the Irish Orienteer

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THE IRISH ORIENTEER NO. 23 MAY - JUNE 1986 ISSN 0790-1194

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Cover Photo: Eoin Rothery, second leg runner on the second-placed AJAX team at the Irish Championships at Slieve Croob. (J.McCullough)

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FIXTURES: The fixtures list is the most recent available when going to press. Experience has shown, however, that changes do occur, and often at short notice, so it is often prudent to check that the event is going ahead as planned by either watching the Sports Diary section of the newspapers or by contacting the club running the event. Events marked with an asterisk (*) are registered with the IOA and are covered by its Public Liability insurance policy. These events are less liable to change than the other events listed.
Where possible a Grid Reference is given to help you to locate the area, and a contact telephone number is provided.

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Advertising rates: please contact the editor.

Letters to the Editor

132 Carriglea
Firhouse Road
Dublin 24.

26th March 1986.

Dear Sir,

My first reaction on reading Richard Flynn's letter about complaints of the LOC levy was one of incredulity that orienteers would express such an apparently negative attitude. I say apparentlt as I have not had the opportunity of hearing arguments to support this attitude. Maybe the protestors would enlighten us through the pages of TIO. It would appear to be a more suitable mode of communication than that of vigorously complaining to officials at events. If people feel very strongly about the matter then they can exercise the option of not participating in events at which the levy applies. This would require that Leinster League events be clearly identified as such in the published fixtures list.

It appears to me that the cost of participation in O-events is extremely cheap, whether the cost is £1 or £1.50. If the charges reflected the number of man- and woman-hours put into organising events participation would become a very expensive luxury.

My motive in writing this letter is to offer support and encouragement to the LOC in the hope that they will persevere in their efforts which will surely benefit all Leinster orienteers.

Yours sincerely,

David Watt.

'Innismore',
40 College Park,
Corbally,
Limerick.

Dear John, 30 April 1986

I read the article on Hop-O (I.O No. 22) with considerable scepticism, despite the photographic proof. However, nine pages further on I was amazed - and convinced - to see another photograph of your good self, yet again one-legged. What's more this latter photo appears to be of a Hop-O event since you are being chased by another one-legged orienteer, this time a Kilmorue. Why was this event not advertised in I.O.?

Have you found, as I have, that you must loosen the cords binding the spare leg every 10 minutes or so to allow circulation and avoid gangrene (or should that be Arthurgreen?)? This procedure would involve time loss in a Hop-O event - can it be avoided, other than by the drastic Swedish remedy?

Yours sincerely,

Alan

(Alan Shaw)

1986

IRISH ORIENTEERING CHAMPIONSHIPS

26th & 27th April

ORGANISED BY

Lagan Valley Orienteers

DOWN IN THE FOREST: THE IRISH ORIENTEERING CHAMPIONSHIPS

What a great weekend it turned out to be! Lagan Valley Orienteers did us all proud with their organisation of the 1986 Irish Championships at Slieve Croob and Drumkeeragh, with testing courses and flawless organisation. They even sorted out the weather for the duration of the event.

The map, scribed by Bill Simpson, was a model of clarity, and the survey of the open mountain area by Martin Bagness and Robert Bloor, based on a Harvey photogrammetric plot was excellent, as one would expect. Reservations were expressed by some at the use of the indistinct vegetation changes in the forested area, but at least the programme had warned us about those.

The going underfoot was very fast in the open, with the M21A winner's time being sub-7½ mins per km for theentire course, while the forest was a good deal slower. The inability of some runners to change gear, both mentally and physically, on entering the forest was their undoing: the euphoria of racing around in the open, with fast running and good visibility was too much, and the more mundane forest orienteering came as a major shock.

The start for all courses was located in a gully in the open, and all competitors had to deal with a variety of contour features and crags before diving into a not-particularly-runnable forest. A large number of marshes criss-crossed the mountain, but a more intimate contact with these was to be gained the next day in the Relay. A 'First' was claimed by LVO for the toilets dug in the forest near assembly on the first day. A lot of runners would have been happier if they had planted some trees for cover at the Relays, however...

An unusual feature of the Individual event was the unexploded mortar shell found on the course by an ECO runner. This was taped off during the Relay but (wisely) not reported to the Authorities until the competition was well underway in case cancellation was called for.

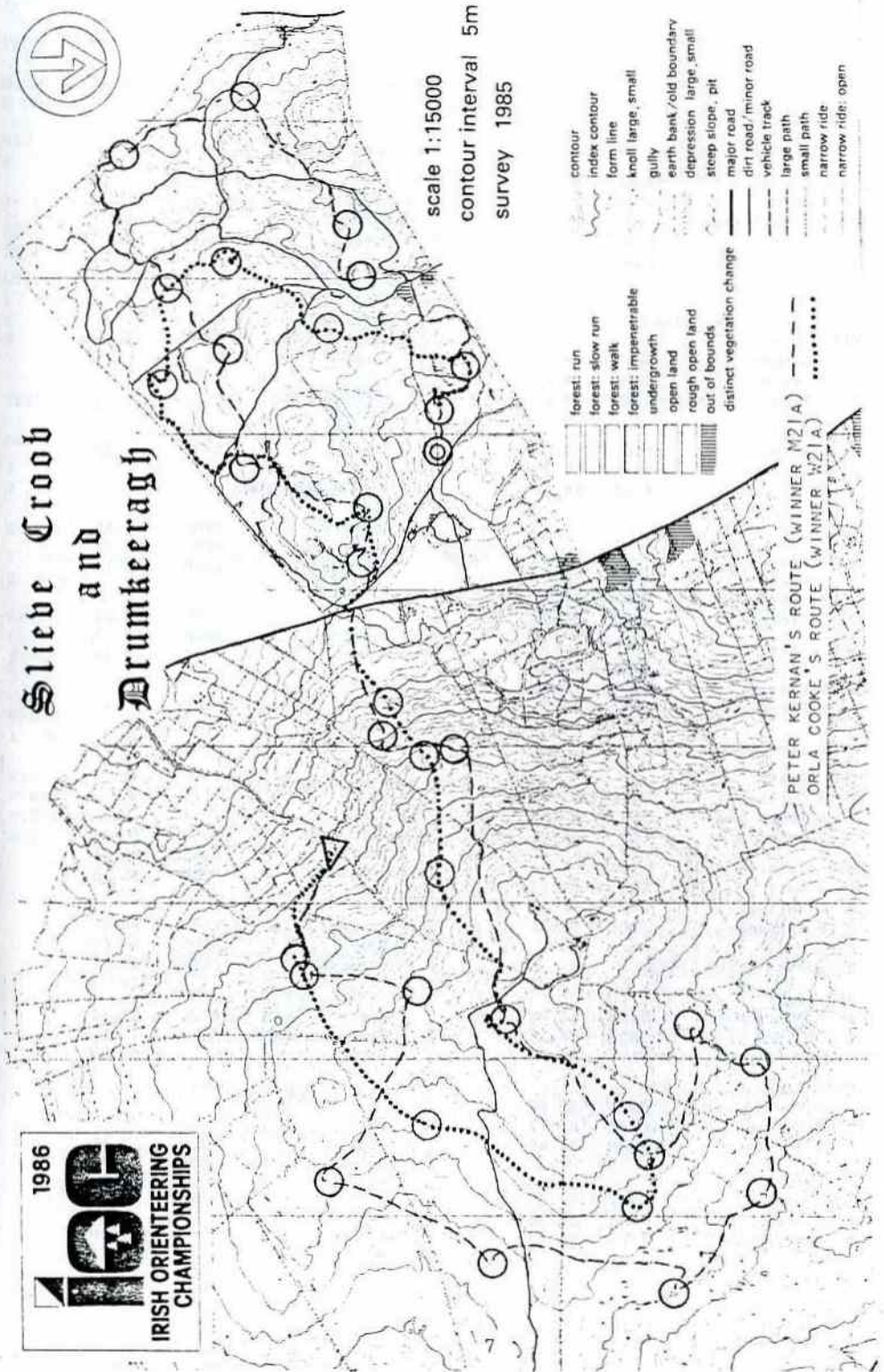
A superb run by Peter Kernan gave him a win by nine seconds over Brian Corbett, who was joint winner last year. It just goes to show that the timing of any event, particularly a Championship, cannot be too careful: the number of times a second or two has decided an Irish Championship is surprising. Peter must like this type of terrain: he has had good runs at Killary, which is something similar. Ajax clubmate Orla Cooke had a clear win in the W21A course: Orla won the 1984 Irish Championship at Killary too.

Sunday's Relay event was on the south west part of the map, visited only by the longer courses on the Individual event. All first leg runners started together with a cruel run out to the start triangle about 500m from the actual start, and all finished with an equally sadistic 300m run-in in view of the spectators. The real battle of the day was between Ajax and Curragh in the Mens' Open relay, with Curragh finishing in the lead by two minutes after the three legs. The high degree of visibility in the open meant that you had to be sure that the control you could see was the one you were going for: there were 83 controls in use in a smallish area for the relay, and there were places where a vista of controls was apparent, causing much confusion iw you weren't sure where you were. As was the case at Killary, controls visible from afar can disappear suddenly as you approach.

The event centre, at Newcastle, was the venue for the prizegiving on Saturday night, and also hosted a disco and a continuous showing of the video of the 1985 World Championships, featuring Eileen Loughman and Roxanne White: see it if you can.

So: Well Done, LVO! Particularly for handling negotiations with so many local landowners to gain access to the area in the first place. Roll on September, when the NI Championships will probably be run here. Next year's Irish Championships will be in Deepestmunster after Easter...be there.

J.McC.



RESULTS OF IRISH ORIENTEERING CHAMPIONSHIPS 1986: Slieve Croob, Co. Down.
INDIVIDUAL EVENT, Saturday April 26th 1986.

A Course 10.0km, 525 metres climb.

1	P.Kernan	AJAX	74.30
2	B.Corbett	WATO	74.39
3	C.O'Halloran	LeeO	79.24
4	E.Rothery	AJAX	80.32
5	A.O'Cleirigh	Curr	82.06

B Course 7.8km, 425m.

M19 class

1	W.Edwards	CorkO	69.08
2	M.Crowe	3ROC	79.45
3	D.Stokes	AJAX	83.32

M35 class

1	D.Reidy	ECO	70.02
2	A.Hegedus	Cork	75.30
3	E.Niland	AJAX	86.09

C Course 6.7km, 300m.

W21A class

1	O.Cooke	AJAX	68.41
2	M.Thornhill	GEN	82.24
3	U.Creagh	3ROC	85.58

M40 class

1	N.Rice	AJAX	79.02
2	E.Wilson	LVO	79.16
3	A.Flegg	SET	79.21

D Course 4.6km, 210m.

M45 class

1	H.Quirke	Curr	55.07
2	A.Bonar Law	GEN	60.34
3	P.McCormack	GEN	65.41

W35 class.

1	J.Watt	GEN	60.03
2	C.Nuttall	LeeO	62.54
3	B.Flanagan	3ROC	68.16

E Course 4.2km, 185m.

M50 class

1	F.Martindale	Tipp	62.01
2	C.Tyner	3ROC	74.55
3	C.Dunlop	SET	84.00

M55 class

1	D.Rowe	3ROC	75.00
2	F.Calnan	Cork	85.12
3	N.Morrish	LeeO	85.44

W40 class

1	T.Cleary	3ROC	62.43
2	R.Rice	AJAX	68.06
3	I.McKenna	LVO	88.23

F Course 3.1km, 100m.

W45 class

1	H.Convery	3ROC	61.35
2	M.Moran	GEN	62.41
3	N.Creagh	3ROC	70.22

G Course 6.8km, 275m.

M17 class.

1	R.Morrish	UCCO	53.37
2	J.Logue	NWOC	58.13
3	A.Tyner	WO	61.26

M21B class.

1	D.Corrie	AJAX	72.34
2	D.Cronin	Curr	73.05
3	G.Smith	3ROC	76.59

H Course 4.3km, 200m.

W19 class.

1	M.Convery	3ROC	61.55
2	J.Kelly	UCDO	62.25
3	U.Morrish	LeeO	68.19

M15 class

1	P.O'Hara	NWOC	48.22
2	J.Cummings	NWOC	49.13
3	S.Good	WO	49.36

W17 class

1	V.Whyte	NWOC	59.49
2	S.Tinto	NWOC	66.07
3	L.Hutchinson	Cork	95.01

I Course 3.4km, 150m.

W21B class.

1	J.MacGregor	AJAX	56.17
2	F.Smith	CUNOC	56.46
3	M.Cunnane	UCCO	65.56

W15 class

1	N.ni Uigin	LeeO	38.46
2	T.Eakin	3ROC	40.50
3	D.Cunnane	Cork	55.28

M13 class

1	J.Feehan	BVOC	40.14
2	D.Ryan	BVOC	46.12
3	A.Goodwin	WO	50.05

J Course 2.1km, 50m.

W13 class

1	J.Graham	NWOC	23.56
2	K.Convery	3ROC	24.22
3	C.Malone	3ROC	25.51

M11 class

1	M.Pinker	Cork	19.30
2	F.Dooley	SBO	24.25
3	E.Shaw	ThO	23.49

Irish Orienteering Championships, continued.

K Course 1.8km, 50m.

M10 class

1	P.Feehan	BVOC	27.49
2	A.Cunningham	LVO	31.07
3	S.Bogle	NWOC	33.04

W10 class

1	R.Hollinger	LVO	28.00

W11 class

1	M.Feehan	BVOC	22.26
2	S.Convery	3ROC	23.14
3	F.Pinker	Cork	24.52

IRISH RELAY ORIENTEERING CHAMPIONSHIPS, Slieve Croob, Co. Down, Sunday April 27th 1986.

Mens'Open class:

1	Curragh (P.Healy, W.Young, A.O'Cleirigh)	115.57
2	AJAX (P.Kernen, E.Rothery, W.McAuliffe)	117.49

Womens'Open class

1	Great Eastern Navigators (E.Loughman, C,Bonar Law, M.Thornhill)	
2	AJAX (D.ni Challanain, T.Horan, O.Cooke)	

Veteran Men (O-40)

1	Setanta OC (A.Flegg, C.Dunlop, B.Buckley)	
2	GEN	
3	3ROC	

Veteran Women (O-35)

1	3ROC	

W10-13: 3ROC
W15-17: 3ROC
M10-13: Wesley OC
M15-17: NorthWest OC.

PHOTOGRAPHS:

Bill Simpson, LVO, cartographer, looking worried (someone had just asked him to make a speech); Harry Savage, LVO, wrapping it all up; Wally Young, Curragh, finishing the Open Relay. His team later went on to win; Susie Carson, Harold White and Gilbert Hughes manning (personning?) the finish; and the new Ajax changeover, demonstrated by Eoin Rothery. Obviously the pat-a-cake routine gets boring after a few years!

Heather Johnston (LVO), start and finish official; Fred Calnan, Cork Orienteers; the start of the relay: NWOC's David Blair leads the field: Tom Cleary, Denis Reidy, Pat Healy, Larry Roe, John Riordan can be identified with a magnifying glass.

Photos: J.McC.

◪ ◪ ◪ SPREADING THE GOSPEL! ◪ ◪ ◪

By Tara Horan

They came to spread the gospel and they found a few willing ears ready to listen and to take in their simple instructions. They were like two preachers, they made orienteering sound so enjoyable (and easy too!) They were good preachers and left Ireland having converted a few to orienteering in their simplified way.

The recent visit of two elite orienteers from the Swedish O-Ringen, Erik Svensson and Anders-Erik Olsson, proved very beneficial to Irish orienteers - even if only to the few who took the opportunity offered by their visit. For those who didn't make it to the events held while Erik and Anders-Erik were here, there follows an attempt to further spread their gospel on how to be a better orienteer. Without the enthusiatic english of the Swedes however I fear this formula may not come accross as simple and accessible as it did to me, but here it goes...

◪ MAKE ORIENTEERING SIMPLE - Think of orienteering as simple bricks to be put together, when you put them altogether properly you will be a winning orienteer. There are three basic bricks to build on:-

(1) Improving Orienteering Speed
(2) Improving Orienteering Safety
(3) Improving Running Speed

Each of these basic bricks must be worked on individually until such a time as they blend together automatically.

IMPROVING ORIENTEERING SPEED

A ◪ Simplification
B ◪ Taking the control
C ◪ Control Work

◪ SIMPLIFICATION : This involves choosing the route that is as simple as possible. The best way of doing this is by choosing an attack point first and then choosing the fastest way to get it. When choosing your route you must weigh the length up against the speed. A straight line often means a fixed attack point is difficult to find. IF YOU CAN RUN WITHOUT THINKING YOU CAN RUN FASTER. Different people use different features as attack points; eg rocks, marshes, contour features. Anders-Erik recommends using contour features if you can as these are everywhere on the map.

◪ SIMPLIFICATION : During this step of a leg you must ignore all the small detail and take note of only the large featues, hills etc. This is essential if you want to run faster. The route that avoids detailed terrain is often the best. Decide on your route and then run to your attack point mentally noting the large features you pass on route. eg paths, streams etc. Map reading at this stage should be minimal, close contact with the map is necessary only when you near the control, ie at the most obvious attack point.

◪ TAKING THE CONTROL : This section of the leg starts depending on how much simplification you do. It starts at the attack point. This is the part of the route that should take the longest time. Up until now (during simplification) you ignored detail, now it is time for some careful map reading. It is time to use all the details on the map. Go slow and be careful at this stage!

◪ CONTROL WORK : This consists of what you do when you see the control. Having a good routine at the control saves several seconds at each, and all these seconds add up to the minutes that win and lose events. However the main point of Control work is not the seconds you save at each control but the keeping of your orienteering rhythm. So what do you do when you see the control? Is your card ready or will you waste time fumbling? With practice you can work out a routine that suits you - where and how you find it best to carry your control card, map, compass, descriptions etc.

TRAINING Simplification, taking the control and control work :

***Simplification can be practiced at home as follows:
1)Get a detailed map with controls marked on it. 2)Give yourself 15 seconds to look at a leg. 3)Turn the map over. 4)Write down what you remember of the route you planned going as far as your attack point. 5)Check against the map. Do this over and over on different maps.

***Taking the Control - to be good at this you must train in the forest with the map. Run picking out features and get in close contact with the terrain.

***Control Work - this is a ROUTINE that you must work out for yourself and practice it over and over again until it becomes automatic. This routine will be different for each orienteer, just remember - keep the rhythm!

(Read next issue for how to work on the other two basic bricks forbuilding up your orienteering ◪ Improving your 'O' safety and ◪ Improving your running speed.)

MAPPER WANTED FOR LIMERICK

Fast,accurate, hard-working and inexpensive mapper (or nearest offer) required by Thomond Orienteers for a week or two in the summer season for mapping in the Limerick area.

Anyone interested, write with relevant details to Alan Shaw, Inismore, 40 College Park, Corbally, Limerick.

BURREN WALK CHANGES

The Burren Walk, a popular outing in late August, this year does a turnabout: the Burren Walk proper will take place on Saturday August 30, and the Rabbit Warren O-event at Fanore on Sunday, August 31.

In previous years the events have been the other way around. Thomond Orienteers organise both ventures. The reason for the change is as yet unknown.

BUSINESS HOUSES LEAGUE

Still with Limerick, ThO are again running their inter-firm evening orienteering league during the summer, with four events in June and July. Last year's series was very successful. Courses are 5.5, 4.5 and 3.0 km, starts from 6.30 to 7.30 p.m. Details are in the full fixture list.

TEAM TRIATHLON

On July 26th a team triathlon which may be of interest to some orienteers is being run (and cycled and canoed) at Garrison, Co. Fermanagh. The course involves a 3 mile canoe, a 28 mile cycle and a 7 mile run. Teams of three enter, one member from each discipline. Entry costs a mere STG£10.00. Contact the Recreation Department, Townhall, Enniskillen, Co. Fermahagh. (08 0365 25050).

MINI-SPORTS ORIENTEERING

St. Patrick's College, Drumcondra, in Dublin is again the venue for the Mini-Sports association's meeting this summer. On June 20-22 next groups of children will be introduced to various sports which can be undertaken at school level. Twenty lively beginners each hour for two days or more are shown how to go about orienteering, using a map of the College grounds.
The verdict after last year was "Exhausting but very rewarding". Volunteers should contact IOA Juniors Officer Nuala Creagh(934982).

INTERNATIONAL O-CONGRESS

The 13th IOF Congress takes place in Denmark on July 13-17 this year. The themes of the Congress are "Developing orienteering clubs" and "Uses of computers in orienteering". In addition there will be a demonstration of the APOZA automatic control checking and timing system. The results of the IOF computer competition will be announced at the Congress.
The Irish delegate at Congress is Faith White, IOA International Officer and a member of the IOF Development and Promotions Committee. The meeting takes place at Ry, near the site of the 1974 World Championships. The IOF will be 25 years old on May 22nd this year.

FUNDRAISING GROUP SUGGESTED

It has recently been suggested that a group of orienteers with the specific responsibility of raising money for IOA projects, notably travel to International and World Championship events, be set up. Fundraising, it is felt, should be a continuous process, not just something to resort to when an impending event looms on the horizon. Anyone interested in getting involved in this important work should contact IOA Secretary Brigid Flanagan without delay.

TIO PHONE CHANGED

The phone number of The Irish Orienteer is now 01-956198.

NEW IOF SECRETARIAT

From mid-1986 the International Orienteering Federation, to which the IOA is affiliated, moves its office from Scotland back to Scandinavia. The IOF has always been located in that area, and its brief foray into the English-speaking world was short lived. The new Secretariat will be in Stockholm and the Secretary General will be Lennart Levin of Sweden. He will be the first person to take on this position in a full-time capacity. The last Secretary General was Sue Harvey, wife of Robin, the mapper. In 1986 the IOF celebrates its 2 birthday.

CONTROL CARDS AGAIN

Pat Healy, Cut Bush, Curragh, Co. Kildare is the proud owner of sixty thousand new control cards printed recently by IOA. Any club or individual requiring cards should contact Pat (a blue Renault 4 van at most events).

JUNIOR NEWS

An Irish Junior Squad training weekend will be held on June 21-22 next, probably in Wicklow. In the meantime a Leinster v Ulster Junior Interprovincial match will take place at the Setanta Grade 1 event at Mullaghmeen, Co. Westmeath on May 11th. Munster probably won't be able to field a team on this occasion.
Later in the year a Junior Home International will take place in Scotland in October. Details will be announced later.

3ROC TAKE LEINSTER LEAGUES

Dublin's Three Rock OC won both the Senior and Junior sections of the new Leinster Inter-club league this year. The prizes (large green pennants) were presented at the 3ROC 'Not the Irish championships' event at Glendalough.

WORLD CUP 1986

Justin May (3ROC) is taking part in both North American World Cup events in May as an IOA nominated competitor, and is expected to be joined by GEN's Eileen Loughman who by now must be our most travelled orienteer. The competitions are at Hamilton, Ontario on May 17th, organised by Hamilton King's Foresters, and at Putnam County, north of New York on May 24th, organised by Hudson Valley Orienteers. One of the principal officials for the HVO event is our own Julie Martindale, once IOA Secretary. The remaining events in the World Cup series are in France, Sweden, Czechoslovakia, Hungary and Switzerland. A runner's four best results out of a possible eight will count. The World Cup this year is being run officially for the first time, following a decision at the IOF Congress in Maynooth in 1984, and will now be run in even years, between World Championships.
Justin's marathon-running sister, Carey, now lives in Canada. Remember when she was Irish Ladies O?Champion?

SPORT AID: ORIENTEERING

Western Eagles Orienteers event at Mountbellew, Co. Galway on May 18 and GEN's Grade 1 event at Ballinastoe, Co. Wicklow on May 25 will both be run to help the Sports Aidproject by raising money for the third world: so you don't have to run a 10k if you don't want to! The Dublin 10k is in the late afternoon, so you cloud do both...

SENIOR INTERNATIONALS

Plans are afoot to send a team to the British Championships on June 7-8 next, for an Ireland v Scotland International. A senior Home International with teams from M and W 19, 21 and 35 is planned for Scotland in November, with next year's event probably in Ireland.

SUMMER WALKS

Organised walks are taking place on the Blackstairs (May 17) and in Donegal (September 13).

DOLLY PARTON LIVES

This year's Two Peaks Race for the much coveted Dolly Parton Trophy will take place on the 18th of May, a Sunday. The race starts at 09.00 at Bray harbour and teams sail to Wicklow. Runners then run up Wicklow Head or a convenient hill and rejoin their ships to sail to Greystones. The runners then run up the Little Sugarloaf and Bray Head and rejoin the boats again to sail to the finish at Bray. If the prospect of spending a day bacalmed in an open boat, or tossed about like a cork in a storm, then contact Eileen Loughman at 045-79780.

MOUNTAIN AID SPECIAL

The Irish Hill Running Association are using the Bray Head hill race on Wednesday, May 21st, to raise funds for the Sport Aid project. Entry fee is £1.00 and all hill runners, orienteers and kindred spirits are urged to go along. It's a nice run, anyway, even if you did it in the Two Peaks. Start at the south end of the Prom in Bray at 7.30, I imagine. There will still be the usual race on July 17, as far as we know.

IOA CHANGES AGAIN

Pressure of work has caused the IOA Mapping Coordinator Frank O'Leary, Curragh Orienteerers, to step down. The position will be filled for the moment by Barry Dalby who is at present the IOA Development Officer.

YOUNG IRELAND EVENT

The Young Ireland organisation, a school based buy-Irish/support Irish industry group, are running an orienteering event at Marlay Park, Rathfarnham, Dublin on Wednesday, May 21st, starting at 6pm and featuring lots of prizes. The aim of the event is to raise funds and awareness of their projects.

MOUNTAIN MARATHON CHANGE

The AFAS and Setanta long-O/ Mountain Marathons planned for May 18th and June 15th have been amalgamated and will take place on June 15th. The map will be the excellent new 1:25000 scale Glenmacnass map. Start times are 11.00 to 13.00 hrs with two courses, about 20km and 12km.

WORLD STUDENT CHAMPS.

The Irish team for the 1986 Student World Championships, to be held in Hungary at the end of July, has just been announced (see IOA pages). Little information is available, however: Hungary stepped in after France failed to get the organisation under way. No invitations or bulletins have yet been sent and the officials seem rather disorganised. David Rosen of Londod OK, well known here, is the British team manager and is to keep the Irish officials informed. Ireland is still not a member of the International Student sport federation, FISU, under whose auspices the events are run. The events are to take place at Miskolc, 200km from Budapest, in northeast Hungary, in a fairly hilly area.

O- RETURNS TO MAYNOOTH

Orienteering returned to Maynooth, Co. Kildare, recently for the first time since the IOF Congress in the summer or 1984. An evening event was run there on April 21st starting at the new Arts block. A small number of orienteers braved the weather and completed the 14 control course. GEN'S Eileen Loughman planned the course and a video of the 1985 World Championships in Australia was shown afterwards. Our Maynooth correspondent Paddy Pender wishes to thank Eileen and all who came along on the night. Perhaps more prior publicity would help to attract orienteers to events of this sort?

3ROC

THREE ROCK ORIENTEERING CLUB

Enquiries to: Michael McAuliffe, 154 Braemor Rd., Dublin 14. Phone 01 - 982315

Summer (hopefully) is fast approaching and our thoughts are turning to holidays and ways to spend those long bright summer evenings. Well, Barry Dalby and Nuala Creagh can provide you with the excuse to spend hours out of doors doing something really useful. Our mapping projects are reaching the URGENT stage now so please blow the dust off your mapping accessories and contact Barry (0404-4169) or Nuala (934982) to get your segment of map. Assistant mappers are also needed to help out so if you are interested in learning the art of mapping, contact Barry or Nuala immediately.

Training has moved to Marlay Park - 6.30 p.m. each Wednesday at the College Road end. Plenty of variety in length of run, with ni e scenery and convivial company. Let's see you all out there, getting slim and trim to wear those figure-revealing summer clothes; and that goes for the women too.

Next Club Night will be on Friday, 25th May in Oatlands College, at 7.30 p.m. An orienteering course will be set out in the grounds of Oatlands to suit beginners, juniors, etc., so come along and learn some techniques of orienteering, as well as having a run round.

"Not the Irish Champs" event in Glendalough proved very successful. The weather was fine and an international touch was added by the presence of 34 orienteers from Prague who took part in the competition; some of them turned in very good times. The usual thanks are due to Brian Hollinshead and David Rowe, 'flu-ridden John McCullough, Michael McAuliffe, Trina Cleary, Brian McElduff and all who helped before and on the day. A special word of thanks to Kathleen Hollinshead whose house was not her own for about three weeks!

A small number of Club members travelled to the Glen of Aherlow for the first round of the Irish Orienteer Trophy against Cork O. We managed to win through, initially we thought by a nail-biting one point, but subsequently by 7 points. The stalwarts who travelled to defend our title were Una and Hilde Creagh, David and Veronica Rowe, Pat and Brigid Flanagan, Clive, Angus and David Tyner, John Downey, Fergus and John McCann, Frank Humphries, Liam, Hazel, Karen and Shiela Convery, Trina Cleary, Ted McGrath, John McCullough and Leo Donovan. The next round will be on a still-to-be-confirmed date in the coming weeks.
We will need as many club members as possible to compete so make a note in your diary NOW.

The Irish Championships (IOC 86) brought a mixed bag of results for the Club. The weather was lovely and the map excellent. The open area of Slieve Croob provided fast running while the forest of Drumkeeragh caused a fair number of problems to competitors. "Code 111" will be remembered for months to come! The Relays were very enjoyable and provided a full view of the course to spectators. Congratulations to our 1986 Irish Orienteering Champions:-

Maura Convery	(W.19)	Trina Cleary	(W.40)
David Rowe	(M.55)	Hazel Convery	(W.45)

Congratulations also to Una Creagh (W.17) who came 3rd in the W.21A class, a very fine achievement. Our other prizewinners were: 2nd Places - Mark Crowe (M.19), Clive Tyner (M.50), Tracey Eakin (W.15), Karen Convery (W.13), Shiela Convery (W.11). 3rd Places - Brigid Flanagan (W.35), Nuala Creagh (W.45), Angus Tyner (M.17), Gerry Smith (M.21B), Stephen Good (M.15), Carmel Malone (W.13).

Relay Champions:

W. 10-13	Karen Convery, Shiela Convery, Carmel Malone
W. 15-17	Una Creagh, Hilde Creagh, Tracey Eakin
W 35 +	Trina Cleary, Hazel Convery, Nuala Creagh

Congratulations of course must go to Lagan Valley who organised IOC '86 for an exciting and challenging event. You can now rest on your laurels and look forward to competing in IOC '87.

Justin May is off to Canada and America to take part in the World Cup Competition. We wish him bon voyage and good orienteering. Michael McAuliffe is abandoning his secretarial duties for six weeks and is also heading for the U.S. of A., happy holidaying, Michael.

Our "Twin" Hudson Valley Orienteers are now in the throes of organising the American end of the World Cup Competition. Julie Martindale, as organiser, is up to her tonsils at the moment - hang in there, Julie! We wish HVO every success.

DATES FOR YOUR DIARY:

Next Event: Phoenix Park, 22nd June
Next Round of Irish Orienteer Trophy: WATCH THIS SPACE!
Club Night: Friday, 25th May, Oatlands College, 7.30 p.m.
Training: Every Wednesday, Marlay Park, 6.30 p.m.

ELITE RUNNERS FROM THE SWEDISH O-RINGEN VISIT IRELAND

The O-Ringen is a prestigious association of members of Swedish World Championship teams. Its aims include the improvement of Elite orienteering in Sweden and the encouragement of developing orienteering countries. The O-Ringen organises clinics in Elite running and in development before the Swedish five-day event, to which two Irish orienteers have this year been invited (Aonghus O'Cleirigh and Caitriona Morrish will travel this year).

The O-Ringen arranged for two young Elite runners to visit Ireland after the JK this spring, both as missionaries and to get in some early training before the snows had melted in Sweden. Anders-Erik Olsson is described as one of the big talents in Sweden: second in the 1985 5-Day and World Student Champion. Erik Svensson is a member of the Swedish B-team and a member of the Swedish ski-orienteering World Championship team.

Setanta hosted an excellent indoor evening meeting and Ajax organised a really good training event at Cronybyrne for Irish orienteers to meet our visitors and benefit from their expertise.

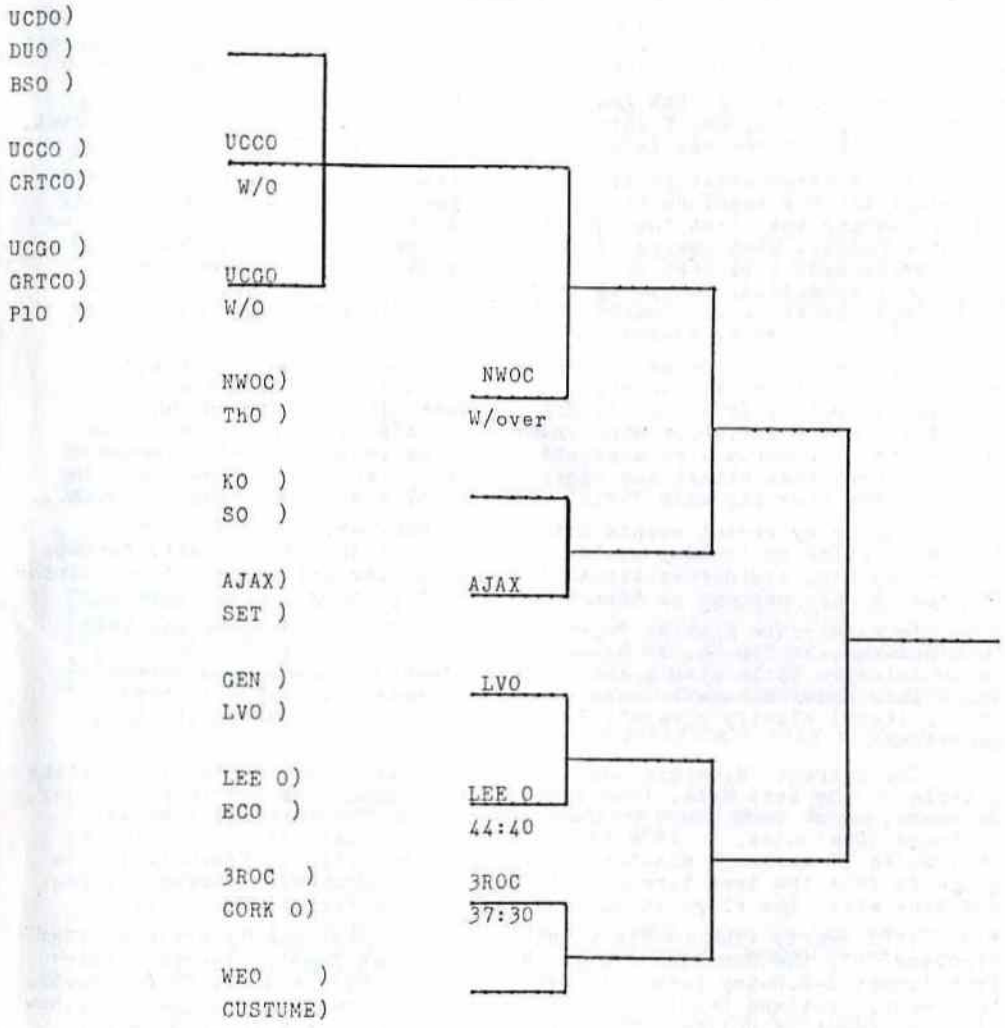
Erik and Anders-Erik also attended events at Glendalough, Florencecourt and Phoenix Park, arranged ny Eileen Loughman for a bus full of Swdeish orienteers led by Peo Bengtsson, one of the founders of the Swedish five day event.

Erik and Anders-Erik took in a morning of golf and much Irish hospitality during their visit here. Both they and the Irish orienteers who met them were most enthusiastic about their visit, and it is to be hoped that the O-Ringen will send runners in years to come.

Sincere thanks from the IOA to all those who helped to make the virit a success.

Faith White,
IOA International Officer.

THE 1986 IRISH ORIENTEER TROPHY COMPETITION



Results of matches are not coming in, nor are fixtures being notified to TIO in advance, which is a pity. The competition cannot run smoothly and efficiently unless this happens. The ECO v LEE match on March 17th at Stradbally could have been used by several clubs with matches to play if we had known about in. Clubs giving walkovers should contact the Editor without delay. Due to the late start of the competition the Third Leval preliminary round has petered out (exams, etc.), so in future must be run much earlier in the year.

J.McC.

ODDS AND ENDS AND ODDS... A deafening silence emerges from the organisers of the 1986 Continental Cup, with the participating countries -including our own- wondering (a) whether it will go ahead, (b) if so, where, and (c) if Ireland will be left to run a defunct competition in 1988?

* The IOF heve published a new course planning booklet, available at 50 pence a copy. It is illustrated by strange cartoons which, unfortunately, make it difficult to take seriously. Should it be "Coarse Planning"?

* To celebrate its 25th Anniversary the IOF are looking for, among other things, the oldest T-shirt produced to advertise a specific O-event, and the oldest colour map in each country. Any takers?

* Ever thought about getting the car loaded up, ready for the event next day: all the maps, controls, clocks and so on, ready to go the day before. During the night the car is stolen and all your club's gear goes down the Swanee. What can you do? IOA is at present investigating ways of insuring club equipment to cover such disasters: it may not be a workable proposition, but we'll wait and see what turns up. Meanwhile don't load the car until Sunday morning, and distribute the stocks of equipment over several houses...

* Bord Telecom is doing its best to confound orienteers trying to contact one another this weather. In Limerick IOA Chairman Alan Shaw has had '3' put in front of his phone numbers (now 343959 (H) and 345588(W), while in Dublin many changes are afoot. Many phones in the area south of Dundrum - an area with a higher proportion of orienteers per unit area than almost any other - have new numbers: if your victim had a number starting with '98...' then think again and check the book...

* Judging by recent events attended in Munster, any attempt to display results on the day would seem to be a thing of the past. Perhaps the Motley Fool could investigate the reasons for this apparent aberration? Perhaps it only happens at "Grade 1" events? Or only in Co. Tipperary?

* An expatriate Munster Orienteer writes from London, re the 1985 Interprovincial" TIO No. 20 Nov-Dec 1985 reported 'Leinster retained their Interpro title with a total of 200 points, compared to Ulster's 95. A late entered Munster team scored 188 points'. Could somebody (Mr. Cotter?) clarify please". Perhaps the E.M.O. could clarify the question?

* The current 'Mountain Log', the FMCI Newsletter, has an interesting article on the Hart Walk, from Terenure to Lugnaquilla and back in under 24 hours, which took place on June 20-21 1886. The original time was 23 hours 50 minutes. In 1976 Eddie Gaffney and Niall Rice had whittled it down to 17 hours 39 minutes in very poor conditions. Essentially the route is from the tram terminus in Terenure to Drumgoff by road, up Lug and back along the ridge to Mullaghcleevaun and back to Terenure.

* It's nearly time to start thinking about next year's orienteering: Highland '87, the Scottish 6-Day, takes place at Beauly, Invernessshire from August 2-8.Entry forms are available from Highland 87, PO Box No.51, Inverness, Scotland (enclose a SAE or reply coupon). Later this year, how about an event in Holland at the end of August, or a week in Canada in ealry August?

* For the stay-at-homes there is the Capricorn two day mountain O-competition in the north of England on June 28/29. Course lengths up to 20 km over two days. Details from Carole Filling, 4 Peel Place, Barrowford, Nelson, Lancashire. Entries close June 2nd.

* The ECO/International Fund Table Quiz planned for May 3rd has been postponed for the foreseeable future. You didn't know it was on? 'Nuff said.

...Tha,,tha...tha...that's all, Folks!

GEN NEWS .... GEN NEWS ... GEN NEWS

We were overwhelmed by the last Setanta newsletter. The list of political notables was very impressive. Obviously we can't compete (only securing one minister for the Irish Two-Day prizegiving). Henceforth GEN NEWS will concentrate on the orienteering exploits of our female and older male members.

Irish Champs

Congratulations to Orla Cooke and Peter Kernan for their winning times in the womens' and mens' open classes. GEN members were, as usual, singularly noticeable by their low profile in the M21A class. Maura Thornhill (W21A) headed the list of our second place prizewinners - the others were Andrew Bonar Law (2nd M45) and Maura Moran (2nd W45). Jane Watt disrupted the pattern by securing a convincing first place in the W35's. The relays were also a day for GEN seconds: Maura Moran, Diana Large and Andrea McCormack (2nd W35's); Andrew Bonar Law, Paget McCormack and new member Peadar Dempsey (2nd M40's). However, the highlight was the convincing victory by Maura Thornhill, Eileen Loughman and Charlotte Bonar Law in the W21's. Mary Healy also recorded impressive times on both days - particularly in the relays.

Brockagh (April 20)

No badger bites were reported. The GEN clock was missing - the mystery is compounded by the fact that the clock custodian did not spend the previous Saturday night at the expected locations. However, thanks to hardwear supplied and operated by Vincent Murphy the start operation functioned without mishap.

Ballinastoe (May 25)

The usual three line whip applies. Planning is being handled by Paget McCormack and Maura Thornhill, organisation by Joan Morrissey and Brendan Doherty. Trina Cleary (3ROC) sa Controller has the unenviable task of procuring order from chaos. This event will take place on "Sport Aid day: in order to facilitate orienteers and their friends we will issue certificates which will enable them to meet sponsorship commitments.

Maby thanks to Jane and David Watt for organising a very enjoyable club evening on May Day.

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IN LATER ISSUES OF TIO:

* The truth behind the GEN team's second place in the M40 relays (or why Ted McGrath no longer helps small, bearded men whom he finds wandering in the forest)

* The usual minutes per kilometre breakdown of the Irish Champs winners

* More foul innuendo, hearsay and heresy,

* and
* maybe
* even....the results of the Grandslam event at Portmarnock!

setanta orienteers

MAYDAY! MAYDAY! MAYDAY!

No this isn't to be taken as a distress signal but rather as a means of drawing attention to our event held at Killakee on May 1st. This was the score event postponed from February due to snow. The weather was much kinder to us this time; in fact the sun shone all the time and the evening was a great success.

Our thanks to Kevin Walsh as planner, Mervyn Eaton as organiser and Willie Kee as controller or to put it more succintly "Willakee at Killakee"!

MULLAGHMEEN: This is our big event of the year on May 11th and a big turnout is expected - nay demanded. Our controller for the day will be Colin Dunlop, planner Denis Deasy and organiser Brian Power. A girl guide training event will be also held in Mullaghmeen on May 24th & 25th.

AZAXED: Our interest in this years Compass Sport Cup was quickly terminated by Ajax at Crone Wood on April 6th.

Not very surprising really as some of the young lady members of Ajax are supposed to have received extensive personal coaching from the visiting Swedes while they were here: in fact one young lady was overheard translating from Swedish to English at the Setanta teach-in!

Anyway congratulations Ajax and best of luck in the next round. Final score was Ajax - 51 Setanta - 33 Sven Kulldorf, Colin Dunlop and young Alan Flynn kept our flag flying with Sven and Alan scoring 6 pts and 3 pts respectively on the "E" course while Colin picked up 6 on the "D" course. Well done lads - the rest of us got 16 pts between us!

BUDDING CHAMPION: Congrats to Alan Flynn who performed so well at the Leinster Schools Championships. He also helped keep Setantas head above water in the junior league, gaining points for each of us in each round.

At the Connaught championships he was our anchor man on our "Ad Hoc" relay team which finished third to two "illegal" teams from the universities. It is heartening to see he is not following in his old fellows footsteps and has the making of a very fine orienteer. Keep up the good work Alan!

MOUNTAIN MARATHON: This has now been finalised for the 15th June at Glenmacnass and is a joint Setanta/Tiglin promotion. It will be signposted from Roundwood, Laragh and Sally Gap. This will be the first mountain marathon to be run on a colour map which has been surveyed by Barry Dalby (using the Dalby system no doubt) and drawn by Justin May. The length should be about 20K for the A and 10K for the B course. Given the weather a most enjoyable day is assured.

CLUB NIGHTS: The visiting Swedes Eric and Eric (contact Ajax ladies if you want full names) put on a most interesting programme for our April club night. The large attendance were shown slides and given many tips re training and events. The June club night will take place on Wednesday June 4th at Marlay Park at 8.00pm. Members should go to the 3rd gate after the hockey pitches on Grange Road and come dressed for action. By the way the July club night will also take place at the same venue.

IRISH CHAMPIONSHIPS: Congratulations to Aubrey Fleppi, Colin Dunlop and Bobby Buckley on their fine victory in the M40s relay and also to Mary Curran on a good run in the "Ad Hoc".

MAPPING: A week has been nominated for an all-out onslaught on the mapping problem. This will be from June 14th to 22nd and all club members are asked to give at least a day helping out. Details from Richard Flynn (942388).

WEDDING OF THE YEAR:
Our congratulations and best wishes go to Tony and Catherine on their marriage recently. By all accounts everybody had a great time and the celebrations went on well into the next day. Sorry I couldn't get to the hooley Catherine but I wish you and Tony every happiness.

CONNACHT REGION NEWS

Although no Connacht Region News has appeared for some time in the Newsletter it does not mean that there is no orienteering. Five winter league events were held and the good Lord gave us excellent weather for the very well attended Connacht Championships.

A programme of mapping has been in progress, with two new areas about to be completed shortly: Ballygawley, near Sligo - a very good area of forest and open mountainside like JK'84 in Wales- and Finner sand dunes near Bundoran in Co. Donegal. Ballygawley will be used for the 1987 Connacht Championships.

A well attended score orienteering event was held in Toberroe on Sunday 6th April with a big turnout of families on this second fine day. Two more score events will be held before the recess for summer holidays, Sunday 18th May at Mountbellew and Sunday 22nd June at Woodlawn, both events being organised by Western Eagles.

Once again the 25th Infantry Batallion, Galway, (consisting of members of Western Eagles) won the All-Army FCA Championships 1986. The event was held near Kilavullen, Co. Cork on a new map on Sunday 20th April. The team members were Tom Cleary (2nd individual), Michael Healy (3rd individual), Frank Ryan, Michael Cahalan, Tony Price and Tom Cahalan.

The Connacht Region Orienteering Council will be meeting shortly to draw up plans and a fixtures list for next season.

Eagle Eye.

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setanta orienteers

NOT THE 9. O'CLOCK NEWS

Aubrey finished 9th in J.K and then went to Monaco for a week to recover - was he teaching Princess Stephanie Orienteering?

Ann O'Neill has not moved flat since last issue.

Have you paid your Sub?

A Setanta Committee meeting has at last been held on the Northside - committee members travelled together for protection but found the natives friendly.

Is it true that Richard is now the slowest M40 in the club?

Willie appears to be happier now than he was 6 weeks ago!

Rumour has it that Denis has at long last started a training programme but will it last?

Have you paid your Sub?

Bobby's bronchitis has finally responded to treatment.

ORIENTEERING FIXTURES 1986

May		
17	SHANNAGHMORE	near Newcastle, Co. Down. LVO club event.
18	MALLABRACKA	near Dunmanway, Co. Cork. LeeO Grade 2, Munster league event, inexplicably missing from the last list.
18	MOUNTBELLEW	Co. Galway. WEO score event. The proceeds will go to the SPOST AID project.Flat forest with areas of felling. GR M 66 46.
24	NI O-DAY	Local events at Clement Wilson Park, Belfast, Crawfordsburn and Hillsborough, Co. Down, and Tardree, Co. Antrim.
25	BALLINASTOE	Co. Wicklow, north of Roundwood. GEN Grade 1 event, in the tradition of GEN entry-on-day Gl's. Run here before it's all felled! Used for last November's 2-Day. GR O 17 08. Not to be confused with its Co. Galway sound-alike.
25	ISLAND WOOD	near Kanturk, Co. Cork. BVOC Grade 2 event in North Cork League. GR R 37 05.
31	PORTSTEWART	Co. Derry. Splendid sand dunes with opportunities for simultaneous heatstroke and frostbite. Throw yourself into the freezing Atlantic afterwards. NWOC event. GR C 80 36.
June		
8	WATERGRASSHILL	Co. Cork. Lee O Grade 3 event. GR W 79 83.
8	CURRAGH CHASE	near Askeaton, Co. Limerick. ThO colour event, new colour map by Justin May. GR R 40 52.
14	FLORENCECOURT	Co. Fermanagh. FermO ladder (league) event. Said to be an excellent but physical area with high heather on the open mountain. GR H 17 33.
15	GLENMACNASS	Setanta/AFAS joint Mountain Marathon on new 1:25000 scale map. Signposted from Laragh. Courses are 20km and 12km, approx. Start 11.00 to 13.00. This event was partly postponed from May 18th.
15	BELFIELD	Dublin 4. CDVEC Sport for All day. Orienteering featured at a basic level.
19	GALLOWSHILL	Cratloe, Co. Clare. The first of ThO's Inter-Firm league on Thursday evenings. Start 6.30 to 7.30 pm. GR R 50 61.
20	MIDSUMMER MADNESS	BVOC event at a secret location , possibly in Co. Cork.
20	PORTMARNOCK	Co. Dublin. Midsummer Madness event, starting from 6 to 8pm at the Country Club, full body cover is prohibited, swim wear essential. Barbecue afterwards. Proceeds to IOA International Fund. Maybe the results of the March event will be available?
21	DONAGHADEE	Co. Down. Bike-O. Start at the Harbour at 7 pm. The silly season is really upon us!
22	WOODLAWN	Co. Galway. WEO score event. GR M 68 31.
22	PHOENIX PARK	Dublin. 3ROC cross-country event. Grade 2½. Start 11.00 - 14.00 at the Papal Cross.

June		
26	FOYNES	Co. Limerick. ThO evening event, Inter-Firm league. Start 6.30-7.30. GR R 25 51.
28	CAIRN WOOD	Dundonald, Co. Down. LVO club event. GR J 45 76.
29	CRONYBYRNE	near Rathdrum, Co. Wicklow. AJAX Grade 1 event. May be our last chance to run here. GR T 19 92. Good forest on the Avonmore River, scene of last December's Leinster Championships.
July		
6	CASTLEFREKE	Co. Cork. LeeO Grade 3 event, part of the local festival. Usually has good prizes. Sand dunes and mixed forest near Clonakilty. GR W 32 35.
10	BALLYHOURIGAN	Keeper Hill, Co. Tipperary. ThO Inter-Firm event. Thursday evening, start 6.30-7.30. GR R 79 67.
17	CURRAGH CHASE	near Askeaton, Co. Limerick. ThO Inter-Firm league. Start 6.30 -7.30. GR R 40 52.
August		
30	FANORE	Burren Walk, this year on a Saturday.
31	FANORE	Co. Clare. Rabbit Warren orienteering. Informal event organised by ThO. GR M 13 08.
September		
9	THE LOUGH	Cork City. Street-O, start 5.30-7.00 pm. Cork Street-O League ('CSOL')Cork Orienteers.
16	MAYFIELD	Cork City. CSOL. Start5.30-7.00 pm, swimmimg pool.
21	GLENBOWER	Killeagh, Co. Cork. Cork O Grade 2 badge and Colour event. GR W 99 77.
23	MAHON PENINSULA	Cork City. CSOL. Swimming Pool, 5.30-6.30.
27	NI CHAMPIONSHIPS	believed to be at Slieve Croob, Co. Down, site of the Irish Championships. More info later.
28	MUSHERAMORE	Millstreet, Co. Cork. Cork O Grade 1, Munster League event. GR W 34 35. From Leinster go to Slieve Croob.
30	BISHOPSTOWN	Cork City. CSOL, Dunnes Shopping Centre, 5.30-7.00.
October		
6	NATIONAL ORIENTEERING DAY:	Local events run by all clubs to allow people to try orienteering. Go and help.
12	ROSTELLAN	near Midleton, Co. Cork. LeeO Grade 3 event. Lots of ivy-covered depressions, tidal mudflats and redundant oil refineries. GR W 87 66.
12	MUCKROSS	Killarney, Co. Kerry. Kerry O Grade 3 event. Great terrain, good views. The map? Well,... GR V 96 91.
18	MUNSTER CHAMPIONSHIPS	Green Wood, Kildorrery, Co. Cork, near Mitchelstown. Pre entry by October 1st.
19	MUNSTER RELAYS	Kildorrery, Co. Cork. Cork O. Hopefully there will be entry forms in TIO this year.
26	SAGGART	near Tallaght, Co. Dublin. AJAX event on a steaming new map, supposed to have been done about ten years ago by DLSO, then DUO, then others. At last!
26	ARDNAGEEHY	Co. Cork. Between Glenville and Watergrasshill. Cork O Grade 2, Cork League event. GR W 75 88.

IOA Secretary: Brigid Flanagan
38 The Glen,
Woodpark,
Dublin 16.

BULLETIN - APRIL 1986

CHANGE IN DISTRIBUTION OF BULLETIN

The Bulletin in future will only be published in TIO. The Committee decided that separate circulation is no longer necessary now that TIO covers all regions. This decision was made to cut costs and avoid duplication.

THANK YOU NOTE

The following is an extract from a letter from Cospoir.

> I have been asked by the Sport for All Committee to thank and congratulate the Irish Orienteering Association on the successful outcome of National Orienteering Day 1985. The Committee is very appreciative of the work which has been done over the past 4 years in this regard. The enthusiasm and commitment of all Orienteering Clubs in organising events has contributed enormously to the continuing development and popularity of this promotion.

SWEDISH 5 DAY

The Selectors have nominated Cathriona Morrish for the second invitation place at the Swedish 5 Day.
(The other place was awarded to Aenghus O'Cleirigh.)

M/W 17 TRAVEL GRANT

Angus Tyner and Una Creagh have been awarded £50 each to assist their participation in the French 6 Day Event.

SPORT AID WEEK - SAT MAY 17th - SUN MAY 25th 1986

We have been asked to support Sport Aid in whatever way we can. All the monies raised will go to emergency aid operations and to long term relief and rehabilitation in Africa.
Western Eagles and GEN are supporting this effort at their forthcoming events.

SUN MAY 18th - MOUNT BELLEW and SUN MAY 25th - BALLINASTOE

JUNIOR AFFAIRS

There will be a Junior Squad training weekend led by Aenghus O'Cleirigh on the 21/22 June. This will most likely take place in the Wicklow area. More information will be available and the squad will be announced very soon.

Disappointingly it seems as if there will be no Continental Cup this year but the Junior Home International takes place in Scotland on October 11th and 12th.

VISITS FROM OVERSEAS ORIENTEERS

The IOA would like to thank all those who helped with our recent Swedish and Czechoslovakian visitors. Particular thanks must go to Eileen Loughman, who put in Trojan work for our Swedish friends.

IOF

The Executive has nominated Faith White to the IOF Development and Promotions Committee for '86-'88.

TEAM FOR STUDENT WORLD CHAMPIONSHIPS - HUNGARY

WOMEN	MEN
D. Ni Challanain	W. Edwards (if eligible)
M. Convery	P. James
O. Cooke	S. Linton
E. Flegg	C. O'Halloran
C. Morrish	J. Riordan
RESERVES	**RESERVES**
H. Wood	R. Bryson
C. Bonar Law	N. Bohan
R. White	R. Morrish
J. Kelly	M. Crowe
U. Morrish	R. Kidd

A selection event for reserves and others interested will be held to fill any vacancies, which may occur.

TEAM FOR IRISH/SCOTTISH CHALLENGE - JUNE 7/8

WOMEN	RESERVES
O. Cooke	P. Murphy
U. Creagh	E. Flegg
M. Thornhill	M. Healy
C. Morrish	D. Carson
E. Loughman	
D. Ni Challanain	

Men's Team not available yet.

MAPPING IN USA

USOF O Clubs have a range of projects which require experienced help. Local mappers and cartographers cannot keep up with the demand. If you wish to map in America or are already planning to map there, please

Irish Orienteering Association

contact the USOF Foreign Mapping Committee: Bob Putnam
R.D.I Box 253
Tel-W.(2I5)775-2600 ext.4786 Birdsboro,
H.(2I5)582-I9I7 PA I9508
USA

INTERNATIONAL EVENTS I986

MAY		
I	World Cup	Norway *
3-5	Forest of Dean Triple O	GBR
I7	World Cup	Canada *
24	World Cup	USA *
25	British Championships	Inverness
JUNE		
7-8	Scottish Championships	Scottish/Irish Match *
27-29	Trans Atlantic Cup Teams from CAN, USA, GBR, IRE.	Devon *
JULY		
6-I3	Sorlansgallopen	Norway
5-I2	French 6 Days	
I2	World Cup	France *
I3-I7	WM '87 Training Camp I	France
I3 I7	IOF Congress	Denmark
I8-20	Jysk 3 Day	Denmark
I5-I8	Veterans World Championships	Norway *
20	World Cup	Sweden *
2I-25	Swedish 5 Day	
29-3	Student World Championships	Hungary *
AUGUST		
2-3	Welsh Oringen	
5-9	Jicin 5 Day	CSSR
7	World Cup	CSSR *
I0	World Cup	Hungary *
I6-I9	The Mammoth Weekend	GBR
23-25	The White Rose Weekend	GBR
SEPTEMBER		
29-4	CISM (Military World Championships)	Switzerland
I3-I4	Harvester Relays	GBR
OCTOBER		
5	World Cup	Switzerland *
I0-I2	Junior Home International	GBR *
26	Karrimor	

* Nomination by Irish Selectors.

AFFILIATED TO THE INTERNATIONAL ORIENTEERING FEDERATION

VIKINGS INVADE EAST ANGLIA: THE 1986 JAN KJELLSTROM TROPHY

Whether it was the distance, the cost or the disappointment persisting after last year's event, an unusually small party of Irish orienteers travelled to Norwich at Easter for the annual Jan Kjellstrom ('JK') Trophy event. It could even have been the fact that only 7000 entry forms were printed, and that they weren't sent out with CompassSport, as usual... but that's another day's work. In any case, it was quite an exclusive little event for the Irish, despite the fact that it was reputedly the biggest JK ever, with over 3500 competitors.

As a further disincentive, British Rail decided to suspend services to Norwich, the event centre, for Easter to facilitate electrification of the line. After many trials and (of course) tribulations, the Irish straggled in, only to be greeted in a deserted railway station by Eoin Rothery, later seen running around Norwich, map in hand, amid the Good Friday revellers and last-minute shoppers. Many Irish entrants dropped out early on when the UCD coach was cancelled: perhaps earlier and more aggressive marketing would solve this problem? Those that did make it in most cases avoided the training event which, as in previous years, bore little resemblance to the areas to be used for the competitions and just gave one an opportunity to get injured or get your O-gear all wet and muddy.

Accordingly, it was on Saturday morning that most of us came face to face with a forest, for the first day of the Individual event at Brandon Park near Thetford. This area was fairly flat, extremely fast and not too technical in its orienteering problems. The ability to run fast and think occasionally was what counted. The Mens' Elite course was 14.7 km with only 120 metres climb, while the shortest courses had no climb at all. Orienteering here was a delight because the forest was so runnable, with straight-line routes often the best, and little path running. The sun even shone and we looked forward to a repeat of JK79 or 84 with sun-stroke likely to be more of a problem than exposure.

The second Individual day brought us back to earth with a bump.After Day 1 I had forgotten what the brown lines on the map were (What's a contour?) but realised soon on Sunday that they were going to play an important part in today's race. The area, called "Pretty Corner, Beeston Regis and Felbrigg" was on a line of eskers facing the North Sea near Cromer, and featured lines of re-entrants like a microcosm of Swiss orienteering. The courses here had up to 390 metres climb for the 11.7 km H21E course, meaning a more normal course profile for us, but several competitors who should have known better came to grief by not being careful enough in areas of many parallel re-entrants, spending time searching the wrong one... The heavy rain and ralleycross needed to get out of the car park made for some interesting side shows, if you had a mind to see them after a 3.6km walk to the start.

The Relay event, which includes the actual 'JK Trophy' competition, took place at Brandon Park again: a superb area for a relay, fast and with good visibility, but with enough features to enable the planner to split up courses well. At 9.45 a.m. the first leg runners in the Open class had collected their maps and were waiting for the 'Off'. Tension mounted,the hour was (almost) nigh. Then, at about four minutes to the zero hour of 10 o'clock, disaster struck. Every organiser's nightmare happened: some genius with a klaxon sounded his horn, accidentally or not, and the runners, mistaking it for the start signal, took off into the forest to a chorus of "No, No, No!", which they perhaps took for shouts of encouragement. Gradually the posse of startled runners took off after the leaders, over a period of some thirty seconds. Gradually the runners sorted themselves out, and the rest of the mass starts went off without a hitch.

The verdict? That this year's JK was well worth attending, and that anybody who didn't go because of the poor quality of JK'85 missed a good weekend's orienteering, of a much higher quality than had been expected of a place as flat as East Anglia. My only real regret was that we didn't have time to visit more places of historical or cultural interest like Felbrigg Hall or the US airbase at Lakenheath from which some Libya-bound planes took off some weeks later...

The only notable result of which I was aware was Anne Shiel's win in the W35 class. Anne was secretary of the old Dublin club 'Irish Orienteers' in the early/mid '70's and now runs for South London Orienteers and Wayfinders (SLOW) and 3ROC. Aine Rice of Ajax is reported to have finished in the first few in W15B, also.

John McCullough.

(The Jan Kjellstrom Trophy competition is held each Easter in Britain and regularly attracts in excess of three thousand runners from many countries. This was the 20th year of the event, started to commemorate Jan Kjellstrom, a young Swedish orienteer who helped establish the sport in Britain, who was killed in a car accident in January 1967. Yorkshire was mentioned as a possible venue for next year. Entries close in late January.)

WELSH O-RINGEN

A two-day total-time event is planned for North Wales for the weekend of August 2/3 1986. The area used will be that of JK'84 Day 1 near Beddgelert. Details from Mrs. Julie Jones, Pan-yr-Ywen, Llanddulais, Colwyn Bay, Clwyd. Enclose a SAE or reply coupon.

FOR THIS RELIEF...

A scheme has recently been announced by Mr. Bruton, Minister for Finance, to enable altruistic members of the public, rather than businesses, to donate money to benefit amateur sport and claim tax relief, up to a maximum of £10,000 per annum. The contributions must be made directly to Cospoir or to a recognised National governing body.

... MUCH THANKS

LEINSTER CHAMPS NEWS

The Leinster Individual Championships are expected to be postponed from their planned date in September to a date later in the year, probably in late November. Delays in surveying are cited as the reason for the hold-up by the organisers, Three Rock. The event is to be run at Carrick Mountain, Glenealy, Co. Wicklow. The area is now of course out-of-bounds to intending competitors.

LOUGHLINSTOWN 10K RACE

GreatEastern Navigators Eileen Loughman and Ann McBride are organising a 10k road race on Thursday, May 29th to raise funds for the Loughlinstown Hospital Research Fund. The race starts at 7.30 pm, and entry is £2.00. Enquiries to Ann McBride at the hospital.
If all the orienteers who have been in Ann's hands were to run in the race the fund should benefit handsomely. (She's a physiotherapist, since you ask).

AJAX NEWS

CORRESPONDENCE TO:
Tara Horan, 11 Sweetmount Park, Dundrum, Dublin 14. Ph:983831.

IRISH CHAMPIONSHIPS

Without a doubt it's back-patting time for AJAX, and it's well deserved too. 1986 can be looked back on fondly as "a good year" for years to come. Indeed in many ways it's a year that resembles a £2.99 bottle of vino from the foot of the Andez!

CONGRATULATIONS

Congrats to Peter for his first win of the Irish champs - may it be the first of many. Congrats to Orla also for getting her name on the trophy for the second time. But the success did not end here. Niall the Swede had a heroic run despite not wearing the blue and yellow - winning the M40 is no mean feat when you look at what you're up against! Jayne's win in the W21B and Doug's in the M21B both deserve praise also as do the performances given by Rosaline, Darragh and Ann. Special mentions must also be made of Deirdre Lewis for her rapid run in the relays and Aileen Rice and Eugene Niland for their first Irish championship performances.

MARLAY PARK

It's too bad the Irish champs weather did not follow us down to Marlay Park the following week. Well done everyone who turned out, hope you enjoyed the 'showers'! Thanks everyone for the help as well, especially Rosaline for organising. See below for our coming events where all members are welcome to bend over backwards to help!

MAPPING

Mapping of Saggart is progressing well and its debut to orienteering will be October 26 - why not put that in your diarys now, there's no harm in being organised!

TRAINING DIARIES

(Training Fridays at 6.00pm, meet in Paddys)
Talking about diaries, Training Diaries are available from me (Tara) at a subsidised rate to members. (While I'm at it, would anyone who got one on tick like to pay up?) These diaries are great incentive for anyone who needs it to train, - the white spaces stare out at you and haunt you if you mark down no mileage. They're designed especially for the competitive orienteer and are even recommended by THE Eoin Rothery.

AJAX FASHION

Trendy club tops will be available very soon, Niall tells me. As far as I know these will be a casual combination of blue and white - and are guaranteed to top off a tan terrifically, whether of Canaries or Chernobyl origin!

****CROMYEYRNE, Grade 1, Pre entry is not necessary, This could be your last chance to run on this premier area, don't miss it on June 29th. Starts 11.00 until 1.30pm. Remember this could be the last good event for months!*** The planners promise to make the courses enjoyable for orienteers of all levels. All enquiries should be made to the organiser Jayne MacGregor at 605044.A Come and Enjoy Event! *****

RESULTS OF TRAINING EVENT HELD BY AJAX IN CRONYBYRNE

One of the few, perhaps only, training event that utilised the Swedes for technical training in terrain during their recent visit to Ireland was held in Cronybyrne. Erik Svensson and Anders-Erik Claeson demonstrated their interest in Irish orienteers by shadowing all who presented themselves to the inexhaustible pair. Around a short (2 K I think) technical course fourteen people were shadowed one by one. The break down of their performances are as follow.

1) Aonghus O'Cleirigh	12.55,	(lost a little time from hesitancy)
2) Denis Deasy	14.40	(lost time spending too long at control)
3) Niall Rice	15.32	(Erik was impressed, lost time stopping between controls)
4) Orla Cooke	15.45	(lost time at number 2)
5) Pat McManus	16.05	(was considered a 'lucky' orienteer)
6) Deirdre NiChallain	17.26	(Unfit due to injury)
7) Eileen Loughman	18.25	(Lost 2 mins by simple mistake at end)
8) Hilda Creagh	19.10	(Must read map more closely, but good)
9) Tara Horan	19.27	(Mistake on first control, hesitant after that)
10) Una Creagh	19.30	(hesitant stopping between controls, No.2 a problem)
11) Mary Healy	22.30	(unsure of route, a lot of stops but fit)
12) Leo Donovan	23.30	(Big mistake on NO 1, otherwise not bad)
13) Aine Rice	25.15	(Mistakes on 2 and 3 but good simplification)
14) Lindy Naughton	32.32	(Number 4 a big mistake but a good finish)

ORIENTEERING MAPS AVAILABLE

AJAX have a number of maps available for orienteering and training.
The full list of areas, prices etc was printed on the inside of the back cover of the last issue of TIO (No. 22)
Prices range from 10p to 50p.
Contact Jayne MacGregor, 29 Pembroke Gardens, Ballsbridge, Dublin 4.
Phone 605044.
Remember, possession of an Orienteering map gives no right of access.

LIISA VEIJALAINEN on PSYCHOLOGICAL TRAINING.

What is psychological training? It can broadly be described by the following headings:

1 Relaxation
2 Stress reduction
3 Goal analysis
4 Goal setting
5 Evaluation.

Liisa Veijalainen of Finland, who was World Champion in Scotland in 1976 and has eight WOC experiences behind her, was probaby the first orienteer to use psychological training systematically. She began this in 1975.

> "I'm convinced that my goos mental preparation was the cornerstone to my success in WOC in 1976".

She trained herself psychologically twice a week and on a number of occasions each month she carried out a long mental training session of competition duration: she simply ran a competition in her thoughts, trying to anticipate the difficulties she could expect to encounter on her course.

Liisa says that four different orienteering components are especially suited to training by mental rehearsal. These are:

1. Orienteering techniques. When for the first time you adapt your own orienteering techniques to a different terrain type ... get there first in your thoughts.

2 New techniques. Adjust your running speed to your new orienteering techniques, first in thought, then in reality.

3 Training routine manoevres, for example punching at controls. You become faster at this after mental rehearsal.

4 Tactics. For example in relays where critical situations are often encountered.

Before WOC in Scotland Liisa was worried that there would be a lot of steep climbing. She imagined herself to be weak uphill, but by studying a course profile she was able to build up her mental strength long before the competition. She ran many difficult courses both in her thoughts and in reality. She had no problem, then, in maintaining speed at the World Championships.

A tactic which Liisa used in conjunction with the World Championship Relay in Norway in 1978 was to look her competitors directly in the eyes immediately before the start.

> "This resulted in the other competitors looking away. I felt at once that I had a psychological advantage. I was the strongest!"

Before WOC in Hungary in 1983 Liisa trained harder than before - wholly physically, though. Unfortunately she neglected her psychological preparation. The competition result was not as good as expected.

> "I understood then how important psychological training was for me", says Liisa.

The most positive factors which Liisa Veijalainen attributes to psychological training can be summarised as follows:

- increased self confidence
- lowered anxiety
- more energy in dealing with the unexpected in competition
- quicker physical recovery
- certainty

There are also some inherent dangers in psychological training. It should not be overdone. You risk losing psychic tension (necessary in competition).
Neither should you train that which already functions well, those aspects which already work automatically.

(Translated from SkogsSport 1/86 by Aonghus O'Cleirigh)

The Event Centre, JK 86. April the First.

Dear Mister Ed,

Not much time for tomfoolery these days I can tell you... The Fool is in strict training for the up-coming Cork Championships at Musheramore; not to mention IOC 86 on The Hill of the Pig's Foot. A name to conjure with that; it stirs happy memories of Katty Barry's during visits to the Coal Quay of Cork where much Nightie-O went on in days of yore. Before your time Ed.

In preparation for anything those black Northerners can throw at him The Fool has entered for everything that Munster C can offer. In the Super-Dooper League some new skills have been found necessary. At Gallows Hill Thomond introduced prizes for everybody who could FIND THE START. Kerry O took the concept a stage further at their Grade 1 in Heaven's Reflex on March the Ninth with plaques for anyone who could FIND THE EVENT. Certificates were further awarded by one-man DIY Organiser/Planner/Controller Rory Costello to plaque-holders who subsequently found the Start. The Fool accomplished this feat of navigation by following the famous road which still hasn't made it onto the actual map (shades of MOC 84!) until he met some Wayfarers who took him by the hand to the Master Maps. From there it was only a question of following his nose back to the sanitary land-fill Pre-Start where his day was finally made by the news that he had missed his Start by 17 minutes. Never mind... just getting that far was real SUCCESS for many.

Of course we thought we knew it all when we went to Glengarra on the 23rd. Whoever penned the Descriptions was definitely doing a Berlitz in preparation for the anticipated visit to Ireland of all those East Europeans. The hieroglyphics were fine, but the Cyrillic Alphabet codes caused problems for some.

And so to JK 86. The Fool and his party as usual went off the map and wound up in a state of total exhaustion after all those Broads (no not you Ken).

We just can't wait to get back to the haven of Deepestmunster where hopefully the postman will have delivered our parcels complete with COC 8[illegible] control cards, descriptions, final event details and prizes.

Musheramore on April 20th will also be the final selection event for IOC 86 Relay entries from THE Cork Orienteering Club of which of course The Fool is an Hon. Life Member. The Fool is confident of making the first string M40+. One hears along the grapevine that the only thing between us and the championship is that well-known East Ender Andrew B and his team of GENitalia.

And the same to you Ed..... The Motley Fool.

Pete Livesey's Column

The Karriless Mountain Marathons

From the February 1986 'Climber and Rambler'

Some 18 years ago a small band of go faster hillwalkers, mountaineers and the odd runner assembled in the Northern Pennines to take part in an event that has become a great institution among hill users of all types — an annual meeting of like minds to indulge all weekend in what they like doing best. From humble beginnings in 1968 the Karrimor International Mountain Marathon has grown to today's vast affair in which some 2,500 competitors working in pairs compete with each other and the terrain over five different courses. The event, taking place around the last weekend in October, draws each year more participants than either the National Mountaineering or Hillwalking Conferences put together; perhaps a reflection on the suitability of sedentary gatherings for the mountain users fraternity.

Each year the event moves to a new venue, normally a lesser known part of any one of Britain's mountain ranges, with a special 1:40,000 map being drawn by Harvey Map Services for the occasion. Competitors, who are previously entered in pairs, arrive for registration on Friday evening or early Saturday morning, the actual competition venue only being disclosed to entrants the previous week. Pairs of entrants are registered in their appropriate class ranging from Elite (about 80 km in a straight line) to C (about 50 km) and receive the map which is overprinted with the checkpoint positions for all courses — it is therefore impossible at this stage to know exactly where one will be going, though it is normal to hazard intelligent(?) guesses as to the route.

The staggered start commences at 8.30 a.m. or so, competitors leaving at one minute intervals along a short marked section to collect the list of the day's controls from a marshal. It is with great pride that I should mention in true mountaineering tradition we have never yet made it to the start in time for our official 'off' — official start times, starting pens and super organisation are for orienteers, runners, quiche eaters and the like, not for real mountain travellers.

To make things harder for rock climbers, alpinists and other non navigators all classes are intermingled at the start so that it's much more difficult to follow someone from the outset — well, actually it's easy to follow someone, but it's a five to one chance they're not going to your control. Once the control descriptions are issued, the route, distance, height to be climbed and campsite for the first day become apparent. Controls are rarely sited at logical places such as 'Helvellyn Summit' or 'Kings Head, Thirlspot' but at obscure, 'off the beaten track' sites such as one particular stream junction in the muds of hundreds or at some slight knoll or indentation in the contours — imagine trying to find a twenty foot knoll in the Lake District, that land of knolls. Pairs may follow any route between controls and herein lies the skill — the navigation itself is normally fairly easy with two or three hundred teams in any one class visiting a particular set of controls in the same order but the choice of route to reach a control at the outset is what makes or breaks a team in terms of time for a particular leg. A good course is therefore one that offers plenty of route choice between controls (it would also help if it were short and flat!).

As the event takes place in late Autumn in upland areas a minimum equipment requirement is laid down for all competitors individually and as a pair. A rucksack; waterproofs; sweater; trousers; sleeping bag; first aid kit; pencil; food; bivvy bag; torch; map and compass must be carried by each individual while each team must carry a tent; stove, pans and food to be cooked at camp between them. It is absolutely amazing how much variation in weight occurs between teams both carrying the statutory kit requirements — between 7 lbs and 30 lbs per person being the normal range at the start of the event. This vast difference can be accounted for in terms of organisational care in the 'paring down' of equipment weight and the choice of each individual item of equipment itself. My sac weighed 7½ lbs at the start of last year's event (i.e. with all the food for two days) and that included additional items such as karrimat, hat and gloves.

The event therefore draws together a large range of mountain skills — I suppose the winners of the event possess all of these, but down in the rank and file teams possess strengths and weaknesses related to their background; pure runners for instance are extremely fast but carry over-large sacs or nothing at all and flake out from exposure or fright at the first sign of bad weather. One elite runners team last year carried 28 scotch eggs as their sole food supply, but had to drop out on day one when it got too windy. Runners are also characterised by their inability to navigate, spending much time and energy running very fast in circles or zig zags or a creative combination of both. Runners can also be identified at the midway campsite chewing uncooked freeze dried omelettes having brought a gas cartridge as fuel for a primus stove or failed to locate the start tap on a Trangia. Runners are heartening people to compete against however. I'll never forget the sight of Phil Burke charging thousands of feet down from the mists of Helvellyn to a check point as the rest of the field, on which he had an hour's start, walked upwards from the valley to the same checkpoint.

Orienteers are another competitor type — there's not much to be said about them really, being incredibly intense but dull people who turn out immaculately dressed at the start with some sort of fancy trousers that prevent them catching hepatitis. At the campsite avoid pitching your tent next to an orienteer. This year we pitched next to Miriam Rosen who recounted every yard of that day's navigation in a loud voice through into the early hours.

Service teams are easily recognised running in step in dead straight lines wearing only olive green teeshirts in the most appalling weather. They invariably sport heavy sacs, have a pair of clubs tattooed on their biceps and salute check point marshals.

Of all the competitors however, it is the climbers who are most interesting — they rarely train, can't run, often don't navigate properly, but invariably do well. The reason for their success is not I suppose, the skills they bring to the event, for they have few, but their attitude. Personality studies of climbers in the past have shown them to be detached and cool, self sufficient, resourceful and evaders of rules. They are characterised by seeking and planning logical basic solutions to problems which cut across arbitrary man-made rules — climbing is after all mainly about staying alive. If you feel good, are running fast, and pass a scruffy devious but slow looking pair of competitors they will probably be climbers, and you'll probably pass them again ten minutes later — and again . . . If you can't find a control you may be tempted to ask other competitors — runners and orienteers will remain tight lipped as they furtively slink away having checked their cards; climbers however will cheerfully point out the check point for you — it will certainly be the wrong one.

Climbers win because they work out the easiest ways of winning — this starts before the event when kit is being prepared. Everything must be cut down in weight; my pencil is 1 cm long, my torch is a bulb soldered to a battery, we have one plastic throwaway cup and a sawn off plastic fork to eat with. Like Deadmen and large hexentric nuts everything must have lightening holes drilled in it — just think, two inch diameter holes perforating your tent and karrimat will more than halve the weight. Climbers have found the ultimate solution however as this conversation at the O.D.G. a fortnight before the event shows:

"Pete, how do you manage to get your full starting kit down to 2 lbs 3½ ozs?"

"Easy Bob: cheat" ... "Polystyrene torch battery, throw your emergency food, first aid kit and sleeping bag away after the start, borrow a stove at the campsite and on the route follow anyone wearing immaculate anti-hepatitis orienteers trousers." ■

AJAX

RAVENS ROCK -CURTLESTOWN WOOD. MARCH 16th 1986

BLUE COURSE 3·4Km 36m

NO.	NAME	CLUB	CLASS	TIME
1.	J.MAY	3ROC	M21	71.09
2.	M.YOUNG	CO	M21	75.27
3.	P.SMYTH	SET	M21	80.56
4.	J.McCULLOUGH	3ROC	M21	88.25
5.	S.WALSH	UCDO	M21	92.09
6.	D.DEASY	SET	M21	92.31
7.	P.McCORMACK	GEN	M21	93.50
8.	B.BELL	GEN	M21	94.26
9.	K.WALSH	SET	M21	95.57
10.	L.DONAVAN	UCDO	M21	96.09
11.	B.HEENEY	UCDO	M21	97.32
12.	D.WESTON	BSO	M21	97.35
13.	N.BUTTERFIELD	UCDO	M21	98.35
14.	F.McCANN	3ROC	M15	105.38
15.	L.ROE	3ROC	M35	108.42
16.	H.INGLIS	-	M40	110.06
17.	M.HEALY	GEN	W21	111.39
18.	J.WHELAN	UCDO	M21	119.36
	M.THORNHILL	GEN	W21	97.29 (miss no.14)

RED COURSE 6·0Km 350m

NO.	NAME	CLUB	CLASS	TIME
1.	E.NILAND	AJAX	M35	59.54
2.	R.GARRETT	3ROC	-	74.25
3.	G.SMITH	3ROC	M21	76.21
4.	A.KEYES	GEN	M21	77.23
5.	A.TYNER	3ROC	M17	78.58
6.	M.KAVANAGH	-	M21	79.14
7.	E.O'SULLIVAN	BSO	-	79.51
8.	A.BONAR.LAW	GEN	M50	83.24
9.	S.ROTHERY	3ROC	M55	84.41
10	S.DONOHUE	BSO	W21	84.53
11	A.GREEN	UCDO	M21	84.54
12	P.McMANUS	AJAX	M21	85.42
13	U.CREAGH	3ROC	W17	86.41
14.	C.DUNLOP	SET	M50	88.22
15	C.CARROLL	AJAX	M17	89.21
16	L.WARD	GEN	-	94.44
17	C.SMYTH	UCDO	W19	98.19
18	J.LALOR	GEN	M21	99.01
19	P.WALSH	SET	M50	99.22
20	D.WATT	GEN	M40	100.25
21	B.DOHERTY	GEN	M40	110.56
22	M.HEWSON	GEN	M55	112.16
23	H.O'FRIEL	GEN	M21	112.44
24	B.HOLLINSHOFF	3ROC	M45	117.45
25	P.HETHERINGTON	BSO	M19	126.12
26.	T.CORCORAN	SET	M40	138.28
27	F.SWEENEY	-	-	147.37
28	M.SWEENEY	-	-	147.48
29	E.MASTERSON	-	M19	153.46
	T.CONDON	CORKO	M21	107.40 (mispunch.2)
	C.O'MARA	-	-	109.13 (mispunch.9&16)
	J.NEWMAN	GEN	M55	DNF
	C.McCONNELL	-	M15	141.50 misp.9,10
	D.HANNEY	-	M15	

NO.	NAME	CLUB	CLASS	TIME
	J.WALSH	OAT	M13	DNF
	J.McCANN	3ROC	M13	DNF
	D.THORNHILL	GEN	M35	DNF
	P.WALSH	-	-	DNF
	J.FITZSIMONS	3ROC	-	DNF

ORANGE COURSE 4·2Km 220m

NO.	NAME	CLUB	CLASS	TIME
1.	N.CARROLL	3ROC	M45	35.58
2.	D.CORRIE	AJAX	M21	36.56
3.	F.LAFFERTY	SET	M21	44.29
4.	T.CLEARY	3ROC	W40	45.57
5.	B.McGRATH	3ROC	-	46.44
6.	S.MURRAY	-	-	49.03
7.	D.ROWE	3ROC	M65	50.09
8.	P.CARROLL	OAT	M15	51.15
9.	D.TYNER	3ROC	M13	52.16
10	J.WATT	GEN	W35	52.28
11	O.CREAGH	3ROC	M21	52.42
12	I.McINTOSH	-	-	55.10
13	H.CREAGH	3ROC	W13	55.24
14	J.DOWNEY	3ROC	M21	56.43
15	K.BENT	SET	W40	57.00
16	A.RICE	AJAX	W15	57.24
17	P.MURRAY	GEN	M15	57.28
18	T.GRAY	3ROC	M35	58.18
19	H.McBRYAN	3ROC	M35	61.53
20	A.O'REAN	-	M45	63.11
21	R.RICE	AJAX	W40	63.50
22	C,CARROLL	3ROC	M50	65.53
23	K.GILLESPIE	3ROC	W15	65.55
24	P.MAY	3ROC	W40	66.37
25	L.FLINTOFF	GEN	M40	67.13
26	S.HANLEY	-	M40	67.40
27	G.BELL	-	M11	68.12
28	G.MAY	3ROC	M50	70.16
29	C.ANDERSON	-	-	70.57
30	A.McCORMACK	GEN	W35	73.57
31	V.MURPHY	GEN	M45	74.03
32	J.CREAGH	3ROC	M50	74.45
33	J.GILLESPIE	UCDO	-	75.08
34	A.SHERIDAN	UCDO	W21	79.40
35	K.HICKMATT	WO	W13	77.33
36	P.COOKE	-	M50	78.05
37	T.HYNES	SET	W21	79.42
38	G.DOHERTY	GEN	M13	79.47
39	J.KEARNS	-	-	79.53
40	D.CONROY	-	-	81.00
41	C.SACRA	-	-	81.21
42	O'GRADY	GEN	-	84.45
43	H.O'BRIEN	AJAX	M15	84.56
44	A.LECKY	OAT	M13	85.16
45	M.CARROLL	-	-	86.26
46	H.NEWMAN	GEN	-	86.27
47	P.CONATY	-	M35	87.20
48	T.WALSH	-	-	89.16
49	J.MOLLOY	-	-	89.28
50	H.WALSH	-	-	89.28
51	P.PENDER	GEN	W21	93.35
52	T.CARROLL	OAT	M17	96.08
53	NUGENT	SET	M21	97.14
54	J.HORGAN	-	-	99.14

NO.	NAME	CLUB	CLASS	TIME
55	K.PARSON	-	-	99.14
56	P.HALL	-	-	99.14
57	G.MAGEE	Lore	W13	99.47
58	RACH;JULIE	LORE		99.47
59	G.SOMERS	-	-	97.53
60	D.BELL	-	-	101.00
61	JU.RACH.JA..	Lore	W13	101.31
62	J.SUTTON	-	-	101.57
63	N.LONGMORE	-	-	101.57
64	H .PENDER	GEN	-	106.15
65	R.LONGMORE	-	-	110.14
66	A.LONGMORE	-	-	110.42
67	L.BARRY	-	-	123.11
68	B.CORCORAN	GEN	M15	127.09
69	BECKY,A,L,	Lore	W13	130.35
	C.O'FRIEL	GEN	W40	154.40 (mispunch)
	O'LEARY	GEN	M21	103.44 missing-7
	B.CLEARY	SET	M13	DNF
	B.RICHARDSON	SET	-	DNF
	D,FORDE	GEN	-	DNF
	M.FORDE	GEN	-	DNF
	GAIL;RHONA	Lore	W15	DNF
	DA;MI;SHE;	Lore	W13	DNF
	SHI;KI;PAT;	Lore	W15	DNF
	LINDA,SHUNA	Lore	W13	DNF
	S.KELLY;C.	Lore	W15	DNF
	E.DARCY;ANN	Lore	W15	DNF
	S.MASTERSON	-	W15	DNF
	C.STEEL	GEN	-	DNF
	L.DIAMOND	GEN	M50	DNF
	CASSIDY	-	-	DNF
	M.MORAN	GEN	w45	DNF
	G.McELHINNEY	-	M13	DNF
	K.LEWIS	-	-	DNF
	C.LONG	-	-	DNF
	R.PERCIVAL	-	M13	DNF
	C.CUNNINGHAM	-	M13	DNF

YELLOW COURSE 2·4 km 150m

NO.	NAME	CLUB	CLASS	TIME
1.	N.CARROLL	3ROC	M15	21.12
2.	E.NILAND	AJAX	M11	25.51
3.	M.WALSH	3ROC	W35	33.39
4.	C.MacNEILL	-	-	34.22
6.	C.MacGOVERN	-	-	42.27
5.	H.HALL	-	-	42.09
7.	S.MORAN	GEN	W15	44.35
8.	P.MORAN	GEN	M13	44.40
*9.	R.DUFFY	GEN	M13	44.40
10	E.CARROLL	3ROC	W21	45.41
11	M.FLINTOFF	GEN	W40	47.28
12	FISHER	-	-	47.45
13	NOLAN	-	-	48.03
14	S.CARROLL	3ROC	M13	49.27
15	COADY	-	-	50.34
16	McCABE	-	-	51.08
17	C.CANNO	=	-	52.54
18	D.NI FHLOINN	CI	W13	53.05
* 9	D.MURRAY	GEN	M11	45.41

LOST CONATY - CHILDS & KEITH RAIN MAC
FOUND GRINTER & MORIS 2/3/86

NO.	NAME	CLUB	CLASS	TIME
19	C.O BROLACHAIN	SET	M9	53.30
20	E&FITZPATRICK	SET	-	54.30
21	H.O'BRIEN	AJAX	W13	54.54
22	C.BRENNAN	-	-	55.12
23	M.O'DOWD	-	-	55.12
24	J.FISHER	3ROC	-	55.12
25	F.O BROLACHAIN	SET	M9	55.52
26	D.GORMAN	SET	M9	56.01
27	R.GORMAN	SET	M9	56.07
28	V.MURTAGH	3ROC	-	57.38
29	N.LALOR	GEN	W21	57.43
30	D.KINAHAN	-	-	63.11
31	N.HALL	-	-	63.11
32	M.CANNON	-	-	64.59
33	CONCANNON	-	-	65.19
34	R.GAVIGAN	-	-	69.06
35	J.GAVIGAN	-	-	69.15
36	P.GAVIGAN	-	-	69.30
37	D.McBYRNE	3ROC	M11	84.13
38	P&A.QUINN	-	-	84.43
39	R.DUFFY	GEN	M13	104.11
40	S.CORCORAN	SET	W15	114.45
41	J.MAHON	B.BR	-	
	S.DOOLAN	GUID	-	118.54
42	WEN;GILL;TR.	"	-	122.18
43	M.TRACEY	"	-	124.19
44	GILLIAN,JANE	"	-	132.29
	I.MASTERSON	-	-	72.49 miss.5,6
	MARIE,FIONA,D,	GUID	-	DNF
	G.O'REGAN	-	-	DNF
	M.O'REGAN	-	-	DNF
	R.WRIXON	Lore	W13	DNF
	S.BYRNE	RATH	W13	DNF
	O.DUFFY	LORE	W13	DNF
	U.DUGGAN	LORE	W13	DNF
	ZOE;BR;JENNY	LORE	W13	DNF
	G.WALSH	LORE	W13	DNF
	E.SHEEHAN	LORE	W13	DNF
	V.CAMPBELL	LORE	W13	DNF
	M.BERGIN	LORE	W13	DNF
	ELAINE;ROIS	LORE	W13	DNF
	LIZ,DE,LIADH	LORE	W13	DNF

WHITE COURSE 1·8Km 70m

NO.	NAME	CLUB	CLASS	TIME
1.	S.NILAND	AJAX	M7	22.25
2.	P.HANLEY	-	-	25.55
3.	E.NILAND	AJAX	M10	29.11
4.	C.MURRAY	GEN	M10	32.18
5.	BR.GI.NIAMH	LORE	W13	33.15
6.	J.REINHARTT	-	-	33.42
7.	M.KETES	-	-	38.17
8.	MAHONY Fml.	-	W10	40.01
9.	SOPHIE;GILL.	LORE	W13	40.28
10	C.FITZSIMONS	3ROC	-	46.34
11	L.O'HARA	AJAX	-	49.29
12	FLYNN	-	-	51.28
13	B&J.QUINN	-	-	57.06
14	JAN;LAURA	-	-	72.35
	D.STANLEY	-	-	DNF
	A.WALSH	-	-	DNF
	N.NOWLAN	3ROC	-	DNF

Results of Glencree; Grade 2 Event; 6th April 1986.
Dublin University Orienteers.

A Course: 8.6km; 510m:

1.	A. O'Cleirigh	M21A	CO	74.18
2.	B. Corbett	M21A	C'sC	77.30
3.	P. Kernon	M21A	Ajax	79.09
4.	J. May	M21A	3ROC	81.42
5.	W. McAuliffe	M21A	Ajax	87.46
6.	P. Healy	M21A	CO	87.55
7.	D. Stokes	M21A	Ajax	92.52
8.	D. Deasy	M21A	SET	93.38
9.	D. Weston	M21A	SET	99.36
10.	P. Smyth	M21A	SET	99.40
11.	P. Gargan	M21A	Ajax	101.26
12.	B. O'Connor	M21A	Ajax	104.59
13.	M. McInerney	M21A	ECO	109.59
14.	K. Walsh	M21A	SET	110.43
15.	J. Kehoe	M21A	SET	113.02
16.	T. Barry	M19	BSO	117.11
17.	E. Niland	M35	Ajax	122.08
18.	B. Heeney	M21A	GEN	122.54
19.	N. Butterfield	M21A	UCDO	124.07
20.	M. Inglis	M40		144.32
21.	P. McManus	M21A	Ajax	146.08
22.	W. Kee	M21A	SET	150.52
23.	A. Leeson	M21A	OPC86	169.19

Non-finishers:
S. Walsh
J. Whelelan
D. Kennedy
A. Balucaine

B Course: 6.8km; 375m:

1.	T. McCormack	M35	GEN	80.43
2	E. Loughman	W21A	GEN	84.00
3	P. McCormack	M35	GEN	90.33
4	M. Thornhill	W21A	GEN	99.29
5.	P. Conroy	M21B	3ROC	113.26
6.	F. Flood	M21B	SET	117.48
7	R. Garrett	M35	3ROC	125.46
8.	A. Hollowes	W21A	3ROC	132.54
9.	P. Ryan	M35	GEN	164.00
10.	P. Costey	–	OPC86	168.15

Non-finishers:
E. Fleming
T. Healy
M. Healy
A. Green
I. MacNeill

C Course: 4.6km; 270m:

1.	N. Carroll	M45	3ROC	51.19
2.	F. Lafferty	M21B	SET	52.00
3.	Carroll	M17	Ajax	52.05
4.	R. Stanley	M21B	UCDO	53.48
5.	O. Cooke	W21A	Ajax	55.40
6.	B. Buckley	M40	SET	57.19
7.	J. Bent	M40	SET	63.11
8.	D. Thornhill	M21B	GEN	65.09
9.	J. Kelly	W19	UCDO	66.05
10.	J. Watt	W35	GEN	66.45
11.	G. Smyth	M21B	3ROC	66.50
12.	P. Pender	W21B	GEN	69.00
13.	M. Eaton	M21B	SET	70.20
14.	C. Smyth	W19	SET	71.40
15.	T. Horan	W21	Ajax	72.59
16.	T. Corcoran	M40	SET	73.36
17.	R. Flynn	M40	SET	74.49
18.	C. Murtagh	W21	SET	78.00
19.	B. Corcoran	M15	GEN	78.10
20.	J. O'Brien	M40	Ajax	78.20
21.	E. McGrath	M15	GEN	80.30
22.	N. Carroll	M15	3ROC	81.00
23.	D. Watt	M40	GEN	86.00
24.	W. Moore	W21A	Ajax	89.05
25.	B. Doherty	M15	GEN	89.52
26.	J. Walsh	M40	LSO	93.33
27.	D. Cox	M19	SET	95.41
28.	D. Kelly	M17	SET	97.41
29.	B. Casey	M21B	–	98.30
30.	J. O'Leary	M21B	GEN	99.30
31.	B. Doherty	M40	GEN	101.48
32.	J. Lalor	M21B	GEN	104.00
33.	C. Murphy	M21B	UCDO	104.15
34.	J. Murrey	–	OPC	104.54
35.	M. White	–	OPC	106.31
36.	E. Conroy	W21	Ajax	114.00
37.	D. Keegan	–	–	119.27
38.	T. Hynes	W21B	SET	120.38
39.	A. Ryan	W21B	SET	120.49
40.	M. Pender	W21B	GEN	127.00
41.	J. Henry	–	–	136.40
	J. Mold	–	3ROC	136.40
43.	S. Peate	–	OPC	139.10
44.	A. Croker	–	OPC	141.05

Non-finishers:

D. Corrie	no.8
H. McGregor	no.7
R. Richardson	no.7
C. McIntyre	no.4
N. Rice	no.8
B. Power	
Cassidy	
J. Fisher	
C. Mcgovern	
C. Corcoran	
S. Murphy	
I. Murphy	
A. O'Neill	
L. Flintoff	
K. Thornhill	
E. Brennan	

D Course: 4.1km; 260m:

1.	C. Dunlop	M50	SET	43.14
2.	D. NiChallensin	W21A	Ajax	43.45
3.	A. Bonar Law	M50	GEN	47.00
4	M. Walsh	W35	3ROC	57.00
5.	P. Walsh	M40	SET	57.49
6.	A. Masterson	W21	Ajax	58.19
7.	R. Rice	W40	Ajax	60.07
8.	A. McInerney	M13	SET	61.55
9.	K. Bent	W40	SET	65.27
10.	P.Glenville	M15	3ROC	65.37
11.	M. Coleman	W21	Ajax	68.16
12.	P. Murray	M15	GEN	68.26
13.	J. Keerns	–	–	70.00
14.	G. Sacra	–	–	70.05
15.	J. McGregor	W21	Ajax	71.15
16.	G. Walsh	M15	DLSO	71.20
17.	L. Byrne	M13	SET	71.37
18.	C. McConnell	M15	SET	71.50
19.	M. Higgins	W40	SET	74.15
20.	G. May	M50	3ROC	75.09
21.	M. Bryan	M35	3ROC	75.20
22.	P. Cooke	M50	Ajax	78.05
23.	C. Carroll	M50	3ROC	79.05
24.	A. McCormack	W35	GEN	79.15
25.	S. Carroll	M11	3ROC	80.00
26.	S. McInerney	W17	SET	80.06
	F. Doolan	W17	SET	80.06
28.	A. Cooke	W13	Ajax	80.59
29.	C. McGrath	–	3ROC	82.35
30.	E. Brenagan	M40	3ROC	84.00
31.	D. O'Riordan	–	–	84.27
32.	M. O'Brien	M15	Ajax	85.15
33.	P. Dempsey	M45	GEN	86.00
34.	A. Hennigen	M40	Ajax	86.05
35.	B. Cleary	M13	SET	87.40
36.	B. Dawson	W40	SET	89.37
37.	L. Diamond	M50	GEN	92.00
38.	L. Flynn	M13	SET	95.50
39.	A. O'Mullone	M13	DLSO	98.52
40.	A. Sheridan	W21	UCDO	104.50
41.	M. Flintoff	W40	GEN	105.00
42.	D. Conroy	–	–	112.40
43.	D. Eanly	M13	SET	116.27
44.	I. Baillie	–	3ROC	117.49
45.	Sydner	–	3ROC	117.59
46.	S. Clifford	M13	SET	119.05
47.	D. Judge	M50	GEN	120.21
	B. Judge	–	GEN	121.21
49.	R. Percival	M13	–	120.52
	G. McElhinney	M13	–	120.52
51.	M. Rogaby	M13	–	122.52
52.	F. O'Brien	–	SET	124.07
53.	S. Kinlen	M13	–	124.52

Non-finishers:
P. Stephens
K. Lewis
G. Byrne

E Course: 3.5km; 165m:

1.	D. Murray	–	–	42.20
2.	S. Kulldorff	M55	SET	44.35
3.	A. Rice	W15	Ajax	48.45
4.	E. Niland	M11	Ajax	53.00
5.	H. Elkin	W55	GEN	57.04
6.	A. Flynn	M11	SET	60.52
7.	M. Moran	W45	GEN	66.10
8.	E. Niland	M10	Ajax	67.00
9.	P. May	W50	3ROC	68.34
10.	F. English	M11	GEN	71.00
11.	S. Dawson	W15	SET	79.33
	J. Dawson	–	SET	79.33
	K. Dawson	W11	SET	79.33
14.	E. Glanville	W13	3ROC	81.41
15.	D. Harvey	M13	SET	82.00
16.	C. Cunningham	M11	SET	86.00
17.	C. Murray	M10	GEN	94.00
18.	N. O'Riordan	–	OPC86	97.00
19.	C. McGrath	–	–	98.10
20.	D. Byrne & co.	–	–	98.11
21.	H. O'Brien	W13	Ajax	99.13
22.	W. Philips	–	OPC86	100.00
23.	M. Flynn	–	–	102.10
24.	M. Forde	–	GEN	104.40
25.	Kerrmish	–	–	104.45
	J. Forde	–	GEN	104.45
27.	D. Forde	–	GEN	112.10
28.	C. Northe	–	–	117.00
29.	C. Beengan	W35	3ROC	117.30
30.	Judge	–	–	118.06
31.	C. Judge	–	GEN	118.46
32.	D. McBryan	M11	3ROC	119.05
33.	C. Brangan	M13	3ROC	120.00

34.	N. O'Brien	W11	Ajax	122.08
35.	D. Brangan	M10	3ROC	123.30
36.	C. Brangan	W13	3ROC	126.00

Non-finishers
L. Spenser
A. Rice
S. Corcoran
M. Byrne
S. Walsh

F. Course 19km, 1150m:

1.	N. Lalor	W21B	GEN	36.10
2.	McIvor	–	3ROC	90.30
3.	M. Long	–	3ROC	100.30
4.	B. Flynn	–	–	115.26
5.	K. Murray	W19	BSO	121.19
	M. Pereo	W19	BSO	121.19
7.	G. Baron	–	–	152.57

Non-finishers:
O'Brien
M. & S. Gargan
N. Barron
P. Barron

Organised by Charlotte Bonar Law and planned by Martin Malone

HILL RUNNING FIXTURES 1986

May

18 Slieve Bearnagh, Co. Down. 2pm, 7mls, 2250'. Championship (1).
21 Bray Head, Mountain Aid race. Probably 7.30pm. 3.1 mls, 800'.
25 Clashegall, Co. Wicklow. 2pm, 5.6mls, 1450'. GR S 941 971.
29 Kippure, Co. Wicklow. 7.30pm, 5.5mls, 900', GR O 131 196.

June

5 Fairy Chase, Two Rock Mtn., Co. Dublin. 7.30pm, 3mls, 950'.
14 Lug Relay. Pre-entry, teams of 3, navigation needed. Ring IHRA.
28)
29) Maybe races up Carrauntoohil and Strikeen Hill. Controversial.

July

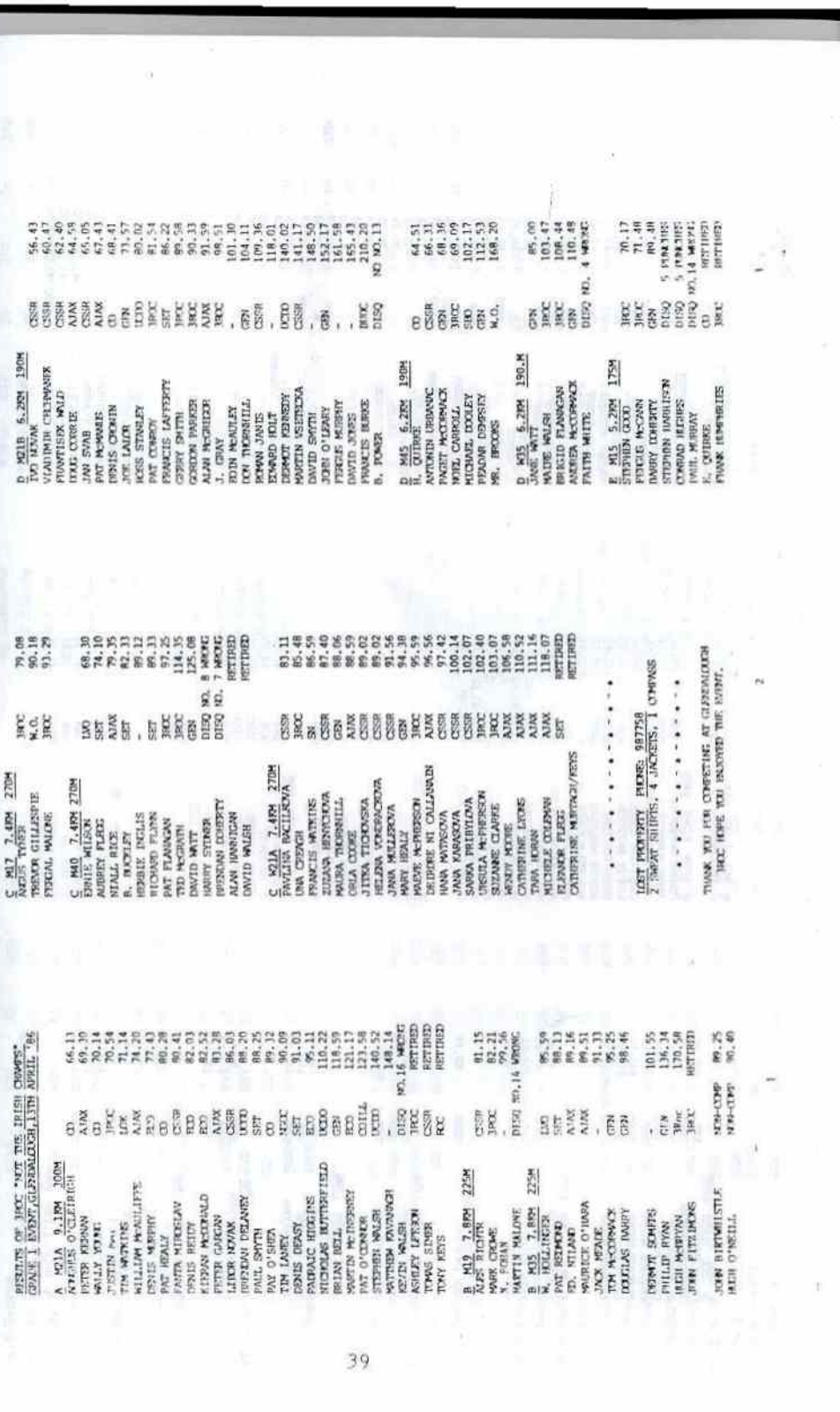
6 Aughavannagh, Co. Wicklow. 2pm, 14mls, 3600'. GR T 056 861.
10 Djouce, Co. Wicklow. 7.30pm, 5.5mls, 1400', GR O 209 109.
17 Bray Head, Co. Wicklow. Start at end of prom. 7.30pm, 3.1mls, 800'
19 Snowdon, N. Wales. 2pm, 10mls, 3300ft. Pre-entry only.
24 Seefingan, Co. Wicklow (barely). 7.30pm, 8½mls, 2200', GR O 075 226.

August

2 Slieve Donard, Co. Down. 2pm, 7mls, 3400', GR J 374 305.
7 Maulin, Co. Wicklow. 7.30pm, 5mls, 1500'. GR O 19 14.
24 Galtees, Co. Tipperary (partly) 2pm, 11mls, 4600'. GR R 815 228.
31 Ballybraid, Co. Wicklow. 2pm, 9mls, 2250', GR T 108 912.

Related events:
May 17 Blackstairs Walk.
May 18 Two Peaks Race.
June 15 AFAS/SET Long O/Mountain Marathon, Laragh area.
August 30 Burren Walk.
September 13 Glover Highlander Walk, Co. Donegal.

IHRA: Douglas Barry (01-868180) or William McAuliffe (01-905617).



E M50 5.2KM 175M

COLIN DUNLOP	SET	65.16
JAROSLAV VONDRA	CSSR	65.30
A. BONAR LAW	GEN	67.57
CLIVE TYNER	3ROC	77.15
PATRICK WALSH	SET	81.56
PATRICK COOKE	AJAX	102.11
GARTH MAY	3ROC	116.50
BERNARD MORAN	DISQ NO NO.13/14	

E M55 5.2KM 175M

MICHAEL HEWSON	GEN	86.45
SEAN ROTHERY	3ROC	89.07
SVEN KULLDORF	SET	114.11
JOSS LYNAM	3ROC	118.19

E W17 5.2KM 175M

EVA LHOTOVA	CSSR	83.43

E W19 5.2KM 175M

HANA PRIBYLOVA	CSSR	63.00
JEAN KELLY	UCDO	83.19
DOREEN MURTAGH	SET	RETIRED

E W40 5.2KM 175M

ROSALEEN RICE	AJAX	91.19
JENNIFER FLEGG	SET	105.52
MAURA HIGGINS	SET	119.56
HEIDE URBANCOVA	GDR	140.34

E W45 5.2KM 175M

RADMILA VONDROVA	CSSR	93.46
MAURA MORAN	GEN	122.54
NUALA CREAGH	3ROC	129.42

F W15 4.2KM 140M

TRACY EAKIN	3ROC	52.45
HILDE CREAGH	3ROC	59.38
AINE RICE	AJAX	64.33
VANESSA CROWE	3ROC	72.43
K. GILLESPIE	W.O.	94.03
C. KINGSTON	W.O.	116.22
JENNY BROOKS	W.O.	120.19
K. HOLLAND	DISQ	

H W-11 2.2KM 65M

AILEEN RICE	AJAX	54.26
MAUREEN DOOLEY	SBO	54.38

4

H W10 2.2KM 65M

R. HOLLINGER	LVO	31.13

P W21B 4.2KM 140M

HELENA VAVRUSOVA	CSSR	55.40
JAYNE MCGREGOR	AJAX	77.14
EUGENIE MIKOLAJKOVA	CSSR	79.51
CHRISTINE MOORE	-	86.50
LINDIE NAUGHTON	ECO	91.13
HELEN COUGHLAN	UCDO	112.41
AUDREY SHERIDAN	UCDO	118.58
EVELEEN MCAULEY	-	129.44
PATRICA PENDER	GEN	130.18
ANNA-MARIE DOWLING	UCDO	150.29
MARY BLAKE	GEN	157.07
NICOLA BRANIGAN	DISQ	NO 1 & 2
PHIL REDMOND	DISQ	NO.10 WRONG
MARY CLARKE	GEN	RETIRED
GERALDINE BRADY	-	RETIRED
LENKA PENNIGEROVA	DISQ	NO.10 WRONG
BRIAN VALALLEY (F)	NON-COMP	89.41

G M13 2.9KM 95M

DAVID TYNER	3ROC	29.37
JOHN FEEHAN	BVOC	33.46
A. MCADAM	W.O.	39.13
ADAM GOODWIN	W.O.	47.00
JOHN MCCANN	3ROC	50.04
ANDREW MURRAY	W.O.	53.58
ALAN FLYNN	SET	68.54
GAVIN DOHERTY	GEN	72.04

G W13 2.9KM 95M

JANE WILSON	LVO	41.16
C. HICKMOTT	W.O.	44.25
CARMEL MALONE	3ROC	60.01
AEDEMAR COOKE	AJAX	67.28
J. HOLLAND	W.O.	74.18

NON-COMPETITIVE

MARY CURRAN	SET	72.20
ANNE O'NEILL	SET	76.32

1 DISQ

H M11 2.2KM 65M

E.E. NILAND	AJAX	20.28
D. HOLLINGER	LVO	25.10
FINAN DOOLEY	SBO	25.28
F. ENGLISH	GEN	31.09
DERMOT MURRAY	GEN	41.26
DAVID MCBRYAN	3ROC	42.42

5

H M10 2.2KM 65M

E.S. NILAND	AJAX	36.25

NOVICE/OPEN ENTRY

JIM REILLY	ECO	39.29
DECLAN STOKES	CO	42.21
T. DOWNES	CO	46.09
GEORGE CLARKE	WO	46.12
P. O'MEARA	ECO	46.17
RACHEL BURGESS	W15	47.31
WILLIAM NUGENT	CO	47.53
MARTIN MCNAMARA	CO	50.30
GEORGE GODKIN	CO	50.50
MICHAEL GRANT	WATO	52.47
PAUL HOPKINS	FCA	53.43
A. WALSH	-	59.37
K. MAYNE	CO	60.25
PAT MORAN	WATO	61.14
MICHAEL AHERN	-	66.14
RORY MCCORLEY	FCA	66.58
ROBERT FLANAGHAN	-	67.51
ANN GLEESON	WATO	71.36
CATHERINE GLEESON	WATO	73.28
DARA MCCORLEY	FCA	73.38
TOMMY BURKE	-	75.23
J.J. TINKLER	-	75.34
FERGUS FLANAGAN	-	76.31
JOHN HANLEY	M40	76.32
BRIAN MATTHEWS	-	80.04
BOB MATTHEWS	-	82.08
D. ROCHE	GEN	82.27
PAUL HANLEY	-	87.32
EILIS CONROY	AJAX	88.57
GEORGE SWEENEY	CO	90.21
TARA, ANNE, SAMANTHA BYRNE	-	92.54
L. GAYNOR	-	97.08
PHILIP CONATY	ECO	100.09
JIM BRADY	M21	101.58
EDDIE RYALL	M21	103.03
JOHN MULVIHILL	MACRA	105.06
JEAN O'NEILL	-	108.55
S. CURRAN	-	130.03
M. HARTE	-	130.11
DOLORES/CLARE	W17	133.01
JENNIFER/MARY	-	145.37
JOANNE/EMER	-	168.57
JENNIFER/SINEAD	-	170.53
MICHAEL CLARKE	-	172.45
EAMON TREACY	-	183.12
J. BURGESS	-	NO. 10 DISQ
SHANE O'NEILL	-	NO. 3 DISQ
	DISQ	NO.10 WRONG

8 NON FINISHERS

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Results of Setanta May Day Score Event at Killakee

Name	Club	Class	Time	Score	Pen	Overall
1.J.M^{C}Cullough	3ROC	M21	66	900	80	820
2.p.Smyth	SET	M21	67	900	110	790
3.J.de Lacy	ECO	M35	60	680	-	680
4.P.Gargan	AJAX	M21	72	900	260	640
5.A.Rice	AJAX	L	62	650	20	630
6.B.Bell	GEN	M21	63	660	30	630
7.G.Parker	3ROC	M21	62	600	20	580
8.J.Watt	GEN	W35	61	570	10	560
9.A.Bonar-Law	GEN	M50	60	520	-	520
10.B.M^{C}Grath	3ROC	M35	55	510	-	510
11.C.Fletcher	UCDO	UCDO	60	510	-	510
12.M.O'Hara	AJAX	M35	62	530	20	510
13.M.Healy	GEN	W21	58	500	-	500
14.H.Creagh	3ROC	W15	60	490	-	490
15.D.Deasy	SET	M21	55	480	-	480
16.D.Brooks	WO	M45	61	490	10	480
17.U.Creagh	3ROC	W17	47	470	-	470
18.P.Murphy	3ROC		60	470	-	470
19.J.Brooks	WO	W15	58	460	-	460
20.B.Doherty	GEN	W40	60	460	-	460
21.S.Harrison	WO	M15	57	450	-	450
22.P.M^{C}Cormac	GEN	M35	68	580	140	440
23.A.MacGregor	AJAX	M21	50	430	-	430
24.C.Walsh	SET	M21	58	430	-	430
25.F.Doyle	-	-	59	420	-	420
26.F.M^{C}Cormac	-	-	60	420	-	420
27.K.Barber	SET	L21	60	420	-	420
28.R.Rice	AJAX	W40	53	410	-	410
J.Bent	SET	M45	53	410	-	410
30.J.MacGregor	AJAX	W21	58	410	-	410
31.D.Watt	GEN	M35	60	400	-	400
32.B.Hollinshead	3ROC	M45	62	410	20	390
33.B.Doherty	GEN	M15	49	360	-	360
34.P.Glanville	3ROC	M15	52	350	-	350
35.D.Smyth	-	M21	58	350	-	350
36.C.Carroll	3ROC	M50	61	370	20	350
37.J.Morrisey	GEN	W21	59	340	-	340
38.MacKey	GEN	M55	65	390	50	340
39.B.M^{C}Elduff	3ROC	M21	66	420	80	340
G.Morrisey	GEN	W21	66	420	80	340
41.G.Doherty	GEN	M13	55	330	-	330
42.C.Anderson	-	-	63	360	30	330
43.A.M^{C}Cormac	GEN	W35	54	320	-	320
44.P.Cullen	-	M	51	310	-	310
45.E.Bourke	M^{C}kee	M21	54	310	-	310
46.J.Clarke	GEN	-	55	310	-	310
47.M.Keane	BSO	W21	61	320	10	310
48.D.Wadding	-	W21	54	300	-	300
E.O'Broin	-	M21	54	300	-	300
50.A.Cooke	MPO	W13	58	300	-	300
51.J.Creagh	3ROC	M50	59	290	-	290
52.O.Cooke	AJAX	W21	76	670	380	290
53.P.de Lacy	ECO	W21	32	280	-	280
54.A.Rice	AJAX	W11	38	280	-	280
L.Treacy	AJAX	W11	38	280	-	280
56.D.Large	GEN	W	56	280	-	280
57.G.Allen	-	M	36	270	-	270
58.S.Malone	SLO	M15	61	280	10	270
D.Fitzgerald	SLO	M17	61	280	10	270
C.Hayden	SLO	M	61	280	10	270
61.E.Treacy	-	M15	64	310	40	270
62.J.Gray	3ROC	M35	64	300	40	260
63.D.Roche	GEN	W21	55	250	-	250
64.M.Flintoff	GEN	W40	61	260	10	250
65.G.Fitzgerald	SLO	M15	63	280	30	250
66.C.Flintoff	GEN	M40	67	360	110	250
67.G.May	3ROC	M50	69	420	170	250
A.Rice	AJAX	W15	69	420	170	250
69.J.Walsh	OAT	M13	61	250	10	240
70.D.Murray	GEN	M11	55	230	-	230
71.M.Blake	GEN	M21	55	230	-	230
72.R.Dempsey	GEM	M45	60	230	-	230
73.K.Harrington	OAT	M13	63	260	30	230
74.E.Agar	-	-	43	220	-	220
75.B.Richardson	SET	M	57	220	-	220
E.Kennedy	SET	M	57	220	-	220
77.E.M^{C}Auley	GEN	W	58	210	-	210
L.Garland	DCW	W	58	210	-	210
79.G.Condon	ECO	M40	55	200	-	200
80.P.Cooke	AJAX	M50	60	200	-	200

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