the Irish Orienteer

NUMBER 24 JULY - AUGUST 1986 90 pence

Boston Print Phone: 0889041

THE IRISH ORIENTEER NO. 24 JULY - AUGUST 1986 ISSN 0790 - 1194

The Irish Orienteer is published at two-monthly intervals and is available through all Irish orienteering clubs' secretaries. All material concerning orienteering will be gratefully received by the editor, John McCullough, 34 Dun Emer Drive, Dublin 16.

Cover photograph: The family sport, as exemplified by events such as those on National Orienteering Day or CDVEC Sport for All Day. (Photo by Justin May) National O-Day is on October 5th this year.

The opinions expressed in The Irish Orienteer are not necessarily those of the editor or of any orienteering organisation. While every effort is made to ensure the accuracy of the information contained in The Irish Orienteer no responsibility can be accepted for errors, omissions or their consequences.

The copy dates for the forthcoming issues are:

No. 25	29 August 1986
No. 26	24 October 1986
No. 27	19 December 1986
No. 28	27 February 1987

COVER PHOTO: A fee of £10.00 is paid to the supplier of the cover photograph if it is received in printable form: black and white prints in sizes approaching 10" x 8", please.

RESULTS: A charge of £6.00 per page is made towards the publication of event results. This amount is based on the results being submitted in a form suitable for reproduction, and is calculated on the number of pages sent in, not on the number which finally appear, so please tidy up the presentation of results before sending them in. Typed originals or good photocopies are preferable, but remember that each page is reduced in printing to about 2/3 rds of its original size.

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.

SUBSCRIPTIONS: If you are not a club member or are a member of a club which either doesn't get TIO at all or gets too few copies it is possible to subscribe for a paltry IR£6.50 per annum. Clubs buying in bulk pay considerably less than this amount, depending on the production costs of each issue.

ENTRY FORMS: If you would like to distribute event entry forms in the magazine please contact the editor. The present circulation is 550 copies.

Advertising rates: please contact the editor.

Letters to the Editor

30 Carrickbrack Hill,
Sutton,
Dublin 13.

May 15, 1986.

Dear Editor,

At our recent event at Mullaghmeen, two competitors required minor first aid. We were just about able to provide it!

This incident highlights the need for all clubs to have a proper First Aid Kit available, and easily found, at all events they organise.

As championships are usually well covered, it is the smaller events where the need may occur.

As a reminder, if not already listed, all event organisers should add "First Aid Kit" to their event checklists.

Yours sincerely,

Colin Dunlop, Setanta

82 Seafield Court,
Killiney,
Co. Dublin.

27th June 1986.

Dear Editor,

A note on a point of misinformation supplied by TIO 23 GEN NEWS. The GEN clock is not, was not. nor will it be 'missing' as long as it is in my care.

The orienteering fraternity were relieved to see the clock at the Irish Champs and also at the Ballinastoe event on the 25th May.

It has had a long association with GEN. Made by Simon Stewart of Setanta it has appeared at events in all parts of the country and at all the November 2-Day's to date.

As is known to many, to ensure the accuracy of this ubiquitous ti it must be charged for several hours before usr. Therefore advance notice (Wednesday before event) assures its usage. It was not seen at Brockagh (20th April) because the 'custodian' was only informed on Saturday evening of its required use, this being too late to provide the excellent service.

Concerning my location, while one may not be in a position to be at all the places 'expected' of one, one continues to persevere.

Yours,
David Quinn.

LEINSTER CHAMPIONSHIPS CHANGE

Since the news of the amalgamation of the Leinster Relay and Incividual Championships in the last TIO, the situation has changed again. The Relay Champs are going ahead on September 21 organised at Rossmore, outside Monaghan by ECO, while the Individual will take place at Carrick Mountain, Glenealy, Co. Wicklow on November 23rd. In view of the distance between the two forests, perhaps it's just as well it's not a two-day. But wait for a two day in Munster in the next year or so...

CONTINENTAL CUP NEWS

Ireland's bid to run the 1988 Continental Cup grew nearer to success lately with the production of the initial invitation notice to be distributed at events abroad this summer. The event,to be known as the "Emerald International and Continental Cup" will be a three-day event on July 30-August 1, 1988, in Co. Wicklow. More information will be available from IOA International Officer Faith White who heads the team of organisers.

SKY DIVING?

After Ski-O, why not Sky-O? The Multiple Sclerosis Society are offering a free parachute jump to anyone who raises over £125 in sponsorship for the Society. A club group can have a Sky Dive Display, and a video of your own jump can be obtained. All this happens at the Wild Geese Club in Derry. For further information contact Anne O'Dea, Financial Development Office, The MS Society of Ireland, 2 Sandymount Green, Dublin 4. (Phone 01-694599).

WICKLOW ACCOMMODATION

The McKone family inform oeienteers that accommodation is available at Glendalough House, Annamoe, Co. Wicklow. Self-catering mews or B&B or half-board. Particularly in the off-season. Contact Jane and Fiona McKone: 01-974080 or 0404-5305.

SPORTS CONFERENCE AT JORDANSTOWN

The Northern Ireland Conference of Sport are holding a two-day meeting on 'The challenges and problems facing teachers and coaches of sport' at the University of Ulster at Jordanstown, Newtownabbey, Co. Antrim on 19th and 20th September next. The conference, which starts at 9.30 am on the 19th (Friday) and finishes at lunchtime on Saturday, will deal with the future of school sport, skill development, the effects of training, competition, the future for international sport, and the role of the coach. Speakers will includeBruce Tulloh and Tom McNab.

Attendance costs STG£15 plus accommodation. Closing date Sept.8th. Contact NI Institute of Coaching, Room 11D08, University of Ulster at Jordanstown, Shore Road, Newtownabbey, Co. Antrim BT37 0QB.

THE HIGHLANDS BECKON AGAIN

Now is the time to resolve to go to the Scottish 6-Day 1987: the event takes place in the Inverness area from August 2-8th next year. If you can't make it to the French 6-Day this year but want to try some multi-day events which aren't too costly, the Scottish event 'Highland 87' is a must.

More information from Highland 87, P.O. Box No. 51, Inverness, Scotland, enclosing SAE or reply coupon.

But remember... some insect repellents will dissolve your compass...

SCOTTISH CORRECTION

In the last issue it was stated incorrectly that an Ireland v Scotland international match was to be held at the British Championships in Scotland (at Inverness, by implication). This should, of course, have said at the Scottish Championships near Dumfries. The confusion arose due to both events being in the same country in the same month. Apologies for any problems caused.

INTERNATIONAL NEWS

During the past year the USSR has applied for membership of the International Orienteering Federation, while Luxembourg has ceased to be an IOF member. Meanwhile, contacts have been established with Malaysia.

The main theme of the biennial IOF Congress in July in Denmark is the development of orienteering clubs: both how to start up orienteering in new areas and to strengthen clubs in existing areas. Another theme is the use of computers in orienteering: the results of the recent IOF computer competition will be announced.

Britain, Denmark and Czechoslovakia have all applied to run the 1991 World Championships. If the event goes to Britain (where it was run in 1976 - the first year Ireland was represented) it will be run in conjunction with the Scottish 6-Day event. The 1989 event will be in Sweden, and the 1987 Championships in France.

The next IOF Congress, in 1988, will be held in Italy.

IOF Membership fees for the next two years have been set at STG£ 200, the same as New Zealand, Belgium and Poland. This compares with STG£ 2750 for Great Britain and STG£ 22 000 for Sweden.

ADVANCE FIXTURES

Forward planning for competitions abroad is becoming increasingly fashionable, even necessary. Here are some you might like to toy with in the next few years:

Easter 1987, April 18-20: the Jan Kjellstrom Trophy in Yorkshire.

2-3 May '87: Tio Mila 10 man relay, Stockholm.

18-23 May '87: World Military Championships (CISM) in Ireland.

6-14 June '87: 2nd World Champs training camp, France.

MORE INTERNATIONAL FIXTURES

June 6-7 '87:	Suunto Games, Helsinki.
June 6-8	: Belgian 3 Day, Liege & Aachen.
June 7-8	: OL Alpencup, Leibnitz, Austria.
June 7-8	: French Championships, Perpignan.
July 3-5	: Swiss 3 Day, Thun
5-7	: World Masters O-Champs Pinkafeld, Austria.
July 7-8,	Midnattsol Galoppen
10-11	Tromso, Norway.
15-19	Finnish 5 Day, Turku
20-24	Swedish 5 Day, Norrkopinh Entries close March 1st.
August 4-8	Jicin 5 Day, Czechoslovak
25-31	3rd World Championship Training camp, France.
Sept 1-6	World Championships France.
1988	
July 4-9	European Junior Champs, Belgium.
July 6-13	French 6 Day
Sept 12-16	World Student Champs, Great Britain.

NATIONAL O-DAY: OCTOBER 5TH

Justin May, Co-ordinator for this year's COSPOIR-sponsored National Orienteering Day on Sunday, October 5th wishes to remind the few clubs who haven't yet returned their reply-paid envelopes to him to do so without delay.
This will ensure that details of your club's events will be included in the nationwide publicity pack.
If you have lost your envelope or didn't get one, contact Justin at 'Hawthorns', Ticknock Sandyford, Co. Dublin. His phone number is 955132.

WELSH O-RINGEN: AUGUST 2-3

There may be Juniors interested in travelling to the Welsh Two-Day O-Ringen at the beginning of August. If any senior orienteers with room in their cars would be interested in taking a passenger, please contact Justin May at 955132: see the note on the Juniors' page.

IRISH CHAMPIONSHIPS 1986 : A REVIEW OF THE RESULTS

As in previous years, The Irish Orienteer now presents a brief review of the results of the Irish Championships, held last April at Slieve Croob in Co. Down. Shortage of space prevented its inclusion in the last edition.

The results are expressed as minutes per kilometre for the first three finishers in each class.

A Course 10.0 km, 525m climb.

M21A 7.42, 7.47, 7.94

B Course 7.8 km, 425 m

M19 8.86, 10.22, 10.71
M35 8.98, 9.68, 11.04

C Course 6.7 km, 300m

W21A 10.25, 12.30, 12.83
M40 11.80, 11.83, 11.84

D Course 4.6km, 210m

M45 11.98, 13.17, 14.28
W35 13.05, 13.67, 14.84

E Course 4.2 km, 185m

M50 14.77, 17.84, 20.00
M55 17.86, 20.29, 20.41
W40 14.93, 16.21, 21.04

F Course 3.1km, 100m

W45 19.87, 20.22, 22.70

G Course 6.8 km, 275 m

M17 7.88, 8.56, 9.03
M21B 10.67, 10.75, 11.31

H Course 4.3km, 200m

W19 14.40, 14.52, 15.89
M15 11.25, 11.45. 11.53
W17 13.91, 15.38, 22.10

I Course 3.4km, 150m

W21B 16.55, 16.70, 19.39
W15 11.40, 12.01, 16.31
M13 11.83, 13.59, 14.73

J Course 2.1 km, 50m

W13 11.40, 11.60, 12.31
M11 9.29, 11.34, 11.63

K Course 1.8 km, 50m

W11 12.46, 12.89, 13.81
M10 15.45, 17.29, 18.37

There were no competitors in the M60, W50,55 or 60 classes.

The usual close finish in the M21A class happened again this year, but no dead heats were recorded.The 'easiest' win went to Orla Cooke in W21A with more than 13 minutes to spare over Maura Thornhill (24 seconds separated first and second last year), while the closest finish was in M21A with 9 seconds between 1st and 2nd, and 14 seconds in M40.

If the spread of the first three competitors is ragarded as a measure of the competitiveness of the class, then that accolade goes to the M40 class with 19 seconds between 1st and 3rd, then M15 (1.14) and W11 (2.26). Using the same yardstick, W40 is the least competitive, with 21.50. This does represent an improvement over two years ago at Killary when there was only one finisher in the class.

IRISH ORIENTEER TROPHY

Lack of communication from clubs competing in the series is still a major problem. The summer recess seems to have interfered with the organisation of events for IOT competitions, but it is expected to resume in September with AJAX v NWOC and 3ROC v LVO.

Suggestions for improvements for 1987, especially as regards a fairer scoring system, should be sent to The Irish Orienteer before the end of September.

◪ SPREADING THE GOSPEL ◪

BY TARA HORAN

Continuing on the sound advice brought to us by ERIK SVENSSON and ANDERS-ERIK OLSSON of the Swedish Oringen which I began in the last issue of TIO....

As I said last time, the Swedes preached a lesson of orienteering in a simplified way. They said to think of orienteering to be improved by simple steps. To think of three simple building bricks to put together in a rhythmitic way in order to become a better orienteer. The three basic bricks to build on are:

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

Each of these three basic bricks must be worked on indivually until such a time as they blend together automatically. See your last issue for steps to improve your orienteering speed.

IMPROVING ORIENTEERING SAFETY

- ◪ Check direction
- ◪ Check distance
- ◪ Double check

If you are a person who makes a lot of mistakes then you can not do the above too often.

Checking Direction - you must find the optimum amount of times to check (with your compass).

Checking Distance - By pacing or by 'feel'. By feel means keeping in closer contact with the map. If you pace you may feel more secure. If it becomes automatic it doesn't take much time to pace. Erik Svensson said he paces only when he's unsure of where he is. He feels that maybe because he uses a thumb compass he is closer to the map and therefore can 'feel' how far he has gone.

A veteran orienteering friend of Erik checks his distance by timing himself with his watch. Whatever way you do it doesn't really matter as long as you do it!

Double Check - This is necessary to avoid making bigger mistakes. Every orienteer makes mistakes but the best ones keep them small. Double checking is cheap insurance against big mistakes. To avoid parallel errors double checking is essential. If you think you know where you are, check where else you just could be.

IMPROVING YOUR RUNNING SPEED

Physical Training - the most important thingto remember is

- You are not a roadrunner
- You are not a trackrunner
- You must train in the forest.

It is essential that you train in the terrain where you are competing. 45 minutes training in the forest is as good as over an hour on the roads - better for orienteers!
It is very important for the orienteer to train all the body. Agility is very desirable to be able to attack tough terrain. Circuit traing is very good for this. In Sweded it is necessary to train indoors for a lot of the winter. Therefore circuits are very important in their winter training schedule. There is a lot to be said for staying out of the bad weather during winter training, it means less liklihood of colds and flus and more importantly less liklhood of ceasing to enjoy your training. Training the whole body is necessary to keep injuries at bay.

The forest is by far the best place for the orienteer to train. Roads and track can be good too but it is dangerous to eliminate forest training altogether.
TECHNIQUE TRAINING Running with a map when road running is good. It practices reading on the run. A very detailed map is best for this so if you can get hold of a Scandinavian map with a lot of contour detail, take it running with you. Have a course marked on the map and imagine you are running the course on your run. See if you can finish the 'O' course before you get back to base.
STREET ORIENTEERING This is very good training also. Running on grass is better than on the roads but still its not as good as the forest.

Finally the Swedes emphasised the need to travel if you want to be a better orienteer. Irish orienteering will have to take a long look at the possibility of our juniors getting to events in Scandinavia. The Swedes encouraged travel to England also as thier maps and events can sometimes be very good. The Swedish Oringen are always willing to help, perhaps a summer trip to Sweden for our juniors should be seriously thought about!

Finally thanks again to Erik and Anders-Erik.

IOA Secretary: Brigid Flanagan
Ph.01-980928 38 The Glen,
Woodpark,
Dublin 16.

Irish Orienteering Association

BULLETIN - JUNE 1986

PRESERVE OUR FORESTS FOR ORIENTEERING

*Environment - Before approaching the DEpartment with proposals it is essential that the IOA know of any problems that orienteers have encountered on State lands. To this end the Environmental Officer asks that clubs provide him with a list of areas and problems. Also included should be other landowner problems - an approach by a National Body may work where a club does not.
ADDRESS - Eoin Rothery, 157 Moyville, Dublin 16.

NEW MAPPING COORDINATOR

Barry Dalby has been appointed IOA Mapping Officer.

NEW FIOA SELECTOR

Pat Flanagan has been appointed to the Selection Committee to replace Harry Quirke, who has resigned due to work pressures.

Other Selectors are: Diana Large, Jack Riordan, Ernie Wilson, Bill Simpson

SENIOR SQUAD

The following were selected to initiate team building for 1987.

Men	Women
Niall Bohan	Orla Cooke
Brian Corbett	Susie Carson
Pat Cadogan	Una Creagh
Pat Healy	Eleanor Flegg
Peter James	Mary Healy
Peter Kernan	Heather Johnson
Stephen Linton	Eileen Loughman
Peter Gargan	Caitriona Morrish
Justin May	Patricia Murphy
Willie Mc Auliffe	Deirdre Ni Challanain
Denis Murphy	Maura Thornhill
Aonghus O'Cleirigh	Heather Wood
Colm O'Halloran	
K. Mc Donald	
John Riordan	
Eoin Rothery	
Wally Young	

AFFILIATED TO THE INTERNATIONAL ORIENTEERING FEDERATION

* The Squad is made up of orienteers who are in contention for team selection.
* All Squad members are obliged to declare their interest in the Squad.
* Names will be removed/added to Squad at regular intervals. This will depend on commitment and performance.
* M35 and M17 have been excluded. This Squad is intended to focus training and competition at the highest level.
* Anybody who feels that their form justifies inclusion should apply to the Team Manager, Ted Russell. They will receive a form which must be completed and returned in time for the Squad review. This applies especially to temporary overseas orienteers.

THE RESPONSIBILITY FOR NOTIFYING PERFORMANCE RESTS WITH THE ORIENTEER.

Selection Events

Irish 2 Day

(No decision has been reached on the relevance of Grade 1 or UK events.)

WM Bulletin

The WM'87 No 1 Bulletin has now been published. A limited number of copies are available. See Team Manager.

Representing Ireland

Orienteers are not authorised to represent Ireland at overseas International Competitions without first obtaining authorisation from the Selectors.

ROUTE-CHOICE THEORY

In order to choose the best route there are a number of factors a runner should consider. An accomplished orienteer will, consciously or unconsciously, evaluate the following before making a decision:

1 One's own preparedness.

- Physical capabilities: knowing your own physical capabilities by evaluating your own strength and running technique in different terrain categories (hilly or flat terrain, paths etc.)

- Technical capabilities: knowing your O-technique by evaluating what orienteering techniques you have best mastered (fine or rough map-reading, compass and pacing, etc.).

2 Terrain type.

- Hilliness
- Vegetation
- Terrain surface characteristics

3 Tactics

- What route is fastest ?

A regular orienteer will, in the first instance, be engaged in deciding which route is quickest. He evaluates which route-choice will have the possibility of being fastest to the control, giving full consideration to all options:

- Which route is surest ?

In the simplest case the runner assesses whether he should chance taking the most difficult solution or whether he chooses a certain error-free route, although this appears longer. This is particularly relevant in the first or last phase of the run or to consolidate a position in a relay. A ground-rule which would appear self-evident is that in the case where two or more routes on appraisal appear equally quick, the surest alternative should be chosen.

- Which route requires the least effort ?

This factor comes into play when assessing two routes which are equally fast and sure. On a long-distance race this can be a somewhat essential factor when choosing routes.

4 Theoretical route-choice training.

Surely we have all chosen as a goal to find the best routes while orienteering. A pre-requisite to mastering this is to recognise our own state of preparedness, both at running and at orienteering. We can go a long way towards this through mental training and theoretical studies, but to master route-choice completely it is very necessary to practice all year round. Although we can possibly find the ideal route-choice through "armchair" map study it is not certain that we will make the correct decision under time restriction. To attain really good results we must be able to make a correct decision after only a glance at the map. This preparedness is linked to many years' experience, proving and testing in as many diverse terrain types as possible.

5 Route-choice analysis.

Route-choice training must be pursued both mantally and physically. A useful training exercise, as old as orienteering itself, is the runners' own route-choice analysis. Analysis of a recently-run competition is regarded as having a large training effect. Therefore it is important to draw in the routes taken on the O-map as quickly as possible after the run. Often we will notice routes which we didn't see while running, and through discussions with other runners we will get many new impressions which will mak us richer in experience. In cases where leg split-times are available it will be easier to draw conclusions from our analyses. Leg split-times should always be analysed critically because it happens rather often that mistakes are made in time-

keeping and calculation. Although leg-splits can be incorrect it is hardly reason to fear that the route-choice analysis can give a negative training effect.

Another type of route-choice training is to make a study of others' runs, especially Championship performances with leg split-times (as found in the better orienteering magazines!). A good learning effect is also provided by course planning i.e. we plan a course on a map and attempt to work out the best route-choice. This activity is well-suited to a training seminar with other O-runners. We can hold "route-choice evenings" in order to discuss the subject in a group.

6 Principles of Route-Choice.

- The cardinal rule is first to see if you can run 'straight'. Before you start to run towards the next control it pays to look quickly and see if there are route-choice alternatives. A method of uncovering a slightly hidden route is to look both ways along the leg. Often you can discover another route-choice by looking backwards along the leg and you can see the surest way in to the control more easily. Good course planners will try to plan a leg where the best route-choice is not so obvious.

If we don't find any reasonable route-choice quickly we should concentrate on finding a sure 'catching feature' as near the control as possible. If feasible, we try to 'extend' the control as much as possible, i.e. to find a 'handrail' (a path, ridge, ditch, for instance) which can lead us quickly and safely in towards the detail. To this 'catching feature' we try to find the shortest, most runnable route.

It is relatively seldom that the different route-choice alternatives give considerable time differences. It is therefore important to improve the speed of the decision-making generally. In some terrain types it can be more important to choose quickly than to choose correctly. It is obvious enough that it would be an unnecessary time loss to spend 15 seconds pondering over two equally quick routes.

7 Choose a route you can execute!

Because all orienteers make mistakes from time to time it will prove profitable in the l ng term for runners to take the possibility of losing time when evaluating routes into consideration.

A tempting route-choice tactic is to take a chance on the terrain being better than is shown on the map, or relying on luck by taking a more difficult route than you usually master: such a tactic will frequently be successful before an actual time loss occurs. The surest tactic is to choose the route which appears profitable from sober evaluation, in most instances. With that you increase your chances of achieving your goal: to run error-free through the course.

8 Assess the difficulty.

When training orienteering technique we ought to put emphasis on assessing difficulty and we should not deviate from taking the most difficult route-choices. In competition, on the other hand, we should aim to choose the simplest routes.

If the route-choice for the next leg hasn't already been planned we will, as often as not, have a few seconds at our disposal from the time we see the control to actually punching.. While running the last few metres to the flag there may be an advantage in taking a quick look over the next leg to get a brief over-view of the routes offered. The least we can do before punching is to judge the 'angle' between running in and running out of the control. Unnecessary time-loss and disruption of orienteering rhythm is caused by running out from the control in the wrong direction.

(This article was translated from the Norwegian Orienteering Federation Coaching Manual by Aonghus O'Cleirigh of Curragh Orienteerers)

AS OTHERS SEE US

" JUDY & TRACY "

Jonathan Jeffery (CROC) writing to that august organ CROCKERY thinks that we orienteers have an image problem. Whilst talking to friends at College he mentioned he went orienteering to which the response was 'so you go rambling or go on nature trails'. Jonathan feels quite rightly that the sport is a little more demanding! Now the CROC Publicity Officer is trying to get another article in the local newspaper so that the sport can be better explained.

Jonathan isn't alone in being misunderstood. The extracts from the recent 'JUDY & TRACY' show how many youngsters could get the wrong idea.

setanta orienteers

INTERNATIONAL ORIENTEERING

LATEST NEWS FLASH

We are sorry we were unable to give you details of this international competition in the last issue but Soviet Orienteers are notoriously slow in releasing information about big events. Our thanks are due to our Swedish friends for first telling us about it.

WORLD INTERNATIONAL (GL)O(W)RIENTEERING AT CHERNOBYL FOREST:

GR 30E 50 N

Signposted from Sally Gap - Laragh and Kiev (1st right past closed down church).

These events are being organised by the KGB O-Club, a club internationally famous for sportsmanship and fair play and for its tolerance of different opinions and religions.

Map photogrammetry was done courtesy of U.S. satellite.

The area was surveyed by those well known members of the Ray family, Alpha, Beta, Delta, and Gamma. These are the sons of that grand old man of world orienteering, Cosmic Ray who, with his Irish born wife Infra (Red) easily recognised by her freckles and ginger hair, are known throughout the O-world. Also wellknown to you must be their illiterate son X-Ray with the piercing eyes that seem to look right through you. Lest you be confused, these are not related atall to the Dublin family, famous for their fish & chips and present owners of a pirate radio station - The Rays of Sunshine.
N.B. Mr Eoin Raythery had no hand, act, or part in this survey.

The map was drawn by M/S U. Crane, U.Ranium and Shergar the well known horse and cart-ographers.

There are some lovely prizes to be won at these events. The winner of the elite male event will receive a weeks holiday in Siberia in winter while the runner-up will receive two weeks with a conducted tour of the Salt Mines thrown in as a bonus. By the way a nice new O-map of the Saltmines is now available - contact Comrade M. Corbachev. If you did well on the Portmarnock salt dunes then this could be for you - that is if you don't mind waiting on the results!

Chernobyl itself is a nice runnable defoliated forest - no need to worry about birds or animals here. Fast runninghowever could have a marked effect on your longevity - a sort of no air obic effect if you like athletic jargon. You should try your best to get to these events if you can; they might be the last held for some time, as it is rumoured to be losing some of its popularity as a venue.

No problem with accommodation(leave the tents at home) as allthe local inhabitants have kindly moved out of the area to make room for us visitors.

Special charter flights available from Knock to Kiev (if it is not raining) operated by that well known clerical/political aviation company H & H Airlines, piloted by their chief pilot, Captain Jim Mitchell.

Full body cover, including your head, is recommended. Some very nice new type O-Suits made from genuine Russian Lenin in a nice range of summer colours and complete with air tight helmet will be available at event. Just contact Comrade Healy at his Lada 4 car incar park, Remember to carry plenty of small roubles asthis comrade never seems to have enough charge. Club logos on a hammer & sickle background and special knitted hats with fur trimming for GEN members will also be available.

The entry fee will be 15 Roubles - 10 Roubles for the map and 5 Roubles for the Leinster Association Levy. By the way I have good news for any of you who suffered permanent phychological and financial damage due to the introduction of this levy this year; your condition may be alleviated by taking some of that well known Chinese homeopathic remedy 'Whin-ging" available from any Health Food Store. This is not to be confused with"Ginseng" which Bobby Buckley swears accounts for his O- successes (?) and youthfulness (??).

It is expected that a night event will also be held during the week as there is an abundant source of artificial light available from near-by Dynamo Kiev.

All events will be electronically timed by Geiger, the Soviet answer to Seiko.

For those of you who go to events for the crack (Irish not New York type I hasten to add)there is plent of entertainment laid on - in fact all competitors are promised a gas time - with tours of the local hot spots readily available. Red Light districts will be strictly out of bounds however except for M 40's and over and perhaps the fitter of the M 50's (at most one or two).

And finally some tips:

(1) Bring your own air, water and food with you as the sudden change from Dublins atmosphere could damage your health.

(2) No apples or ice lollies allowed as cores and meltdowns are considered dangerous.

(3) Be careful crossing any rivers on the courses as there is a risk of heavy water.

(4) Watch out when crossing any fences as Mr Haughey and his party may be sitting on them.

Enjoy yourselves and above all don't panic if you run into trouble, as this could cause a chain reaction.

P.S. While there be sure and buy the bumper souvenir issue of T.S.O (The Soviet Orienteer) complete with full colour supplement. This should be on sale when you arrive but be forewarned that its publishing dates are variable and you may be disappointed. This journal is edited by the Irish correspondent of Pravda Comrade Ivan J McCulloughnov widely known in this country for his keen interest in old western films starring Hop - O - Long Cassidy and much sought after as a partner in 3 legged races.

P.P.S. We have just learned that Garrett wishes to amend his plans for the tenth time. Now he says yes and will be at the prize-giving ceremony to present a special prize to the "first family" to complete the course.

Local News.

The season is over and everyone is taking a well deserved rest. Organising two events so close together at Killakee and Mullaghmeen and then the Mountain Marathon jointly with AFAS was very demanding.

Our thanks go to all our members who helped in any way.

Ted Corcoran.

JUNIOR AFFAIRS.

After our Training Weekend in Glendalough I've come to the conclusion that our Juniors are made of pretty tough stuff ! I was tired enough after the two days of climbing to starts without ever having done any of the exercises ! It was a successful weekend, made so by the help and cooperation of all those taking part. I must especially thank Aonghus O'Cleirigh who gave so much time and thought to planning and organising an excellent programme and to his helpers -Lindie, Orla, Brian and Murph. Also to Liam (accomodation), Rosaleen and Anne (catering), Noel, Michael and Maura (relay), Noel and Anthony (evening activities) and others like Richard, John, Mairín, Carmel and Eddie all ready to lend a willing hand.

We had 36 members of the Junior Squad present from the M/W 17s right down to our smallest warrior - Patrick Feehan M 10 (BVOC).

AN IMPORTANT DATE TO REMEMBER : SEPTEMBER 14th . SELECTION EVENT.

This will be a special event. It is being run to help Selectors choose a team for the Junior Home International in Scotland in mid-October. The age groups involved are M/W 17, M/W 15 and M/W 13.(x4) The venue has not yet been finalised but will be as central as possible. This will be announced in due course but if you have not heard phone me early in September. This will be open to all Juniors.

JUNIOR TRAINING COURSE. CRAIGAVON JULY 7th to 9th.

We have been invited by the NIOA to participate in this and we are sending Darinne Cunnane and Eamonn Quirke to learn all they can from Donald Orr who is coach for the West of Scotland Squad.

MUNSTER Juniors will be out in force training at Cappanalea in early September. Good luck with the weather.

WELSH ORINGEN Aug. 2nd and 3rd 1986.

This will be held in the splendid area used for the 1984 J.K. Are there any Orienteers travelling to Wales for this event who would be prepared to take any members of the Junior Squad as paying passengers ? I dont know yet if anyone would be interested and I will not be going but Justin May is willing to act as telephone contact as I will be away. Let him know if you are interested. You would have to make all your own arrangements if the opportunity arose. Tel: 955132. Entries close July 14th.

FRENCH 6 DAY. July 2nd to 12th.

Good luck to those taking part in this event- Angus, Una, Hilde and Stephen. Others will be interested to hear an account.

TEE-SHIRTS.

Specially printed for the Irish Junior Orienteering Squad. Any Squad members who were not at Glendalough and who would like to have one..Send me £2 plus postage.

Nuala Creagh.

ORIENTEERING FIXTURES 1986

July

5	HILLSBOROUGH	Co. Down. LVO Beginners event. GR J 24 57.
6	CASTLEFREKE	near Clonakilty, Co. Cork. LeeO Grade 3 event in Festival. Sand dunes and mixed forest. Often good prizes available. GR W 32 35.
10	BALLYHOURIGAN	Keeper Hill, Co. Tipperary. ThO Business Houses league. Start 6.30-7.30 pm. GR R 79 67.
17	CURRAGH CHASE	near Askeaton, Co. Limerick. ThO Business Houses league. Start 6.30-7.30 pm. GR R 40 52.
26	TOLLYMORE	near Newcastle, Co. Down. LVO beginners event. Nice forest but tends to be used too much to provide any challenge except for visitors. GR J 35 32.

August

9	CRAWFORDSBURN	Co. Down. LVO beginners event. GR J 44 81.
23	CASTLEWELLAN	Co. Down. LVO beginners event. Physical area with plenty of green but fine views (a common feature of many Irish maps!). GR J 32 37.
30	FANORE	Co. Clare, near Black Head. ThO annual 'Burren Walk' on Tim Robinson's map (adapted). Usually a good day out. Almost certain to be dry underfoot, whatever the weather. GR M 13 08.
31	FANORE	Co. Clare. Informal orienteering on the 'Rabbit Warren' 1:7500 O-map. ThO Grade 3 event. Note: this year the Burran Walk in on Saturday.

September

6	CASTLEWELLAN	Co. Down. LVO Club event for all their new members after the summer campaign. See Aug.23.
7	BALLINDERRY	near Rathdrum, Co. Wicklow. UCDO/CLOG Grade 2½ event. Runnable but fairly innocuous forest. A gentle start to the season. GR T 16 90. And CLOG? "College Leavers O-Group", of course!
9	THE LOUGH	Cork City. Street-O: Cork Street-O League ('CSOL'). Start 5.30 pm to 7.00 pm. Cork Orienteers.
12	CURRABINNY	near Ringaskiddy, Co. Cork, on the West side of the harbour. 'Road cum wood race'. No details. Start 7 pm. GR W 79 62.
13	MOYDAMLAGHT	near Draperstown, Co. Derry. Typical Sperrin Mountains forest and open land with Harvey photogrammetry. Used for 1979 Irish Champs. NWOC ladder event. GR H 74 99.
16	MAYFIELD	Cork City. Street-O league. Start 5.30-7pm at the swimming pool. Cork O.
21	ROSSMORE	near Monaghan. "Leinster" Relay Championships. Forest Park just south of Monaghan. ECO organising. Entry forms in this issue: closes September 1st.
21	GLENBOWER	near Killeagh, Co. Cork. Cork O Grade 3 colour event. GR W 99 77.

September

23	MAHON PENINSULA	Cork City, street-O league. Start 5.30 -6.30 pm at Atlantic Pond Marina.
27	SLIEVE CROOB	Northern Ireland Championships. Near Ballinahinch, Co. Down. If you missed the Irish Champs, now is your chance to redeem yourself. Superb area of runnable open mountain and so-so forest.GR J 32 47 Entry form on page 35, but read p.36 first!
27	CARRIGNAVAR	Co. Cork. Cork schools league event in school grounds. New map. GR W 68 82.
28	MUSHERAMORE	near Millstreet, Co. Cork. Cork O Grade 1 Munster League event. GR W 34 85.
30	BISHOPSTOWN	Cork City street-O league. Start 5.30-6.30 pm at Dunnes' Shopping Centre.

October

5	NATIONAL ORIENTEERING DAY	: local events for non-orienteers everywhere. Go out and help your club do its best. If you are reading this you are probably an orienteer already: you should be helping, not taking part.
11	FLORENCECOURT	Co. Fermanagh. Fermanagh Orienteers NI Ladder event. GR H 17 33. Good contours but heavy going.
12	HOLLYWOOD	south of Blessington, Co. Wicklow. 3ROC Colour event. Used for IOC '85 relays. GR N 94 06.
12	ROSTELLAN	near Midleton, Co. Cork. LeeO Grade 3 event. Bring wellies and/or tide tables. GR W 88 67.
12	BALLYVORISHEEN	about 12 miles north or Cork City. Cork O Grade 2 Cork League event. GR W69 85.
12	GLENBOWER	Killeagh, Co. Cork. Schools league event. GR W99
12	MUCKROSS	Killarney, Co. Kerry. KO Grade 3 event. GR V 97 8 Nice views.
18	KILDORRERY	Co. Cork. Munster Championships run by Cork O. Individual event. Near Mitchelstown.
19	KILDORRERY	Co. Cork. Munster Relay Championships. Pre-entry by September 30th.
25	GORTNAMOYAGH	Co. Derry. NWOC NI ladder event and LVO Championships. Sperrins forest including the famous Legavannon Pot(infamous, if you ever tried to run up out of it!) GR C 76 13.
26	ARGNAGEEHY	near Watergrasshill, Co. Cork. Cork O Grade 2 Cork league event. GR W 75 88.
26	SAGGART	near Tallaght, Co. Dublin. AJAX Grade 2 event. A long awaited new map.

November

1	CRAWFORDSBURN	near Bangor, Co. Down.LVO Club event. GR J 44 81. Night event, start 6.00-7.00 pm in preparation for the NI Night Championships.
2	STRADBALLY	believed to be in Co. Wicklow. SET Grade 2. New m

ADVANCE NOTICE: Irish 2-Day November 8/9 near Clonmel, Co. Tipperary.
NI Night Champs, Somerset Forest, November 15th.
Leinster Championships, Carrick Mt., Co. Wicklow, Nov. 23.

CLUB SECRETARIES

Abbeyside OC
Ms Fran McGovern
52 Murphy Place
Dungarvan
Co. Waterford.

Ajax OC
Ms Tara Horan
11 Sweetmount Park
Dundrum Heights
Dublin 14.

Blackwater Valley OC
Mr Tony Hally
Ballylinden
Fermoy
Co. Cork

Bolton Street OC
Ms Caitriona Brennan
3 Ardpatrick Rd
Dublin 7.

Cork OC
Mr Sean Cotter
"Arabia"
41 Halldene Grove
Bishopstown
Cork.

Cork Regional Tech. Coll. OC
C/O Sean Cotter

Cork Schools OC
C/O Sean Cotter.

Curragh Orienteerers
Comdt. Harry Quirke
11 Frenchfurze
Kildare.

Costume OC
Mr Patrick Harris
Costume Barracks
Athlone.

De La Salle OC
Mr Brian Farley
15 Wyckham Pk Rd
Dublin 16.

Eastern Command OC
Mr John De Lacey
Command Training Depot (E)
Cathal Brugha Barracks
Dublin 6

Galway RTC OC
The Secretary
GRTC
Dublin Rd.
Galway.

Great Eastern Navigators
Mr Don Thornhill
14 Taney Cres.
Dublin 14.

Kerry Orienteers
Mr. Rory Costello
54 Oakpark Demesne
Tralee
Co. Kerry.

Lee OC
Mr Bill Gregor
"Kilbirnie"
Browningstown Park
Douglas Road
Cork

Leinster Schools OC
Mr Larry Roe
36 Wedgewood
Dublin 16.

Little Killary OC
Ms Mary Young
Salruck
Renvyle
Co. Galway.

NIHE (Dublin) OC
Ms. Catherine Lyons
36 Leeson Park
Dublin 4.

Plassey OC
Ms Helen Scarisbruck
38 Kilbane
Castletroy
Limerick.

Irish Orienteering Association

Dublin University OC
Ms Heather Wood
C/O Regent House
Trinity College
Dublin 2.

Raven OC
Mr Declan Deacy
Rocklands
Wexford.

Setanta Orienteers
Ms. Anne O'Neill
c/o 23 Weston Road
Churchtown
Dublin 14

Slieve Bloom OC
Mr Michael Dooley
Kinnity
Co Offaly.

Southern OC
Mr D. O'Callaghan
HQ 23rd Inf. Batt.
Collins Barracks
Cork

Thomond OC
Mr Michael Meade
Ballykehane
Croom
Limerick.

Three Rock OC
Mr Michael McAuliffe
154 Braemor Rd
Dublin 14.

UCC OC
Ms Maeve Cunnane
4 Barnstead Ave
Blackrock
Cork.

UCD OC
Box J, Arts Bdg
UCD
Dublin 4.

UCG OC
Mr Brendan Delaney
USAC Military College
Renmore
Galway.

Western Eagles OC
Ms Una Kinneen
1 Hawthorn Drive
Renmore
Galway.

Waterford Orienteers
Pat O'Connor
11 Spruce Terrace
Lisduggan
Waterford.

EVENT ORGANISERS

PLEASE GET THE RESULTS OF YOUR EVENT TO THE IOA P.R.O., JOHN MCCULLOUGH ON THE EVENING OF THE EVENT, OR NOT LATER THAN THE MONDAY EVENING IF THEY ARE TO BE INCLUDED IN THE IOA PRESS RELEASE WHICH GOES TO THE NEWSPAPERS AND RTE EVERY WEDNESDAY. ANY NOTABLE FEATURES OF THE EVENT OR NEWS OF FUTURE ACTIVITIES WOULD ALSO BE APPRECIATED.
IF YOU HAVE URGENT NEWS - CANCELLATIONS, FOR INSTANCE, BEAR IN MIND THAT NEWSPAPER COVERAGE CANNOT BE GUARANTEED. SOMETIMES IMPORTANT ITEMS FAIL TO APPEAR (IRISH CHAMPIONSHIPS) WHILE AT OTHER TIMES TRIVIAL REPORTS OF SMALL EVENTS ARE GIVEN GOOD COVERAGE, SO THAT ALL AVAILABLE CHANNELS OF COMMUNICATION SHOULD BE TRIED.

JOHN MCCULLOUGH 34 DUN EMER DRIVE DUBLIN 16. PHONE 01-956198.

FAMILY SPORTS DAY in Belfield on 15th June

For the past four years the Sports Advisoary Council of the VEC has run a Family Sports Day in Belfield. This year, for the first time, orienteering was included as one of the sports. Over 100 people took part, mostly families, and all enjoyed themselves. I would like to thank UCDO for organising, planning and running this most successful event. Jean Kelly, Arthur Green and Ross Stanley, together with all their cheerful helpers, took a lot of trouble in bringing orienteering to the notice of the public.

Trina Cleary
Co-ordinator

IRISH JUNIOR SQUAD 1986

M17		**W17**	
R.Morrish	LeeO	U.Creagh	3ROC
J.Logue	NWOC	A.Morrish	LeeO
A.Tyner	3ROC	V.Whyte	NWOC
A.ChUigin	LeeO	S.Tinto	NWOC
J.Davis	NWOC		
J.McCallion	NWOC	**W15**	
G.James	NWOC	N.NiUigin	LeeO
C.O'Duinn	Custume	T.Eakin	3ROC
		D.Cunnane	CorkO
M15		H.Creagh	3ROC
P.O'Hara	NWOC	A.Rice	AJAX
S.Good	3ROC	V.Crowe	3ROC
J.Cummings	NWOC		
F.McCann	3ROC	**W13**	
E.Quirke	CO	J.Graham	NWOC
B.James	NWOC	J.Wilson	LVO
S.Graham	NWOC	K.Convery	3ROC
		C.Malone	3ROC
M13		N.Shaw	ThO
J.Feehan	BVOC	C.Hickmott	WO
D.Tyner	3ROC		
D.Ryan	BVOC	**W11**	
T.Russell	ECO	M.Feehan	BVOC
A.McAdam	WO	S.Convery	3ROC
A.Goodwin	WO	F.Pinker	CorkO
G.James	NWOC	C.King	NWOC
M11		**W10**	
M.Pinker	CorkO	R.Hollinger	LVO
D.Hollinger	LVO		
F.Dooley	SBO	**M10**	
E.Niland	AJAX	P.Feehan	BVOC
E.Shaw	ThO		
A.McKenna	LVO		

GIVING FOR LIVING

The Blood Transfusion Service Board

Pelican House P.O. Box 97,
40 Mespil Road,
Dublin 4. Tel. (01) 603333.

Regional Centre:
At St. Finbarr's Hospital,
Douglas Road, Cork.
Tel. (021) 968799.

when more than just the thought counts

Would YOU give a blood donation in an emergency? Of course you would! So why not resolve to help the Board meet the everyday blood requirements of our hospitals — 2,700 donations are needed overall every week. If you are willing to donate please drop in to Pelican House, or Regional Centre, at any of the times listed below.

Pelican House	Clinic Times
Mondays	9.30 am - 8.15 pm
Tuesdays	9.30 am - 8.15 pm
Wednesdays	9.30 am - 4.15 pm
Thursdays	9.30 am - 4.15 pm
Fridays	9.30 am - 4.15 pm

Including lunchtime.

Regional Centre	Clinic Times
Mondays	11.30 a.m. - 2.30 p.m. including lunchtime.
Thursdays	5.00 pm - 8.00 pm
Fridays	10.00 am - 12.30 pm

AJAX Athletic Hill Running and Orienteering Club

MEMBERSHIP

New members are welcome to AJAX. Our very reasonable fees are £5 for seniors and families and £2 for Juniors and students.

TRAINING

We have been training in the Pine Forest on Friday evenings, this is now suspended; it will be back again in September. Volunteers are needed to help Paddy devise new training ideas.

EVENTS

Recent events we've organised are Young Ireland in Marlay Park and Cospoir Minisports in St Pat's Drumcondra. Unfortunately we had to cancel Cronybyrne and the Dundrum Festival due to lack of manpower.

Organising, planning and controlling is technique training and is not difficult - more volunteers are needed, you never know you might even enjoy it!

We plan to hold six events before the end of the year - volunteers are also needed for surveying (Lough Dan) and drawing new maps of Saggart and St Patrick's College.

TRAVEL

Good luck to all who are travelling to events abroad this summer. Orla seems to be doing the most, starting with the French 6 day and Scandinavia before the Student World Champs in Hungary and thence to Aussie land via who knows where. As usual at this time of year many of our members are scattered around the world. Lets hope some of them come back to us at some stage to give us a much needed hand.

****

ENJOY THE SUMMER - well at least what's left of it!

****

Ajax Athletic, Hill Running & Orienteering Club founded in 1979.
Joined Irish Orienteering Association 1979. Founder members of the Irish Hill Running Association 1980.
Membership of Bord Lutheleas na hEireann applied for.

THREE ROCK ORIENTEERING CLUB

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

Holiday time is here and orienteering gives way to thoughts of sandy beaches, hot sunshine and blue skies. The annual migration to places exotic has commenced. A number of Club members are at this moment making their way to the French 6-Day. Good motoring and a safe journey to everyone.

John McCullough heads off for the Colorado 2-Day near Boulder at the end of July, meeting up with Ronan Cleary and Julie Martindale on the way. Oisin Creagh is landscaping away in Montauk (N.Y.), while Una will be cooking somewhere in France. Mark Donovan has returned on holidays and is currently heading to the French 6-day. Ronan Cleary returns from New York in August, and rumour has it that he then goes to London to work. Julie Martindale returns in September to complete her exams - we wish her all the best.

Justin May has returned from his World Cup runs in Canada and America - the American map looked fierce! Michael McAuliffe has also returned from his long vacation in Houston and San Francisco and Hawaii and New York. In fact Michael ran for HVO (our twin) in an inter-club competition and secured a point for them.

Training evening and Club night have gone into hibernation for the summer - we will keep you posted about the awakening. However, mapping continues, no slacking now.

John McC ran the Phoenix Park Event on 22nd with his usual precision and verve. Many thanks to all who helped on the day. Forthcoming events to remember: National 'O' Day (5th OCTOBER) and Hollywood (12th OCTOBER).

Plans are in hand for a suitable celebration of our 10th Anniversary. Watch this space in the next issue when all will be revealed!

How can anything go into hibernation for the Summer, anyhow? One person who has come back out of hibernation is Dermot O'Beirne, who is being reactivated following his recent wedding. Congratulations, Dermot and Siobhan.

Leinster Relay Championships: Entry forms are included with this issue. DON'T return these to ECO: send them to John McCullough, 34 Dun Emer Drive, Dublin 16 with your entry fee. If you have made up a team, or if you want to be put on a 3ROC team, return the entry form and fee to us and we will sort out all the teams. If you need a lift to Monaghan, say so with the entry.

Irish Orienteer Trophy: The date suggested for 3ROC v LVO was June 14th, which was in the middle of exams and various other diversions, so a new date will be fixed for September or thereabouts. Remember, a big turnout is required!

National Orienteering Day, October 5th: our events are at Phoenix Park and Kilmashogue. We would like some of our newer members to come along and help out at these: please contact Ted McGrath at 955020 and say which event it would suit you to go to. Thanks!
We'll also be looking for help for the Leinster Individual Champs at Carrick Mountain on November 23rd... so be prepared.

In the meantime, Happy Holidays. See you all at the Burren Walk.

affiliated to the irish orienteering association

UCDO NEWS

UCDO is pleased to announce its Committee for 1986/'87:

Captain	Jean Kelly 854264
Secretary	Anna-Marie Dowling
Treasurer	Audrey Sheridan
Social Sec.	Liam Broderick
P.R.O.	Hugh Toye
Ordinary member	Nicola Branigan

The Secretary's phone number is 896203. Nicola Branigan's is 956273.
Enquiries may be made to any of the above or to the Club's permanent address: Box J, Arts Building, UCD, Belfield, Dublin 4.

The Club's Honorary Officers are:
Hon. President- John McCullough
Hon. Treasurer- Teresa Meagher

UCDO will run a Grade 2 event at Ballinderry, Co. Wicklow on September 7th next.

ANXIOUS? SUICIDAL? DEPRESSED?

WHY NOT WRITE AN ARTICLE FOR 'THE IRISH ORIENTEER'? REPORTS ON EVENTS ARE WELCOME. ALL CONTRIBUTIONS WILL BE COURTEOUSLY RECEIVED.

COMPASS SPORT MAGAZINE

Subscribers to CompassSport Magazine are reminded that no subscription renewals are sent out: the month in which you will receive your last issue is denoted by the last four digits in the code number on your address label. For example, if your address label ends up with .....1086 then your last issue will be October next. So don't forget to renew! Renewals, by the way, should be sent to John McCullough, 34 Dun Emer Drive, Dublin 16, and not to Compass Sport direct. Cost? Still only IR£9.25 per annum.

IRISH HILL RUNNING ASSOCIATION

Summer fixtures:

July 17 Bray Head, 7.30 pm, 3.1 mls
19 Snowdon, N.Wales. Pre-entry.
24 Seefingan, 7.30 pm, 8.5 mls.

August
2 Sl.Donard, Co. Down. 2 pm.
7 Maulin, Glencree. 7.30 pm.
24 Galtees, Co. Tipp. 2 pm.
31 Ballybraid, Co. Wicklow. 2pm

September
7 Glendoo, Glencullen. 7.30 pm
14 Scalp, Kilternan, 7.30pm.
28 Glenmacnass, Co. Wicklow.
2 pm at Laragh. 13 mls.

Contact Wm. McAuliffe 905617.

A Cautionary Tale ..... only the names have been changed to protect the guilty.

Ladies Relay - 1st leg runner has superbly fast run so 2nd leg runner is not ready for takeover. 2nd leg runner, shedding clothes, dashes into pen, grabs map and proceeds off - on a Men's course! Map she took is 2nd leg runner's of her own Club's men's team. 3rd leg runner has a great run, makes up deficit and comes in second. Of course they are disqualified. Meanwhile the Men's Relay Team is in total confusion. 2nd leg runner is frantically searching for his map, and finally he is given 3rd leg runner's map! 3rd leg runner, when he finally gets going, is wet, cold and fed-up. Meanwhile, the Men's A relay team are having a few problems too; weather is bad, 2nd leg runner cannot see with his glasses on nor the map with them off. B team overtakes A team, alas 3rd leg ruuner mispunches last control. C team has no 3rd leg ruuner (he simply didn't show up). Finally, M50 team has no 3rd leg runner either - - he went off home, nobody told him he was on a team!!!

ORGANISING ORIENTEERING

As another season draws to a close I think it is worthwhile to look ahead to the 1986/1987 season and try improve some minor ailments of our sport in terms of organising events.
Our sport is necessarily extremely complex to organise and it is such a difficult task that people inevitably get bogged down in administrative details, losing sight of the objectives (1) enjoyment and (2) finding the best orienteers on the day.

At the Leinster Championships 1985, Ajax proved that it was possible to accept entries up to and including the day of competition for an event of this sort, while keeping fees down to an absolute minimum. Many events in recent years though seemed to have been completely inflexible, not just in terms of entries, but in a whole range of areas. I would just like to highlight two instances in particular; in both cases a 'rule' is rigidly applied - not a rule from the 'Rules of Orienteering' but a 'rule' which has grown up through popular usage by organisers.

WHISTLES

Carrying of a whistle is not the complete answer to safety requirements. If it is feared that, for instance, a severe snow storm can blow up in a few minutes then it would be better to ensure that competitors had proper clothing. A thermal top keeps you warmer than a whistle. Competitors should be made aware of possible dangers, told a safety bearing and advised to carry whistles, anoraks and energy food, if necessary. Orienteering is an adventure sport; people compete at their own risk and the organisers discharge their responsibility by making competitors aware of any dangers and by making appropriate safety arrangements. Organisers do not discharge their responsibilities by making people carry whistles through the start: if they think they do then competitors at their events and the sport in general is in serious danger.

The carrying of a whistle is not part of orienteering as a sport, is not required at any international (I.O.F) event and should not be mandatory.

LATE STARTS

Another petty 'rule' often applied regards start times and the unwillingless of officials to change times for people who arrive late for the start. Late arrival is not deliberate; it is accidental. By not changing times organisers run the risk of severe disruption to the system as an anxious orienteer bursts through and grabs a map, any map. By simply offering to change his/her start time the late arrival can be calmed down and set aside while the official attends to the real business at hand.

Without accreditation of a real start time to late arrivals the organisers also face severe disruption to the seeding arrangements. If a 'seed' goes off 3 or 4 minutes late the risk is that he/she will be caught by the next seed, whose run will then be affected as well. However, if the start official is allowed to change start times then a new seeded time can be allocated to the runner, which could be 10 minutes, an hour or whatever time later that suits.

Some competitors prefer late starts and in certain instances may have an advantage: for example where early runners trample down heavy undergrowth. Clearly, however, any advantage arising from a late start is minimal and can be measured in seconds, while weather conditions and muddying of tracks often favour earlier competitors. If a competitor is serious about her/his run then proper physical and mental preparation is called for - a 30 minute warm-up, timed to finish at his/her start time and a period of mental relaxation and self-motivation. Organisers impose this rule for fear of runners deliberately arriving late but such late competitors cannot be sure

of being able to properly prepare themselves, let alone take advantage of a possible few seconds due to elephant tracks. I am quite sure that fellow competitors would not object to start times being changed for anybody arriving late - part of the enjoyment of the competition is that at least everybody else gets a run.

I can only see one advantage to this 'rule'; it is less work for the results officials. Set against the destruction of a persons enjoyment of the race, the possible disruption of the seeding system and the abrogation of the organisers responsibility to find the best orienteers on the day, this 'rule' is a worthless and damaging piece of officialdom which should be dispensed with.

INTERNATIONAL EVENTS

1986/1987 is the season when Ireland really joins the international fold, with CISM (World Military Championships) as well as many other internationals are organised here. I would like to appeal to planners of Grade 1's and Championships to make the top M/W21 courses long enough: winning times of 100 minutes for men and 80 minutes for women. If this means a M/W21E, then so be it; in Belgium the H21E course rarely has more than 15 competitors. Winning times of 90 minutes (men) and 70 minutes (women) or less are worse than useless in terms of preparation for international orienteering. The biggest test is orienteering when you are tired and all short events do is lull you into a false sense of security.

Eoin Rothery

ORIENTEERING MAPS AVAILABLE

The Raven	Curracloe	Wexford	10000	E Rothery	1984	50p
Cronybyrne	Rathdrum	Wicklow	15000	E Rothery	1985	45p
Cloghleagh	Kilbride	Wicklow	15000	E R/P O'B	1983	35p
Ravens Rock	Enniskerry	Wicklow	15000	E R/P O'B	1983	35p
Killiney Hill		Dublin	5000	E Rothery	1983	30p
Marlay Pk.		Dublin	6000	E Rothery	1986	30p
Dundrum	& Balally	Dublin	10000	E Rothery	1984	25p
Camolin	Gorey	Wexford	15000	E Rothery	1981	20p
Larch Hill	Rockbrook	Dublin	10000	E Rothery	1982	20p
St. Annes Pk.	Raheny	Dublin	10000	J Ryan	1983	20p
St. Endas Pk.	Rathfarnham	Dublin	10000	P O'Brien	1983	20p
Bushy Pk.	Terenure	Dublin	10000	ER / JR	1982	20p
Fairview Pk.		Dublin	10000	P Thompson	1982	20p
Herbert Pk.	Ballsbridge	Dublin	10000	T Horan	1982	20p
Eamonn Ceannt	Crumlin	Dublin	10000	E Niland	1983	15p
Deerpark	Mount Merrion	Dublin	10000	E Rothery	1982	15p
Balally Pk.	Dundrum	Dublin	5000	E Rothery	1982	10p

available from J. McGregor, 29 Pembroke Gardens, Ballsbridge, D 4, 605044.
Remember, possession of an Orienteering map gives no right of access.
A complete list of maps available in Leinster will be published in the September issue.

GRAND SLAM ORIENTEERING PORTMARNOCK - SUNDAY 9th. MARCH 1986

Results of Mens event:

Place	Name	Time Minutes	Seconds
1	Robin Bryson	26	57
2	Eoin Rothery	27	05
3	John McCullagh	27	31
4	Pat Healy	27	47
5	Justin May	28	49
6	Willie Mc Auliffe	28	53
7	Peter Gargan	29	28
8	Dara Stokes	29	40
9	Dermot Hickey	30	15
10	Paget Mc Cormack	30	45
11	Dennis Reidy	31	17
12	Paddy O'Brien	31	23
13	Aubery Plegge	31	23
14	Ed Niland	31	33
15	W. Young	33	01
16	N. Bohan	33	58
17	Peter Kernan	35	30
18	Brendan O'Connor	36	38
19	Lec Donavan	36	41
20	Peader Dempsey	36	45
21	John Kenny	36	46
22	Pat Redmond	37	04
23	John Kehoe	37	22
24	Pat Mc Manus	37	38
25	T. Russell	37	44
26	Pat Flanagan	37	45
27	Frank Martindale	38	16
28	B. Mallen	38	40
29	D. Deasy	39	45
30	Crennan	39	46
31	A. Mc Gregor	40	37
32	C. Dunlop	42	03
33	A. Banar-Law	42	03
34	W. Kee	44	35
35	E. Kiely	44	50
36	Sven Kulldrof	46	24
37	T. Desmond	49	22
38	Sean Rothery	49	57
39	C. Carroll	59	47
40	John Creagh	59	59

Teams: Men- Ajax 1 (9), Ajax 2 (29), 3ROC (32)
(Best three places added)

Results of Under 16 event:

Place	Name	Time Minutes
1	Fergus Mc Cann	5.38
2	Peter Dempsey	6.09
3	Hilde Creagh	6.10
4	Gerald Dempsey	6.20
5	John Mc Cann	6.25
6	Edward Niland	11.43
7	Aine Rice	12.06
8	Mairin ni Chonchradha	12.25

Results of Womens Event:

Place	Name	Time Minutes
1	Una Creagh	19.38
2	O. Cooke	19.35
3	Maura Thornhill	19.40
4	Mary Healy	19.49
5	Susan Donohue	20.22
6	E. Loughman	20.37
7	C. Lyons	20.55
8	Susane Clarke	22.22
9	Tina Horan	23.22
10	Patrica Murphy	23.55
11	Trina Cleary	24.19
12	Deirde Mc Challain	24.40
13	Nuala Creagh	25.24
14	Charlotte Bonalon	27.12
15	Maire Walsh	27.20
16	Michele Coleman	27.29
17	Linde Naughton	28.00
18	Ann Masterson	29.27
19	Andrea Mc Cormac	30.37
20	Maura Higgins	30.52
21	Maura Moran	31.40
22	Jill Keane	35.06
23	Jennifer Plegge	39.44
24	P. Desmond	66.31
25	Jean Mullen	74.09

Women: GEN (13), Ajax (18), 3ROC 19.

Results of GEN 'Score' Event at BROCKAGH — 20 April 1986

| | | | | Maximum score | 1610 | Penalty was 10 pts for every 10 Secs. late | | | |

Leinster Schools' Championships, Ballinastoe, Co. Wicklow, April 20, 1986.

LEINSTER SCHOOLS ORIENTEERING CHAMPIONSHIPS

INTER SCHOOLS COMPETITION

GIRLS

		POINTS
1	Wesley College	18
2	Colaiste Iosagain	12
3	Newpark Comp.	5
4	St. Raphaela's	5
5	Colaiste Dhuilaigh	3
6	St. Louis Rathmines	2

BOYS

1	Wesley College	22
2	Oatlands	15
3	Colaiste Eanna	6
4	De la Salle Churchtown	2

BANK OF IRELAND TROPHY FOR SCHOOLS AFFILIATED FOR 3 YEARS OR LESS

1	Colaiste Eanna	20
2	St. Marys Rathmines	14
3	St. Raphaela's	11
4	Naas CBS	11

M17 6.00Km. 250m.

1.	Angus Tyner	WO	46.39
2.	Trevor Gillespie	WO	53.17
3.	Conor Stokes	Oat	64.67
4.	John Casey	Oat	66.09
5.	Ronan Ryan	DLSO	69.27
6.	George Clarke	WO	78.02
7.	Dara O'Maitiu	Naas	88.16
8.	David Swan	Naas	88.53
9.	Robert Daly	St.M	93.14
10.	A. Foley	DLSO	95.31
11.	R. Cowley	Naas	97.02
12.	J. Holland	Naas	101.42
13.	C. Williams	WO	102.38
14.	A. Judge	Oat	103.09
15.	D. Cox	Don	113.33
16.	P. Stone	DC	115.13
17.	K. Gibbons	Oat	118.31
18.	S. Carroll	CE	118.54
19.	N. Browne	Oat	120.32
20.	C. Jordan	GCC	122.36
21.	T. Carroll	St.M	130.16
	P. Quinn	CE	Disq. no.16
	L. McNiffe	CE	Disq. no.16
	P. Cooke	CE	Disq. no.7
	A. Delaney	CE	N/F
	D. McEvoy	CE	Disq. no.16
	R. Brady	CE	Disq. no.16
	B. Fitzpatrick	CE	Disq.

M15 5.20Km. 230m.

1.	F. McCann	Oat	56.34
2.	S. Good	WO	56.59
3.	O. Doyle	Oat	69.15
4.	T. Doolin	CE	69.24
5.	P. Carroll	Oat	72.43
6.	P. Glanville	NP	73.04
7.	B. Doherty	Gonz	76.02
8.	A. Walsh	Oat	76.42
9.	A. Peyton	Oat	79.02
10.	L. Doddy	St.M	79.24
11.	N. McLinden	WO	79.27
12.	B. McGrath	MacD	79.58
13.	P. Lindupp	MacD	81.48
14.	K. O'Neill	Oat	82.52
15.	D. Kelly	Don	83.22
16.	S. Buckley	MacD	83.51
17.	C. McConnell	DC	85.15
18.	I. Keogh	CE	90.25
19.	C. Walsh	CE	91.32
20.	D. Hanvey	DC	94.49
21.	R. Campion	CE	94.54
22.	C. Sweeney	CE	95.54
23.	B. Cleary	DC	96.39
24.	C. Hughes	WO	98.30
25.	M. Kinahin	Naas	99.24
26.	C. Kissane	St.M	101.45
27.	G. Walsh	DLSO	102.56
28.	F. Mullally	CE	111.10
29.	J. Farrell	St.M	115.08
30.	S. Harrison	WO	115.57
31.	P. Moloney	St.M	119.56
32.	D. Delaney	Naas	120.46
33.	M. Moore	Naas	121.39
34.	D. Hickey	Naas	122.33
35.	B. Hogan	CE	124.17
36.	L. O'Carroll	CE	125.18
37.	B. Kelly	Naas	131.05
38.	K. McBrien	St.M	135.16
39.	S. McGuinness	St.M	137.49
40.	P. Murray	CE	155.59
41.	M. O'Toole	St.M	155.59
42.	K. O'Reilly	St.M	156.58
43.	S. Rohan	Naas	164.50
44.	D. Ryan	CE	203.00
45.	R. Whelan	Naas	234.00
	D. Keogan	St.M	Disq. no. 1
	D. Black	CE	Disq. no. 1
	R. Oates	CE	Disq. no. 16
	G. Stewart	CE	Disq. no. 8
	R. Whelan	CE	Disq.
	K. Cooke	Don	Disq.

9 Non-finishers

M13 3.60Km. 115m.

1.	D. Tyner	WO	31.35
2.	A. Goodwin	WO	36.20
3.	T. Russell	MacD	38.57
4.	J. Dooley	CE	40.32
5.	P. Nolan	DLSO	41.56
6.	C. O'Looney	CE	42.31
7.	A. Flynn	Set B	43.34
8.	J. McCann	Oat	46.29
9.	A. McInerney	Don	46.29
10.	A. McAdam	WO	47.20
11.	P. Thornton		51.58
12.	A. Coughlan	Don	54.07
13.	L. Floyd	Don	54.15
14.	C. Mullen	NP	54.41
15.	K. Harrington	Oat	56.27
16.	A. O'Mullane	DLSO	55.48
17.	A. Murray	WO	56.12
18.	R. Clinton	Oat	60.39
19.	D. O'Toole	St.M	
20.	K. Dunne	St.M	62.23
21.	D. Murray	St.M	62.29
22.	R. McMahon	DLSO	62.36
23.	P. McGarry	DLSO	62.39
24.	J. O'Rourke	Oat	66.34
25.	M. O'Carroll	DC	70.39
26.	P. Hyland	DC	72.02
27.	K. Wall	DC	82.58
28.	J. Gilvarry	DC	84.22
29.	A. Cullen	DC	86.22
30.	T. Burns	Naas	87.19
31.	C. O'Moore	Naas	89.06
32.	C. Raleigh	CE	89.50
33.	A. Briddock	St.M	97.48
34.	R. Mahon	CE	99.16
35.	R. Regan	St.M	99.48
36.	A. Devlin	CE	101.16
37.	E. Lee	CE	118.17
38.	I. Clarke	Don	122.21
	G. Doherty	GEN	Disq.
	P. Byrne	St.M	Disq.
	R. Long	St.M	Disq.
	R. McBrien	St.M	Disq.
	R. McCarthy	Don	Disq. no.8

6 Non-finishers

W17 5.3Km. 225m.

1.	U. Craobhach	CI	52.40
2.	T. Enkin	WO	66.18
3.	S. McInerney	CD	77.54
4.	F. May	St.L	103.53
5.	J. Bartlett	NP	104.27
6.	F. NiGhralaigh	CI	147.05
7.	A. NicEochaidh	CI	149.14
8.	N. Weber	CI	151.10
9.	J. NicChormaic	CI	157.35
10.	E. Deiseach	CI	158.35

2 Non-finishers

W15 3.7Km. 130m.

1.	H. Craobhach	CI	48.54
2.	R. Burgess	NP	53.01
3.	V. Crowe	WO	57.22
4.	K. Gillespie	WO	57.53
5.	J. Brooks	WO	63.15
6.	K. Holland	WO	68.17
7.	M. NiChonchradha	CI	117.18
8.	L. NiBhriain	CI	126.47
9	M. NiDhuighinn	CI	129.30
10.	E. NiAnluain	CI	130.41
11.	E. NiCharra	CI	140.07
12.	S. NiDhonnchadha	CI	141.14
	K. Glenville	Don	Disq.

10 Non-finishers

W13 3.3Km. 110m.

1.	C. Malone	St.R	46.42
2.	C. Hicknott	WO	48.06
3.	H. Agar	WO	51.11
4.	S. McGrath	MacD	59.02
5.	D. NiDhionnin	CI	59.56
6.	R. Watt	WO	60.49
7.	A. Butler	Mck	65.17
8.	A. Cooke	Mck	66.11
9.	N. Jackman	St.L	67.50
10.	G. NiMheallain	CI	69.29
11.	D. NiFhloinn	CI	71.18
12.	R. West	NP	83.34
13.	S. Lee	WO	85.01
14.	J. Holland	WO	85.17
15.	N. Conlon	Mck	91.49
16.	J. Woodcock	Mck	96.02
17.	F. McNiallais	St.R	102.42
18.	S. NiDhioluin	CI	106.34
19.	M. NiChualachain	CI	107.39
20.	N. Hanratty	Mck	108.09
21.	A. NiBhriain	CI	108.45
22.	C. NicAonghusa	CI	109.00
23.	A. NiRaghaill	CI	109.18
24.	M. NiGhriofa	CI	110.16
25.	C. Kelleher	St.R	116.45
26.	N. NiAnluain	CI	120.11
27.	C. NiLoinsigh	CI	122.35
28.	P. NiMhathuina	CI	123.40
29.	S. NiDunlaing	CI	124.20
30.	E. NiChraith	CI	127.12
31.	C. NiShuilleabhain	CI	129.23
32.	J. Kinney	Mck	154.03
33.	A. NiChuinn	CI	212.03
	F. NiMhainin	CI	Disq. no.11
	A. Flanagan	St.R	Disq. no.11
	E. Sides	NP	Disq. No.11
	H. Hanley	St.R	Disq. No.11
	N. Cuckian	CI	Disq. no.11
	A. McFadden	Mck	Disq. no.1/3
	D. Kelly	MacD	Disq. No.1
	S. Gilligan	MacD	Disq. No.3
	F. Glanville	NP	Disq. No.10

W11 2.4Km 105m.

1.	S. Convery	Mck	51.17
2.	C. NiDhonnchadha	CI	123.15

SETANTA GRADE 1 - MULLAGHMEEN - 11th May 1986

A Course 9.6k 250m

M21A

1.	A. O'Cleirigh	CO	68.30
2.	E. Rotherty	Ajax	74.47
3.	D. Reidy	ECO	77.40
4.	W. McAuliffe	Ajax	78.01
5.	J. McCullough	3Roc	81.50
6.	P. Healy	CO	83.24
7.	G. Dunne	ThO	84.13
8.	P. Gargan	Ajax	85.44
9.	R. Morrish	UCDO	86.27
10.	R. Kidd	NWOC	88.54
11.	B. Delaney	UCDO/ECO	89.44
12.	P. Farrelly	CO	90.12
13.	D. Hickey	ECO	90.34
14.	M. Crowe	3Roc/UCDO	92.55
15.	P. Smyth	Set	96.24
16.	G. Parker	3Roc	108.03
17.	L. Donovan	UCDO	117.12
18.	P. McManus	Ajax	119.50
19.	J. O'Neill	ECO	144.22

M35

1.	J. de Lacey	ECO	93.17
2.	M. O'Hara	Ajax	119.53
3.	P. Curran		141.19

B Course 8.2k 220m

W21A

1.	C. Nic Mhuiris	LeeO	80.40
2.	D. Ni Challanain	Ajax	83.17
3.	O. Cooke	Ajax	86.43
4.	M. Healy	Gen	91.46
5.	P. Murphy	3Roc	102.00
6.	C. Lyons	Ajax	117.52
7.	L. Naughton	ECO	137.28
8.	U. Morrish	LeeO	138.53

M40

1.	M. Rice	Ajax	78.13
2.	T. McGrath	3Roc	99.55
3.	N. Inglis		100.54
4.	Ward	Gen	110.03
5.	J. Meagher	LeeO	117.41
6.	D. Watt	Gen	123.22
7.	B. Doherty	Gen	133.06

C. Course 7.8k 180m

W35

1.	J. Watt	Gen	105.08

M45

1.	A. Bonar-Law	Gen	82.29
2.	N. Bogle	NWOC	97.22
3.	M. Dooley	CO	103.00
4.	B. Hollinstead	3Roc	136.39
5.	C. Tyner	3Roc	158.51

M21B

1.	E. Kelly	BVOC	83.39
2.	A. Keyes	Gen	84.46
3.	M. Meade	ThO	88.35
4.	C. Crowe	3Roc	96.54
5.	A. McGregor	Ajax	99.59
6.	J. O'Sullivan	ThO	102.27
7.	J. Lalor	Gen	107.29
8.	E. Allen		130.26

M17

1.	A. Tyner	3Roc	65.10
2.	J. Logue	NWOC	77.01
3.	J. McCallion	NWOC	79.59
4.	U. Creagh	3Roc	90.31
5.	C. O'Duinn	CustO	100.57
6.	S. Good	3Roc	101.02
7.	J. Davis	NWOC	102.22

Misc. C. Course

	M. Coleman	Ajax	98.35
	T. Horan	Ajax	108.19
	S. Bailey		118.04
	P. Irwin	ECO	142.25
	P. Redmond	Set	177.15

D Course 5.9k 150m

M50

1.	J. Riordan	LeeO	89.23
2.	P. Cooke	Ajax	98.14
3.	T. O'Duinn	CustO	103.36
4.	J. Creagh	3Roc	137.35

M15

1.	E. Quirke	CO	58.24
2.	F. McCann	3Roc	59.26
3.	J. Cummins	NWOC	60.01
4.	P. O'Hara	NWOC	63.20
5.	B. James	NWOC	68.32
6.	B. McLidon	WO	68.36
7.	B. Doherty	Gen	69.56
8.	D. Tyner	3Roc	79.39
9.	S. Graham	NWOC	94.28
10.	S. Harrison	WO	105.49
11.	J. Walsh		110.38
12.	P. Murray	Gen	134.41

W40

1.	T. Cleary	3Roc	65.54
2.	R. Rice	Ajax	97.14
3.	J. Keane	3Roc	101.00

W21B

1.	J. McGregor	Ajax	93.54
2.	A. Morrissey	Gen	99.39
3.	P. Pender	Gen	124.27
4.	J. Morrissey	Gen	130.19

Misc. D Course

1.	M. Newson	Gen	77.28
2.	S. Hanley		99.07
3.	L. Flintoff	Gen	100.18
4.	P. Cullen		101.39
5.	E. Burke		103.41
6.	O'Grady	Gen	107.42
7.	Smith & Kennedy		107.54
8.	M. Roche		124.31
9.	L. Shortt		139.50

E Course 5.2k 130m

M15

1.	A. Rice	Ajax	77.19
2.	N. Creagh	3Roc	85.38

M13

1.	G. James	NWOC	75.48
2.	K. Cummins	NWOC	78.55
3.	A. Flynn	Set	80.11
4.	S. Robinson	NWOC	81.53
5.	A. Goodwin	WO	103.02
6.	G. Doherty	Gen	107.07
7.	J. McCann	3Roc	110.04
8.	J. O'Rourke	Oat	151.00

W45

1.	M. Creagh	3Roc	79.54
2.	D. Large	Gen	102.54
3.	M. Moran	Gen	103.42

M55

1.	S. Kuldorf	Set	66.28

Misc. E Course

1.	P. Brennan	Set	76.26
2.	T. Burke		100.28
3.	R. Flanagan		144.15
4.	D. Garvey		146.23
5.	P. McInerney		154.27
6.	J. Rowe		157.31
7.	Flanagan/Gibney		159.05
8.	A. Grimsby	Loreto	182.00
9.	S. Creagh	Loreto	192.00
10.	M. McDarby	Loreto	192.00

F Course 3.9k 110m

W13

1.	K. O'Hara	Set	101.15
2.	S. Bartlett	NWOC	103.26
3.	A. Hadden	NWOC	106.38
4.	C. Trainor	NWOC	109.35
5.	A. Cooke	Ajax	115.50

Misc. F Course

1.	N. Lee		95.12
2.	C. McGrath	3Roc	96.58
3.	A. Kannigan		97.12
4.	P. Moorehead	Gen	121.26
5.	P. De Lacy	ECO	129.36
6.	B. Smith		135.00
7.	A. Masterson		135.02
8.	C. Cullen		135.05
9.	D. Fitzsimons		135.05
10.	A. Coyle		135.14
11.	W. Moorehead		147.85
12.	A. McGrath		154.00

G Course 2.6k 100m

M11

1.	D. Hollinger	LVO	33.32
2.	D. Murray	Gen	37.17
3.	A. McKenna	LVO	38.42
4.	F. Dooley	CO	40.43

M11

1.	C. McCann	LVO	55.59
2.	A. Rice	Ajax	85.59

M10

1.	R. Hollinger	LVO	48.38

W13

1.	J. Wilson	LVO	46.08

W55

1.	M. Morrish	LeeO	57.33

W40

1.	R. Davis	LVO	50.25
2.	McKenna	LVO	53.03

Misc. G. Course

1.	Moorehead	Gen	85.00

Novice Course

1.	Keane Family	3Roc	62.00
2.	Lalors	Gen	66.00
3.	S.K.L. McCormack	Gen	80.00
4.	R.S. McCormack	Gen	87.00
5.	P. O'Hara		90.00
6.	M. King		90.00
7.	B. Dempsey		105.00
8.	S. Wilson		105.00
9.	B. Farrell		105.00
10.	S. Hanley		116.00

IRISH ORIENTEER TROPHY

LeeO V. LVO

MULLAGHMEEN - 11th MAY 1986

A Teams

					Points
1.	W. Hollinger	LVO	64.24	M35	6
2.	C. Majurg	LVO	69.00		5
3.	B. Simpson	LVO	79.41	M35	4
4.	C. NicMhuiris	LeeO	80.40	W21A	3
5.	S. McGibbon	LVO	80.52	M21A	
6.	C. Henderson	LVO	92.26	M35	
7.	J. Meagher	LeeO	117.41	M40	2
8.	B. McGregor	LeeO	105.20		1
9.	G. Hughes	LVO	130.49	M21A	
10.	U. Morrish	LeeO	138.53	W21A	

B Teams

1.	E. Wilson	LVO	47.47	M40	6
2.	B. McKenna	LVO	57.36	M40	5
3.	A. Gartside	LVO	61.01	M40	4
4.	F. Martindale	LeeO	64.55	M45	3
5.	A. Pentland	LVO	72.47		
6.	J. Riordan	LeeO	89.23	M50	2
7.	N. Morrish	LeeO	89.55	M50	1

C Teams

1.	S. Campbell	LVO	41.31	M15	6
2.	H. Johnston	LVO	50.47	W21A	5
3.	A. Savage	LVO	51.44	W21A	4
4.	W. Moody	LVO	57.29	M15	
5.	C. Sheen	LVO	58.54	M15	
6.	I. Spratt	LVO	59.19	M15	
7.	U. Morrish	LeeO	61.28		3
8.	A. Morrish	LeeO	61.49	W17	2
9.	A. Bell	LVO	65.56	W21	
10.	H. Stewart	LVO	67.32	W35	
11.	H. Majurg	LVO	72.16	W21A	
12.	A. Gibson	LeeO	83.26		1
13.	D. Farnham	LVO	89.44	W21B	

D Teams

1.	D. Hollinger	LVO	33.32	M11	6
2.	A. McKenna	LVO	38.42	M11	5
3.	J. Wilson	LVO	46.08	W13	4
4.	A. Hollinger	LVO	48.38	W10	
5.	R. Davis	LVO	50.25	W40	
6.	I. McKenna	LVO	53.03	W40	
7.	M. Morrish	LeeO	57.33	W55	3

Irish Orienteer Tropy Match Points

Team:	LeeO	LVO
A	6	15
B	6	15
C	6	15
D	3	15
Total	21	60

INTER-PROVINCIAL JUNIOR MATCH POINTS

Class	Leinster	N.I.O.A.
M17	11	10
M15	12	9
M13	7	14
M11	5	6
W13	8	12
W11	5	6
Total	48	57

RESULTS OF GEN Grade 1 EVENT at BALLINASTOE May 18 1986

| | | | | |

RESULTS of 3ROC Colour Event at Phoenix Park, Dublin on June 22nd 1986.

Blue course 11.4 km

1	P.Smyth	M21	SET	63.31
2	D.Weston	M21	BSO	75.17
3	J.Shulmeister	M21	GEN	78.27
4	S.Donohue	W21	BSO	78.46
5	P.McManus	M21	AJAX	80.10
6	R.Flynn	M40	SET	80.38
7	D.Quinn	M21	GEN	82.36
8	A.Graham	M21	ECO	85.48
9	S.T.Walsh	M21	SET	89.06
10	J.Rowe		-	105.22
11	B.Carroll	W21	3ROC	112.27
12	P.McInerney		-	184.46

Red course 8.1 km

1	N.Carroll	M45	3ROC	47.53
2	L.Flintoff	M40	GEN	67.08
3	A.Leeson	M21	3ROC	67.50
4	M.Hewson		GEN	70.28
5	P.Keane	M40	3ROC	73.54
6	T.Burke		-	76.16
7	J.Reilly		-	87.38
8	A.Cullen		SDOC	89.41
9	W.Young		SDOC	96.38
10	P.Morrissey & J.Dunnion		-	100.25
11	K.Heade		-	102.50
12	D.Young		SDOC	125.49
13	J.Cullen		SDOC	126.32
14	P.Gillooly		SDOC	130.33
15	S.Bailie		SDOC	139.40
16	J.Cullen & B.Cullen		SDOC	141.41

Orange course 6.4 km

1	S.Hanley	M40	-	41.38
2	J.Walsh	M15	OAT	42.26
3	MJ.Lynch	M21	BSO	49.55
4	S.Kulldorff	M55	SET	49.59
5	A.Morrissey		-	50.26
6	A.Macgregor	M21	AJAX	50.50
7	P.Walsh		SET	53.07
8	C.Smyth	W19	SET	53.10
9	B.Hollinshead	M45	3ROC	55.10
10	J.McCann	M13	3ROC	55.13
11	N.Lee		-	58.20
12	P.Cullen		-	59.29
13	PH.Ryan		GEN	59.40
14	R.Swinburne		-	63.01
15	M.Higgins	W40	SET	66.08
16	M.Pender	W21	GEN	67.22
17	T.Caffrey		BSO	75.31
18	E.Jones		KSO	75.47
19	C.Nic Mhuiris	W21	UCGO	83.15
20	M.Flintoff	W40	GEN	96.52
21	V.Murtagh		3ROC	110.22
22	N.Perry & D.Russell		SDOC	110.50

Yellow course 4.0 km

1	N.Carroll	M15	3ROC	25.26
2	P.Hall	M21	-	25.49
3	O.Bryan		-	31.09
4	B.Hannigan & A.Hannigan	M13	AJAX AJAX	40.24
5	P.Moloney & A.Proudfoot		- -	43.28
6	M.Jones		-	43.29
7	E.McAuley		GEN	44.04
8	P.Pender	W21	GEN	47.04
9	D.Murtagh C.Keys A.O'Neill	W19 W21	LeeO SET & SET	51.04
10	S, M &L.Rice		-	62.55
11	M.Pierce & K.Murray	W19 W19	BSO BSO	64.17
12	A.Rice		-	64.23
13	J.Tyrrell & J.Verso		-	65.41
14	McDonough fam.		-	69.48
15	J&J. Reilly		-	73.55
16	G.Moloney		-	77.36
17	J.Brennan & N.Keane		SDOC	89.47
18	D.Dunne & S.Redmand		SDOC	91.48
19	Geraldine & Jackie		-	94.14

White course 2.8 km

1	A.Hollinshead	M15	3ROC	27.48
2	S.Carroll	M13	3ROC	27.54
3	T,C &C Ronayne		-	62.13
4	M & S. Downey		3ROC	62.21
5	S.Rutledge		-	72.36
6	A & J. Rutledge		-	73.07
7	B.O'Ciabhain		-	114.25
8	V.Cullen		SDOC	117.23

SDOC = St. Dominic's OC, Tallaght.

Thanks to all who helped on the day, and to the competitors, all of whom came back, and none of whom were disqualified or failed to finish. Is this a record?

The next 3ROC events are at Phoenix Park and Kilmashogue on National Orienteering Day, October 5th; at Hollywood Village, Co. Wicklow, on October 12th, at Carrick Mountain on November 23rd and at Pine Forest on St. Stephen's Day, December 26th. See you there!

Event: NORTHERN IRELAND ORIENTEERING CHAMPIONSHIPS

Date: SATURDAY 27th SEPTEMBER 1986

Venue: SLIEVE CROOB/DRUMKEERAGH

Organising Club: LAGAN VALLEY ORIENTEERS

Classes: All classes from M/W10 to M/W45 plus M/W21B

Entry Fees: M/W19+ - £UK2.50 , £IR2.80
M/W17- - £UK1.25 , £IR1.40

Name	Club	Class

Closing Date: Postmarked not later than 8th September
Late Entries cannot be accepted

Send to: NIOC
c/o Daphne Farnham
16 Sandhurst Court
Belfast BT9 5BA

Address for event details and results:

ANDERSONS

MOURNE MOUNTAIN MARATHON

PARTICIPANTS MUST COMPETE IN TEAMS OF TWO

ANDERSON CLASS
APPROX. 25 MILES PER DAY

STANDARD CLASS
APPROX. 15 MILES PER DAY

TEAM ENTRY FEE £8.00

SAT.20th
SUN.21st
SEPTEMBER

TWO DAY NAVIGATION/ENDURANCE EVENT

FOR FURTHER INFORMATION AND ENTRY FORMS CONTACT:— DENIS RANKIN
18 CRANMORE GARDENS BELFAST BT9 6JL
TEL. 660389

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