M.Higgins	SET	Disq.

1 N/F

E Course. 2.8km, 60m.

M11

1.	G.Walsh	DLSO	40.33

W13

1.	U.Creagh	3ROC	37.25
2.	A.Convery	3ROC	47.59
3.	J.Walsh	DLSO	93.16

1 N/F

IRISH FIXTURES AUTUMN - WINTER 1982

Sept.	12	National Orienteering Day - Introductory events.
	12	Belvoir Wood (NIOA)
	18	Learmount, Co. Derry.
	19	Three Rock Mountain, Co. Dublin. 3ROC Grade 3.
	24-26	NIOA Teacher/Youth Leader Course, Tollymore, Co. Down.
	26	Ajax Colour Event
	26	Castlefreke, Clonakilty, Co.Cork. LEE O Grade 2 Event. NEW MAP.
Oct.	3	Mountain Marathon, Glendalough, Co.Wicklow. Start 10.30-12.00
	9	Drumkeeragh, Co. Down.
	10	Munster Championships, Glen of Aherlow, Co.Tipperary. Entries close 19/9/82
	17	Ballincollig, Cork. Cork O. Grade 3.
	17	Clara, nr. Laragh, Co. Wicklow. LSOA Schools event.
	23	Garvagh, Co. Derry. (NWOC)
	30	Hillsborough, Co. Down.
	31	Seefin, nr. Kilavullen, Co. Cork. LEE O.
	31	AJAX Colour Event.
Nov.	7	DUO Event: Ballinahinch & Kilmurry, nr. Newtownm'tk'dy, Co.Wicklow
	13	Tardree (NIOA Night Championships)
	14	Leinster Relay Championships, Massey's Estate, Co.Dublin: Setanta OC.
	14	Watergrasshill, Co. Cork. LEE O.
	20	Fermoyle : NWOC Championships.
	21	Three Rock Mountain, Co.Dublin. WO Grade 2.
	27	Leinster 2-Day: Curracloe, Co.Wexford - 3ROC.) Entries close 23 October.
	28	" " : Cronybyrne, Co.Wicklow - AJAX.)
Dec.	11	Northern Ireland Championships: Tollymore, Co.Down. Entries close 27 Nov.
	12	Phoenix Park, Dublin. LSOA Event.
	26	Christmas Score Event: Three Rock Mountain. 3ROC Grade 3.
	27	Bangor Castle, Co. Down.

Leinster Orienteering Association AGM will be on November 2nd in Trinity College, Dublin, at 7.30 pm.