the Irish orienteer

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THE IRISH ORIENTEER NO. 25 SEPTEMBER - OCTOBER 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 photo: Orienteering with the Leinster Schools Association- does the new academic year herald the end of LSOA? (J.May)

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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.

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

Dun Chuilinn,
Rockbrook,
Dublin 16.

Dear Sir,

I would like to thank the IOA for the travel grant which helped me to get to the French 6-Day event in July. I found it a very beneficial experience and I learned a lot competing against about 60 to 70 other D17's from eleven nations. The excitement of arriving at an assembly area with over 4000 competitors warming up, warming down, or even sunbathing takes some getting used to!

One needed some confidence in navigation to start out into a forest with about thirty others wandering or sprinting in different directions and force oneself not to follow anyone in the hope of having the same first control! All the same, when everyone converged together at the end of the course it was nice to be able to put away the map and run in a long line of people all heading for a common control and navigating by the loud speakers in the distance. With so many competitors every second lost counted and after every mistake I made I found myself looking around to see how many D17's had caught up on me!

The course lengths for D17 weren't too bad - 4.5km-5.5km - but I think Stephen Good in the H15 got a shock to find that he was to be running 5.5 - 6.5 km every day! I experienced a few of the panics of pressure with the complicated starts, being late on one day and starting in totally the wrong direction on another, to find myself passing the start again a minute later!

Although I enjoy the 'character' of Irish orienteering I must say that a big international multi-day event is something which should be experienced by all our juniors and I hope that next year more M/W17's will benefit in the way myself and Angus Tyner did this year.

Thank you for this opportunity.

Yours,
Una Creagh.

TEN YEARS AFTER: A SHORT HISTORY OF LEINSTER

In the Autumn of 1976 Irish Orienteers, the original Irish orienteering club, based in Dublin, was disbanded since it was felt that it was getting too big -it had over 100 members- and that too few mwmbers were prepared to share the burden of running the club.

In the best traditions of gangsterdom the city of Dublin was carved up between the four rival factions: Trident got the whole Northside and the city as far south as the Grand Canal and east to Sandymount; Great Eastern Navigators got the area bounded by the Bray Road to the west and the Irish Sea to the east, including Dun Laoghaire, Blackrock and Bray; Liffey Valley got the west side from Rathfarnham and Terenure to Lucan, and Three Rock got the central south county and suburbs.

After a short time Liffey Valley had decided they preferred Setanta, and Trident decided they preferred Mactire (they toyed with Fingal Orienteers but felt that the initials 'FO' might be too risque). Three Rock probably had a headstart over the other clubs because of the number of established orienteers in their area: Rotherys, Lynams, Converys, McGraths, Flanagans... and a number of existing maps fell to them also. Mactire found the going tough, with a large population of transient members in flatland, and not too many on the northside, and after producing maps of Pine Forest and Phoenix Park and running some street events the club folded up, leaving a vacuum on the north side which remains largely unfilled to this day.

Various dissatisfied orienteers from the remaining clubs, notably 3ROC and SET, and some refugees from MAC, formed AJAX in 1978, amid considerable ill-feeling. The club became AJAX OC, AC, FRC, and HRC by stages, and at present rejoices in the name 'AJAX Athletic, Hill Running and Orienteering Club'. The setting up of the club was spearheaded by Eoin Rothery, Declan O'Callaghan, Niall Rice and Carey May.

Elsewhere in Leinster it was business as usual: Curragh Orienteerers, who ran the 1976 Irish Championships,kept on producing maps through the prodigious efforts of Pat Healy. ECO emerged as a force to be reckoned with in Army orienteering, LSOA ran series of schools' events, and the University clubs did the best they could with limited resources and little or no transport.

Since 1976, has anything changed? The numbers attending events are up, the National (if not the Leinster) fixtures list is full. Much of the impetus for growth seems to have shifted to Munster with the dynamic Cork O vying with the longer-established Lee O (once 'Munster Orienteers') for the hearts and minds of the Munstermen. The geographical restrictions on club membership are gone, as are the allegations of 'poaching': these are mostly good signs. What is not so good is the fact that the workload is still shared between too few people- many of the organisers of 1976 are stilldoing the same jobs now. It is heartening to see the same names appearing in results as long ago, but this time it's a new generation: it really is the family sport. Look at the names- Morrish, Creagh, Rothery, Calnan, Convery, Lynam,Niland: this should mean the future of the sport is secure.

Ten years from now where will we be? We'll have to travel further with dearer petrol, pay more for maps, have more problems parking at events, perhaps the colour of the control flag will change (again). Maybe we'll see buses to events again, the computer will play a larger part, but we'll still be plugging away in the old forest, M and W 70's, still looking for that elusive perfect run. I'll see you there!

John McCullough.

Calling **ALL** Orienteers!

Did you know that this year's National Orienteering Day is Sunday October 5th.? If not, you do now! This is the day on which we attempt to persuade the unitiated masses that Orienteering is to be the sport for them.
To do this, more than 30 events are being held around the country (see back page) with short, easy courses being set specifically for those with no previous knowledge or experience of Orienteering. This is the one day on our calender of fixtures when it is hoped that regular orienteers will turn out in force to help their clubs by assisting and giving basic instruction to the newcomers.
A successful National Orienteering Day can, more than anything, help to further the development of our sport.
What will constitute a successful Day? Large numbers of participants and good smooth organisation to cope with such numbers of total beginners. This is where YOU come in! Check the list and see what event(s) your club is organising, then simply turn up on the day, prepared to forgo your own run in favour of passing on your knowledge of the sport to others. Don't worry if you don't feel you're an expert - you don't need to be- if you've orienteered once before, you'll know more than most of the people that will turn up. A little simple guidance is all that is required. If you feel like it, you could offer to escort groups around a course. If your club isn't putting on an event, offer assistance at another club's, for if enough people turn out to help, you'll probably get a run any way. Don't leave it up to the dedicated few that always seem to be responsible for event organisation - this is your chance to make a contribution - go on, you'll enjoy it!

Thanks! Justin May.

ORIENTEERING MAPS AVAILABLE

Area	Near	Co.	Scale	Drawn by	Year	Price
Raven, The	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
Merrion Square		Dublin	10000	J Folan / ER	1982	10p

available from T. Horan, 11 Sweetmount Pk., Dundrum Heights, Dublin 14 (till November 1986) or from J. McGregor, 29 Pembroke Gardens, Ballsbridge, D 4, 605044. Remember that landowner, Parks department and Forestry dept. approval must be sought prior to arranging events.

Glendalough		Wicklow	15000	J.May	1985	40p
Hollywood	Blessington	Wicklow	15000	J.May	1985	25p
Kilmashogue	Dundrum	Dublin	10000	C.Carroll	1985	25p
Phoenix Park		Dublin	15000	J.McCullough	1985	30p

These maps can be obtained from Ted McGrath, 42 Clonard Drive, Sandyford Road, Dublin 16, on presentation of a Forestry permit or an OPW permit obtained through the Leinster Fixtures Secretary, Arthur Green.

Thoughts on SORLANDSGALOPPEN 7-13 July 1986 - Brian Corbett.

This is an annual 6-day event held along the east coast of Norway between Oslo and Kristianstand.

The format was 3 days- rest -3days with your best 4 days to count. The event center for the 3000 competitors was a campsite with barracks for those who booked (and one or four others). With temperatures reaching 23 degrees daily the latter was vital (have you ever seen a tent with showers?). The whole shebang was on an island,with bridge, near Arendal.

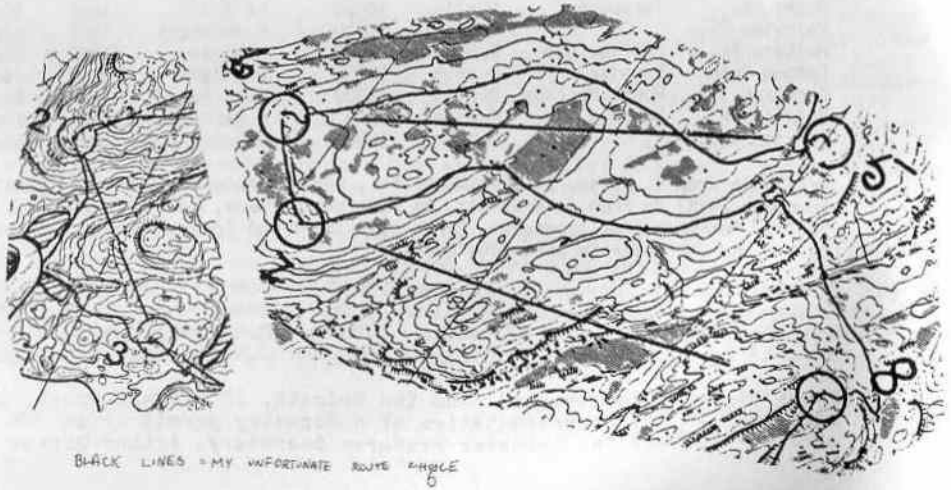
The events were up to 80km away but hitching was no problem and everyone spoke a version of english. Blank maps were on sale beforehand and you were shown your course at -2 mins which was great. The punches are those that ticket checkers on trains use. The control cards are correspondingly smaller. Actually punching in the correct box is an art in itself.

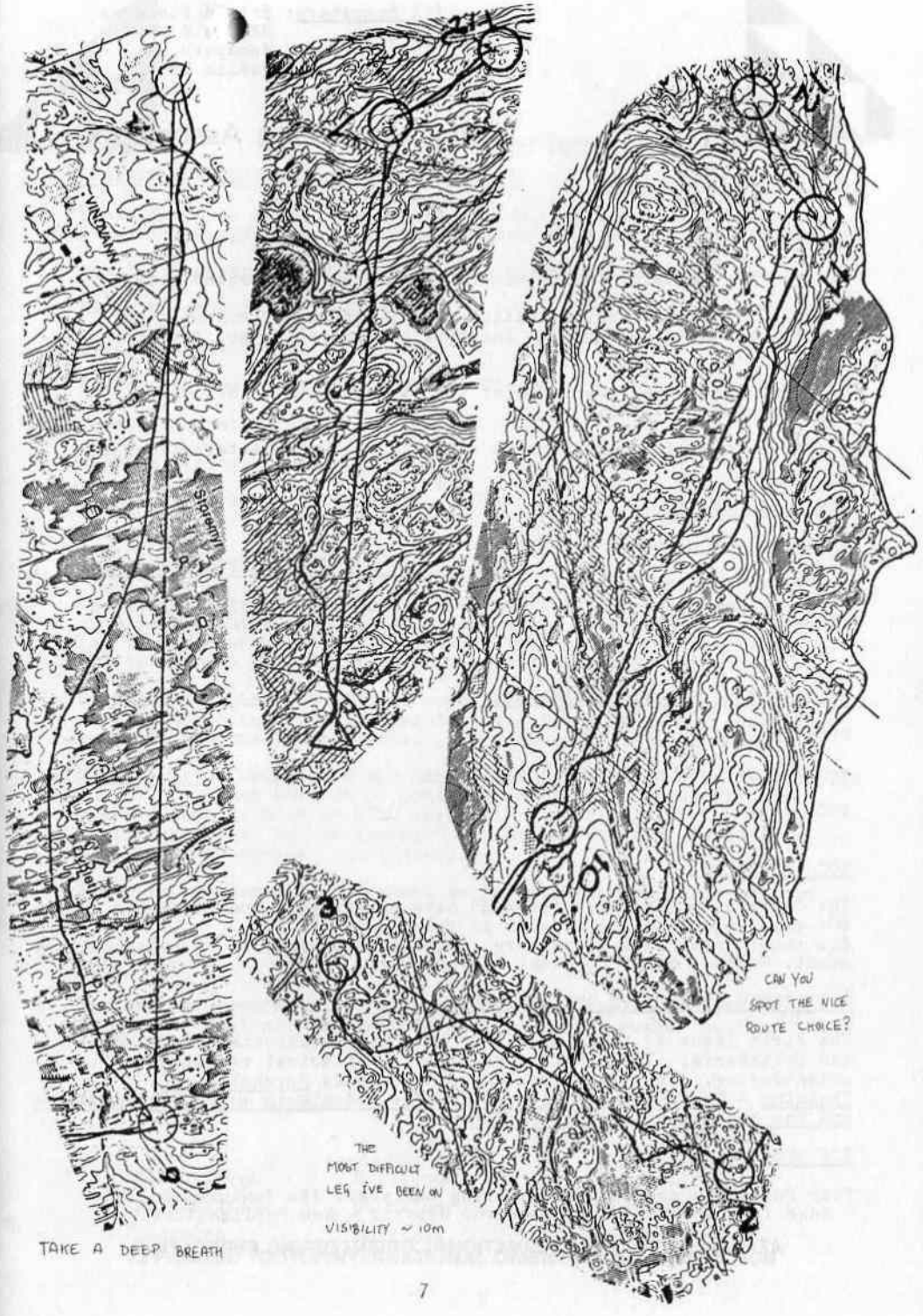
The orienteering was superb. The navigation was always interesting with plenty of boulders, hills, marshes, reentrants, tracks, crags and veg. changes. (Crags up to 5 meters were marked with just the top black line which would be ideal for maps like Glencree and Glendalough). Course planning was excellent for all SIX days. H21E was 9km per day with the climb depending on your route. The continuous up/down wears you out quicker than a straight climb. I was averaging 90 mins, which is a bit longer than the typical 75 mins here (see Eoin Rothery's comment in the last issue).

While the terrain was generally rough but there were no(NO) cutting plants like b-a-b-e- or g-r-e. Visibility was also low, 10-15 meters in places, so trust the map! The one day the forest was open the Irish had their best results.

COSTS: £240 air return to Oslo. Train fares as here but no return specials. However group rates give 25% off, and two constitutes a group! Entry fee £25. Food between 1½ and twice here, except for bare essentials.

Next year's event is near Larvik with a 2-2-2 format. The event can easily be combined with the Swedish 5-days or any number of multiday events. If you want a break Norway is the place for hillwalking / water-sports or even the dreaded siteseeing!





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

Irish Orienteering Association

BULLETIN - SEPT. 1986

GRANTS

We are very grateful to Cospoir for the recently approved grants.

* £3,200 - towards administration costs, equipment, coaching and special projects designed to increase participation and improve standards.

* £2,000 - to cover the costs of the organisation of National Orienteering Day 1986.

* £600 - to assist team members attending overseas internationals.

NEW FIOA OFFICERS

Chairman - Noel Bogle

Secretary - Maura Moran

Treasurer - Colin Dunlop

SELECTION EVENTS FOR SENIOR SQUAD

Provincial Championships

Irish 2 Day

IOC

WOC '85 REPORT

The Organising Committee for WM85 have published a comprehensive 60+ page report on all aspects of this event.
You should read this if you are involved in organising an international event. Contact me if you want to borrow it.

SCIENTIFIC JOURNAL OF ORIENTEERING

The first issue of this journal is out. It is directed at coaches and orienteers. It aims to give a review of actual research in orienteering. This issue covers such items as Psychological Training - Prevention of Injury in Elite Orienteers - Map Understanding and Map Reading Ability in Children

IOF BULLETINS

Four Bulletins are published during the year. Its features include O news from around the World - WOC Reports - New Publications.

Irish Orienteering Association

EMERALD INTERNATIONAL & CONTINENTAL CUP

Plans for this event, a 2 Day and Relay, are now well in progress. It will take place in the Leinster area 30/31 July/1 Aug. 1988.

The IOA have appointed the following officers to run the event.

Event President: Faith White

Event Controller: David Quinn

Assistant Event Controller: Aubrey Flegg

Financial Controller: Trina Cleary

Mapping Officer: Brian Power

Technical Advisor: Brian Watkins IOF

GRANTS FOR OUTSTANDING SPORTSPERSONS

The Minister for Sport, Mr Sean Barrett T.D., recently announced this scheme which aims to help outstanding competitors
(a) to undertake training and competition at the highest level
(b) to compete with distinction in International events.

Successful applicants will be considered for funding for expenses such as those incurred in training away from home and in competing in major international events.

Eligibility-- Orienteers who have recently competed with distinction at home or at international level in the Elite classes such as M21E or W21E may apply for this grant. Priority will be given to mature sportpersons but outstanding juniors will be given special consideration.

Those interested should contact me for application forms as soon as possible.

WM'87

Ireland has been asked to nominate a member for the WOC 87 Jury. Five named national federations each appoint a member to this Jury.

MAP OF THE YEAR AWARD

A	B	C
Glendalough	Hollywood	Killakee
Ballinastoe	St Helens	Gallowshill
Rossmore	Belfield	Tarbet

THE XIII INTERNATIONAL ORIENTEERING FEDERATION CONGRESS

The XIII IOF Congress took place in July at Ry, in Denmark, celebrating the 25th anniversary of IOF in the country where the first Congress was held. Revered founder members told us of the beginnings and aspirations of IOF.

A day's proceedings were devoted to the theme of developing orienteering clubs and everyone participated. Working groups debated and listed priorities for club instigation and development. Paddy Birney (Hong Kong) made a very interesting presentation on the start and development of orienteering there where the Asia-Pacific O-Carnival was held this year. He stressed the importance of their communication and administrative procedures in the Federation and within the clubs.

The IOF Development and Promotion Co_mittee (DPC) is already acting on some of the suggestions and encouraging the spread of good O-ideas. Member Federations are asked to nominate a Development contact person for two-way contact with DPC. A calendar of clinics, development material and activities will be published from information supplied by the contact people.

The IOF Computer Competition winners and their programs were on exhibition. It was possible to try out the programs, two in English and one in German, with assistance and explanation from their creators. A British entry- "The Course Planner's Aid"- was overall winner. Congratulations to Fred Calnan (Cork O) on hos highly commended entry which will form part of the IOF computer program library.

Bengt Saltin, in his presidential address to Congress, emphasised the importance of public relations and the marketing of orienteering. He reminded us of the importance of people who 'sell' orienteering and suggested that we search for these vital workers among our own orienteers.

The USSR Orienteering Federation was formally accepted as a full IOF member. USSR has more than 300 000 orienteers, the sport having started in Estonia and Leningrad in 1958.

Structural changes were made to some IOF Statutes and Council is now to have regional representation, giving more flexibility and efficiency to the IOF Executive Committee.

Access to forests, and their protection, was of concern to Congress and top priority will be given to IOF work with forest matters.

The Pacific region should theoretically host the 1991 World Championships but no country is ready yet, hence other nations were able to apply. On the Congress day Great Britain and Denmark withdrew in favour of Czechoslovakia as they felt it was the turn os CSSR who received a unanimous vote to host WOC 1991.

Orienteering for young people was discussed on the basis of a document of attitude presented by Norway. It was suggested that the competitive aspects of orienteering for children have been heavily emphasised, to the detriment of other needs of children in sport.

Much committee work took place over the Congress week and many useful contacts were made. Happily some orienteering and frivolity went on as well: it was a good and productive Congress week.

Faith White
IOA Congress Delegate.

LEINSTER SCHOOLS ORIENTEERING ASSOCIATION SET TO FOLD

After a long and distinguished career of introducing young people to orienteering it looks as if the LSOA is about to collapse due to lack of sufficient interest from teachers and parents.

The Association, which has run its own calendar of events almost exclusively for schoolchildren, has had its ups and downs in the past, and has always had to face the fact that its most successful competitors will leave to join open clubs, and that -like university and college clubs- it will have a membership of fluctuating quality and quantity.

The Association has for several years relied heavily on the enthusiasm of teachers from a small number of schools, mostly in Dublin, and on parents from those schools, but the time seems to have come when the stalwarts want to take a break from their orienteering, or when the gradual decrease in commitment to the sport has reached the stage where the LSOA can't continue.

The number of senior orienteers who were taken to schools events to start them on their orienteering habit is immense: including Irish champions and other top level competitors. Who is to save LSOA? Are we happy to let it die?

The AGM of LSOA is at Oatlands College, Stillorgan, Co. Dublin on September 24th 1986. Why not go along and see what you can do? It is absurd that with orienteering growing as fast at it is, with six thousand or more coming out on National O-Day, with more competitions than ever before, that the LSOA should be in danger. Perhaps it's the same as with all other O-organisations: the work is left to too few people, and when they drop out the sport suffers. Otherwise the same people are blackmailed into staying on against their will because their consciences won't let them stop working for the sport for fear that it will suffer.

The Schools' fixtures for the coming season are just two:
- September 21st at Marlay Park: acome-and-try-it event
- October 12th at Kilakee.

ORIENTEERING & GEOGRAPHY

It has often been argued that orienteering assisted the study of geography: firstly by making maps familiar and secondly by encouraging people to travel more. This has now been proven to be false.
We have already had the Leinster Relay Championships in Munster (at Kilcooly Abbey in Tipperary) and now we have the Leinster Relays in Ulster (at Rossmore in Monaghan). This is in addition to the Two Day event at Kilsheelan Co. Tipperary, except that the forest is in Waterford. And next year's Connacht Relays are at Finner, Co. Donegal, also in Ulster. I rest my case.

ORIENTEERING AWARDS 1986

Various awards heve recently been announced for 1985:

Nuala Creagh (3ROC) has been awarded the Mactire Trophy for her work with juniors in 1985;

Sean Cotter (CorkO) has been awarded the Silva Trophy for his activities in Munster;

the Map of the Year Award for 1985 went to Glendalough (produced by 3ROC and drawn by Justin May), and the Category B award went to Hollywood. Both these maps were made for IOC '85. The Category C award went to Setanta for their map of Kilakee (Masseys' Estate/ Hellfire Club).

setanta orienteers

Welcome back all you bronzed and brown members after your annual break from Orienteering. Things haven't changed that much since last issue but here is an update on the news:-

Farewell: We say goodbye to Philip Brennan who is off to Australia shortly. We will all miss you Philip but the best of luck to you. If you bump into the wild colonial boy tell him I was asking for him.

Congratulations: Congrats and best wishes to John Kehoe (Set) and Joan Morrissey (GEN) who got married recently. We wish you every happiness in your married life.

Next Event: The next event to be organised by the Club will be held in Mullaghmeen on November 2nd.
Controller - Willie Kee
Organiser - Arthur Green
Assistant Organiser - Richard Flynn
Planner - Denis Deasy

The final of the Irish Orienteer Trophy between 3ROC and LVO and NWOC and Ajax will be run off at this event which will be the last to be held at the venue for some time. This is an appropriate place to put on record our grateful thanks to Faith for all the hospitality she extends to us on our frequent visits to Mullaghmeen.

AGM: The night everyone has been looking forward to with bated breath will be held on October 1st at 20.00 hrs in Rathgar Hall. No need to panic if you feel you won't be able to gain entrance due to the crowds; a large video screen will be erected in the grounds while every member attending will be eligible for the raffle for a new car.

As others see us: We received a nice letter of thanks from Noreen Flood of Drogheda regarding the special event we put on last May in Mullaghmeen for the Girl Guides. Noreen and her companions enjoyed that day very much,even to the extent of telling us 'it was worth every pair of pastel shade trousers and white boots'. Having also experienced the legendary patience, good humour and helpfulness of the Setanta members (I kid you not), she feels that orienteering must be very good for the spirit as well as the body!

Next Quiz: Due to popular demand our next table quiz will be held on November 14th, hopefully at the same venue and with a disco to follow. Details later from any committee member. Teams of 4 at £12 per team.

Scholarship:The club is pleased to announce an orienteering scholarship scheme open to all club members: people who are interested can obtain further details by contacting our Development Officer Bobby Buckley (988815).

NOT THE 9. O'CLOCK NEWS

"Happy Birthday" to Anne and Richard who celebrated their ~~wedding~~ birthdays recently. Can W35 and M50 be far away we ask ourselves?

Willie will be away for most of September on holliers in the low countries: high jinks in low places?

Anne and Mary were spotted recently in Lough Derg of all places. We haven't been able to establish yet whether this visit was caused by (a) a religious revival
(b) secret training
(c) A metaphysical and moving experience (M and M)

Anne has moved flat since last issue and is currently of no fixed abode. Prosecution under the Vagrancy Acts is being considered by the DPP.

Denis, David (GEN) Mary and Anne have returned safely from their exploits in France - Et voyageant, on peut devenir des amis ..... peut être?

Watch the television screens this winter - two of our members have been captured by Channel 4

I haven't mentioned Aubrey or Bobby but then they are at an age when nothing much happens anyway!

Congrats to Mervyn on his new job.

Are you going to the AGM? Don't miss it!

Setanta committee members certainly rank highly on the social scale. Teresa and two male members were seen recently in no less a place than the foyer of the Royal Dublin Hotel holding an earnest conversation. Was this entirely innocent or is some coup being planned for the AGM?

Due to the large number of applicants for the position of secretary at the forthcoming AGM only those with a minimum of 27 points will be called for interview. Applicants with a permanent address will have a decided advantage.
CANVASSING IN ANY FORM WILL DISQUALIFY.

Don't forget the AGM 1st October 8.00pm, Rathgar Hall.

Where will it all end? At the last committee meeting held recently, wine was served with the agenda. For the connoisseur we believe it was Chateau de Flynntoff 1986 (August) or maybe Blue Orienteer. By the time the meeting ended just past midnight (a new record by the way) the committee members, whose heads by this time were lying on the table, were agreeing on every issue (also a new record).

Do "Hannah and her sisters" orienteer in:"Allen Wood(y)"or do the sisters stay at home raising "Caine"while Hannah turns out to be just a palindrome?

Could John McCullough our respected (?) editor be of all things a Kerryman? There is a suggestion now that he and another baby were mixed up in hospital after being born and that he is actually the son of a puck goat farmer living half way up the side of Carrantwohill. The puck goat farmers wife is reported in the Kerryman as saying that she saw Johns photo in the T.I.O recently and he had her husbands "nose and family features". Her own father "Hoppo" had only one leg too,she said.
Extensive blood tests (if they can find any) are being done to sort out the situation.
Perhaps he won't be as disparaging about Capparalea in future!
Could be we will see you in Puck Fair in 1987 John. !

But are any of us safe? Could Jack O'Shea be a Dubliner? Bobby be Seb Coe? Aubrey an Aran Islander? Anne and Richard members of the Royal Family, And horror of horrors could I be Hugh Leonard! Or worse still could Hugh Leonard be me!
Here is a special warning for motorists. There will be severe traffic restrictions in the Rathgar area on the night of our AGM (8.00pm Rathgar Hall October 1st remember?) Alternative route choices should be taken by motorists to avoid long delays.

When asked to comment on the disruption a Dublin Corporation spokesman (Three Rock O-Club) said "well if people choose to live in houses near Rathgar Hall they must expect a disruption like this every 50 years". Our apologies if we have taken this statement out of context!

Any information you want about the disruption can be had from the Met Office on the following day.

C.I.E. will be running a much reduced frequency bus service on the night - expect a bus only every 5 mins or so.

Austin Deasy (Leinster House O-Club) said he could see no problem and felt the likely disruption was being exaggerated. There was no money available to help the motorist, he added.

Dessie (P.D. O-Club) said he would personally reduce the traffic congestion generally to 25%. When asked how he would achieve this, he said he would severely cut public sector motoring. One of the ways this could be done, he said, was to ban the sale of fuel to civil servants. But will civil servants stand (walk) for this?

Hurricane Charlie (Kinsealy O-Club) is expected to fly over the area in his sons helicopter (he's gone off boats a bit) to see the disruption for himself. He will fit this in while en route to Dun Laoire to interview Deputy Andrews about the latters plans to put red lights all over Dublin and legalise them. Surely this would only make traffic congestion worse? Every traffic light permanently at red!And imagine the aesthetic loss to our city; no more beautiful greens and ambers to complement, for example, the "olde worlde" charm of the many chip shops and amusement arcades along O'Connell Street.

Lost also would be the vicarious thrill for many motorists who play the game "beat the reds" (No madam, its not meant to be anti Manchester United) by accelerating through the amber.

LETTER FROM AMERICA

A small party of Irish orienteers stormed the North American orienteering scene this summer with stupendous performances at both the Colorado High-O cum Western US Championships and the Canadian Championships. But nobody took any notice.

The mission of this happy band was to infiltrate the grass routes of US and Canadian orienteering and report on it to readers of TIO. So skilfully was the infiltration accomplished that the unsuspecting locals divulged their innermost secrets without being aware of their error: but more of this Anon.

The first task was to get to Nederland, near Boulder in Colorado, to the aptly-named High-O. The events were to take place at altitudes in excess of 8000 feet in forests in the Rocky Mountains. The event centre, found amid the daily late-afternoon thunderstorms, was a sparsely populated school on a dirt road in a forest. The T-shirt buying started here and finished four weeks later in New York. The event was small, even by Irish standards, with less than 250 runners entered. This was largely accounted for by the relative inaccessibility of Colorado: most entrants from elsewhere were combining the event with a holiday. In addition, all the best runners were in Europe!

The journey from Boulder, 14 miles away, was a tortuous 40 minute drive up a valley with sheer cliffs up both sides and scarcely any straight sections of road. The first day, at Kelly-Dahl Campground, presented us with a smallish map with several distinct hills but no excessive climbing. The A Course was 9.5 km with 385m climb, so it was what you would expect at home. The forest was runnable with few paths, the forest being semi-natural, and with some areas of old mine-workings. The altitude was more of a psychological problem than a real one: running uphill made me out of breath. Half way round the course I realised that this was normal and stopped worrying about it. The heat, which we had all feared, did not manifest itself at this altitude, and running conditions were beautiful: cool and in clear air. My only problem was coming on a large unmapped clearing near my control and thinking I was somewhere else. At the end of the day I was lying 4th, with Ronan Cleary a few places down. The ladies, Julie and Nora, were - much to my/their delight/surprise/disgust - in the lead in their respective classes.

The conditions on Day 2 were similar: The only funny thing about the map, "Observatory", was that the University of Colorado's High Altitude Observatory, which gave the area its name, had thoughtfully been removed just before the competition. Everything went well until number 12 when I ran into a large unmapped clearing 50m from the control, thinking I was in a large mapped one nearby: my language was mild in comparison to some others I heard there. At least I added some new words to my vocabulary. I remained in 4th place, Ronan remained a few places down, though better than yesterday, and the two ladies fell to second place, some of the other leading women resorting to taking controls out of order, which is taken to be part of the game, it seems. The forest was similar to Day 1: runnable open coniferous wood. You certainly wouldn't be aware that you were running at altitude. Much praise went to the organisers, Rocky Mountain OC, for their choice of area: certainly, they picked some of the most runnable forest I've been in since JK'86: it could have been like a bad Swiss area if they had chosen otherwise.

Some weeks later I ran one day of the Canadian Championships at Lac Tamaracouta in the Laurentian Mountains, about 40 miles from Montreal. The rain poured down, I missed my start time by 30 minutes, and I had an otherwise appalling run: my worst for years. Enough said - but another country notched in my compass. If you ever run there, remember that white forest equals walk!

John McCullough.

JUNIOR AFFAIRS

FORTHCOMING EVENTS:

The next three months are going to be busy, so get out training and be prepared. No one can be expected to get to every event around the country, but, with a view to future selection and ranking as well as experience, remember that as well as the Irish Championships in Spring you should take part, at the very least, in your own provincial Championships and if possible in the Irish Two Day. Any serious contender will also try to get to other provincial Championships as well, at least the older of you. For selection, remember that not only special events such as this year's at Ballyhourigan on September 14th, and recent form, but also past performance and experience will count.

If you have any time left over from all this and study, don't forget to get involved in helping in your own clubs' events and on National O-Day.

SUMMER ACTIVITIES:

Congratulations to Jenny Russell (W10) on coming second at the Mammoth weekend in the Lake District in August. All those taking part in the French 6-Day survived with respectable results. Darina and Eamon found their coaching course at the Craigavon School of Sport in July very helpful: Darina reports on concentration on techniques- improving their own and learning new ones. Rory took part in the World Student Championships in Hungary and is to let us know more of his experiences there.

JUNIOR HOME INTERNATIONAL:

Scotland, October 11th and 12th.
***** Would anyone who feels that he or she might be in line for selection for the above event but who will not be available, please contact me immediately. Sorry that I have been unavailable recently, our telephone has been out of order.

Nuala Creagh, IOA Junior Affairs Officer.
Dun Chuilinn, Rockbrook, Dublin 14. Phone (01)934982.

** Read also Una Creagh's letter about the French 6-Day **

SETANTA NEWS continued:

Dick (Labour O-Club) felt that P.A.Y.E. was the answer to the traffic problem in the city. When asked what had traffic to do with income tax, he said this P.A.Y.E. had nothing to do with tax; rather it stood for "Pay as you emigrate" and would work as follows. As many car owners as possible would be "encouraged" to emigrate: this of course would immediately reduce the number of cars on the streets. In addition each emigrant would pay a substantial levy (like the Leinster Association levy this year) which would immediately be spent on building more motorways and other facilities for the few motorists remaining. For example work could start immediately in pulling down St. Patricks Cathedral to make way for the planned 10 lane carriageway. He was confident, he said, that in a very short time all our traffic problems would be permanently solved. "I myself will probably emigrate soon anyway" he added "as my present job seems to be fast coming to an end". He will probably go to France as he prefers driving on the right. "I find it difficult to drive on the hard left side of the roads in this country where many of the drivers show militant tendencies". "In addition," he said, "the roads are so bad here that all the Springs in my car are under constant stress!"

Anyway I do hope the problem in Rathgar will turn out all right on October 1st, otherwise the Taoiseach may have to cut short his holidays and inspect the area personally.

THOMOND ORIENTEERS

ThO

BURREN WALK

As is by now traditional Thomond Orienteers ended the Summer (?) or, perhaps more accurately, re-started the Orienteering season with the Annual Burren Walk on August 30. There was a new format this year, the Walk was on the Saturday and the Orienteering on the Sunday. Whilst some missed the leisurely drive to Fanore on the Saturday, the great majority welcomed the leisurely booze-up, meal, chat or what-have-you after the event.

The Walk attracted 197 participants from all parts of the country and a few from outside and, of course, ThO laid on the usual good weather. The runners were not as evident this year - the late night or early morning may not be good for the legs! - but Justin May managed to struggle around the B course in less time than it would take most people to do the C. For the record (and it was) his time was 68 minutes. Justin already holds the record for the A Walk of 1 hr, 52 mins 45 secs.

To rub it in, Justin won the 'King of the Mountains' Orienteering event in the Rabbit Warren on the Sunday. David Weston was a close second only 35 seconds behind.

INTER-FIRM LEAGUE

The Inter-Firm League run this year for the second time was another success. Numbers at the four events varied from 65 to 115 but with enthusiasm rising to the 115 on the last night further events would probably have drawn even larger numbers.

Howmedica took the League very seriously, having more than 20 out most nights, and they deservedly won the team award. Aughinish Alumina Ltd won the total points award. On the individual courses Pako won the Mens, Wilo won the Ladies and Howmedica won the 'short mixed'.

The League is obviously now part of the local calendar and should go from strength to strength in future years. It has attracted many people to the sport in the Thomond area and a few good workers too - our present secretary found Orienteering in last years League.

MAPPING

Mapping of Sallybank is almost completed and will be ready for printing in about a month. It is hoped to print it with a re-printing of Gallows Hill. Knockaphunta progresses slowly!

SWEDEN

Gay Dunne spent some weeks in Sweden improving his orienteering techniques. Although he commented that nowhere in Ireland had he seen so much 'green' mapped as 'white', we still expect great things from him this season.

Ken Shaw

3ROC

THREE ROCK ORIENTEERING CLUB

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

"Summer" is over, as if it ever began, and our thoughts once more turn to orienteering. The French 6-Day was attended by 14 club members and congratulations to NUALA CREAGH on her 3rd PLACE overall after the six days - a great achievement. For the rest some had good days and not so good days but nothing spectacular. John McCullough and Julie Martindale had 4th and 2nd place respectively in the Colorado High'O'- well done, both of you.

As most of our summer migrants return to Ireland a number of club members are on the move. Bill and Aileen Hallowes are off to Australia; Gordon Parker has gone to London and Ronan Cleary moves there at the end of the month from New York; Brian McElduff goes to Austria - we wish them all success in their various endeavours and hope that they will keep orienteering.

Training takes place each Wednesday evening, 6.30 p.m. in Marlay Park (Car Park on College Road). We move back to Oatlands College (Stillorgan) on 1st October - still at 6.30 p.m. Please make an effort this year to join the training run -it really is good for you!

National Orienteering day is on 5th October. We need a lot of volunteers to help out on the day at Phoenix Park: in addition to the hundreds of beginners we expect 500 scout cubs as well! Please offer your help as soon as possible so that we can make the necessary arrangements. Just ring Ted McGrath (955020), Michael McAuliffe (982315) or John McCullough (956198). The planned Kilmashogue event has been scrapped since we can't get a Forestry permit.

We are running a colour event in Hollywood (Village) on 12th October. Again lots of help will be needed in the running of this event. We are running the Leinster Championships on 23rd November on Carrick Mountain. Please keep this date in mind - help will be needed both before and on the day. John McCullough (956198) is the man to contact for both these events.

Leinster Relay Championships on 21st September - have you given your name and appropriate fee to John McCullough. If not, do so immediately. Northern Ireland Championships are on Saturday, 27th September and will be held on Slieve Croob, venue for IOC '86.

Mapping continues. Nuala Creagh (934982) is looking for volunteers to complete the Pine forest survey - can you help?

By the time you read this we will have celebrated our 10th Anniversary with the "fun" event in Hollywood Glen and the get-together afterwards. We hope you enjoyed the day and we look forward to the next ten years.

The next round of the "Irish Orienteer" Trophy will in fact be a 4-way Final. The venue is Mullaghmeen on 2nd November and taking part will be Lagan Valley, North West, Ajax and 3ROC. Once again we will need as many as possible to take part - we are the current holders of the trophy. Definite date for the Diary - SUNDAY, 2nd NOVEMBER, MULLAGHMEEN.

Best wishes to David Larkin and Patricia Murphy on the occasion of their marriage this month; and to Joss Lynam - Get Well Soon.

Congratulations to the Nowlans on their new addition, too!

OBIT: DEATH, DECEASE (OF A PARTICULAR PERSON), AN OBITUARY NOTICE, FUNERAL RITES OBSEQUIES, A YEARLY OR OTHER SERVICE IN COMMEMORATION OF, OR ON BEHALF OF THE SOUL OF, A DECEASED PERSON ON THE ANNIVERSARY OR OTHER MIND-DAY OF HIS DEATH

O-BITS

O'CLEIRIGH WINS MAMMOTH

Your first reaction might be "Where will he keep it?" or "I thought they were extinct", but reliable sources report that Curragh Orienteerers star Aonghus O'Cleirigh has beaten a top-class field to win the major British competition in the Lake District in August. This follows a series of good results in both Sweden and Norway over the summer. He is now preparing for the World Military Orienteering Championships in Switzerland from 29/9 to October 4th at Chur.

TIGLIN PHONES

Due to reorganisation of phones in the Wicklow area the number for Tiglin Adventure Centre has been changed by the addition of a zero, making it 0404-40169. The address remains the same: Tiglin Adventure Centre, Ashford, Co. Wicklow.

COMPASSSPORT SUB UP AT LAST

Increases in British postal charges for material addressed to Ireland mean that the cost of CompassSport magazine for Irish subscribers is going up to IR£10.50 for those who renew after October. Irish post is now to cost the same as Europe rather than the same as Britain as before. This is still a concessionary price, although further postal increases will be reflected in subscriptions in early 1987.
Renewals prior to October will be at the old price of IR£9.25.

THINK YOU'RE A GOOD JUDGE?

If you fancy yourself as a judge, why not apply to IOA to have your name considered as a jury member for the World Champs in France next September?

If reports of the French 6 Day are any guide, you could be in for a rough ride, though!

PLATT ETUDES

US World Cup team member Mikell Platt (with whom your Editor shared a dormitory at the 1978 Swedish O'Ringen when he (Platt) was but a callow youth. But I digress...)found a Chink in the armour of the French 6-Day (much maligned) when he decided to go for a training run during one of the events preceding the World Cup itself. Platt decided he'd had enough for one day and filled up his control card with the same punch all the way through. At the finish he was hailed as the victor because of his very fast time, and strenuous efforts were made to present him with trophies etc: evidently the organisers thought it wasn't worthwhile to check the cards of the finishers, even of the winners.

IOF PUBLICATIONS

Two interesting offerings from the International Orienteering Federation have recently been issued:
'IOF 25' is a souvenir Jubilee edition of the IOF Report celebrating 25 years of the IOF. It contains many articles on the history and development of orienteering, with lots of pictures. Well worth buying.

'Scientific Journal of Orienteering' This is the second edition of the journal and deals with the proceedings of a training symposium held in conjunction with the 1985 World Championships. Some of the papers are interesting enough but the whole thing is fairly esoteric. Good for Mastermind, however.
Details of both from IOA Sec. Brigid Flanagan, 38 The Glen, Woodpark, Dublin 16. (01)980928.

ORIENTEERING IN MEATH

A new orienteering club is starting in Co. Meath under the guidance of ex ECO man Willie Quinn. He is reluctant to call the club 'Trim O' but may yet see the value of a catchy name. Petition him at Porterstown, Trim, Co. Meath. (046) 31770.

EMERALD INTERNATIONAL

Preparations for the event, which includes the Continental Cup (European Championships) are underway: Faith White has been confirmed as Event President, as have David Quinn (Controller), Aubrey Flegg (Assistant Controller) and Trina Cleary (Treasurer). The event will be at the end of July 1988 in Wicklow. BOF's Brian Watkins has already visited some of the proposed areas and all seems set to go ahead.
There was no Con. Cup this year because both France and West Germany failed to deliver on their promises of the event.

MEMBERSHIP CARDS

IOA proposes to introduce membership cards for all Irish club members at the end of this year. The cards will be given to clubs in exchange for annual affiliation fees. The cards will enable club members to get cheaper entry to events than non-members, and should enable IOA to get a better picture of the true scale of orienteering here. Cards will be valid for one year, or a bit more in reality: October to December the next year.

RTE AND ENVIRONMENT

A new RTE television programme dealing with all aspects of the environment is starting this Autumn. We haven't yet been told what it will be called, but it will include reports on forestry, wildlife, pollution and planning laws: all of interest to orienteers.

KILMASHOGUE OFF

The National Orienteering Day come-and-try-it planned for Kilmashogue Wood, near Dundrum, has had to be cancelled. The Department of Forestry is not granting permits for orienteering in the area for the foreseeable future. No reason for the ban was stated although it has nothing to do with orienteering, we are told. The nearest other events are Marlay Park and Larch Hill.

COSPOIR GRANTS

Cospoir (Sports Council) grants to aid the Irish Junior team travelling to Junior Home International and other competitions have been received by IOA. Details of grants available to individuals for travel will be published in the Junior Affairs page at a later date.

Cospoir have also announced a scheme of grants to assist top level competitors in all sports to train and travel abroad. The grants are expected to go to athletes (that's what orienteers are too, you know!) to enable them to survive without working: to train full time. If you can convince Cospoir that you have to train in Scandinavia, then off you go. Details from IOA.

EVENTS ABROAD

Some dates for your diary include:

October 12-13: Junior Home International.
November 15-16: Senior Home International, Trossachs, Scotland.
July 1987: European Junior Championships, GB. (M/W 19-20).

IRISH ORIENTEER TROPHY FINAL

The 1986 Irish Orienteer Trophy Final will be a four-way match at Mullaghmeen, Co. Westmeath on Sunday, November 2nd. Clubs taking part are the holders Three Rock OC, last years semi-finalists North West OC, and AJAX OC from Dublin and Lagan Valley OC from Belfast. Courses for other runners will also be available.

ORIENTEERING AT TIGLIN

Orienteering Instructors Assessment on Sept. 30-Oct.1.
Orienteering Teacher's Award on Oct. 26-27.
Orienteering Leader and Instructor Assessment on November 28-29.

Mountain Rescue courses on Oct.11-12 and December 6-7.

Details from Barry Dalby at Tiglin Adventure Centre, Ashford, Co. Wicklow. (0404) 40169. (New phone number).

ORIENTEERING FIXTURES 1986

September

21	ROSSMORE	Monaghan. Leinster Relay Championships. ECO organised. Entries closed Sept. 1st. GR H 66 32. Several lakes and small hills in this forest park. Used for '85 'Cross Border' 2 Day. Beware black lines around lakes: not roads!
21	GLENBOWER	Killeagh, Co. Cork. Cork O Grade 3 colour event. GR W99 77
20/21	MOURNES	Andersons Mourne Mountain Marathon. Pre-entry. Contact Denis Rankin, 18 Cranmore Gdns., Belfast BT9 6JL. Phone (084)660389. Tent, rucksack etc require. Team of 2.
23	CORK	Street O, Mahon Peninsula. 5.30-6.30 pm. Atlantic Pond Marina. Cork Street-O League. Cork O.
27	CARRIGNAVAR	Co. Cork. Cork Schools event in school grounds. New map. GR W 68 82. Approx. 7 miles north of Cork City.
27	SLIEVE CROOB	near Ballinahinch, Co. Down. NI Championships. Run by LVO on the IOC 86 area. Entry form in last TIO, entries closed Sept. 8th. Excellent area of open mountain, fast underfoot...at least in April. GR J 32 47.
28	MUSHERAMORE	near Millstreet, Co. Cork. Cork O Grade 1, Munster League event. GR W 34 85.
30	CORK	Bishopstown street event. Dunnes Shopping Centre. Cork O. Start 5.30-6.30. Grade 3. League.

October

5	NATIONAL ORIENTEERING DAY: see separate notice. Come-and-try-it events in counties Cork, Dublin, Galway, Kerry, Kildare, Limerick, Longford, Meath, Offaly and Wexford. Go and help.	
11	CASTLE ARCHDALE	Co. Fermanagh. LVO NI Ladder event. GR H 17 58. Note change of venue from Florencecourt. Nice area.
12	BALLYVORISHEEN	Co. Cork. Cork O Grade 2 event. 12 miles north of Cork City. Cork League event. GR W 69 85.
12	GALLOWS HILL	Cratloe, Co. Clare. ThO Grade 1 event. Just west of Limerick. GR R 50 61. Nice open, reasonable forest. If you have time look at the views over the Shannon.
12	GLENBOWER	Killeagh, Co. Cork. Schools league event. GR W 99 77.
12	HOLLYWOOD	Co. Wicklow. 3ROC colour event. GR N 94 06. Forest used for IOC 85 relays. Winner of Category B in '85 'Map of the Year' Award.
12	MUCKROSS	Killarney, Co. Kerry. Kerry Orienteers Grade 3 event. GR V 97 85. More spectacular views to be seen.
12	RAVEN'S ROCK	Glencree, Co. Wicklow. AJAX Grade 2 event. GR O 18 17. Near Knockree on the N side of the glen. Parking limited.
12	ROSTELLAN	near Whitegate, Co. Cork. Lee O Grade 3 event. GR W 88 67
18	MUNSTER CHAMPIONSHIPS	Green Wood, near Kilfinnane, Co. Limerick. New map on the east end of the Ballyhoura Mtns. Cork O. Entry form enclosed. Closing date Oct 1.
19	MUNSTER RELAYS	Green Wood, Kilfinnane, Co. Limerick. GR R 69 22.
25	GORTNAMOYAGH	Co. Derry. NWOC Ladder event. GR C 76 13. LVO Champs also.
26	SAGGART	Co. Dublin. AJAX new map overlooking the Slade valley. Grade 2, league+badge event. GR O 04 25.
26	ARDNAGEEHY	Watergrasshill, Co. Cork. LeeO Grade2 Cork League. GRW7588

October

31	CRAWFORDSBURN	Bangor, Co. Down. LVO Halloween Night Event. Start 6-7 pm. GR J 44 81. The normal diet of carrots is being supplemented with turnips tonight.

November

2	KILAVULLEN	Co. Cork, east of Mallow. BVOC Grade 1 Munster League event. GR W 65 98.
2	WOODLAWN	Co. Galway. UCGO Grade 2 event. GR M 68 31. Flat, fast forest convenient to railway. Check timetable before getting your start time!
2	MULLAGHMEEN	Co. Westmeath. Near Finnea. SET event for the Irish Orienteer Trophy competition: AJAX v NWOC and 3ROC v LVO. GR N 47 78.
8	IRISH TWO DAY 1986:	Comeragh Mountains. Co. Waterford. Entry form enclosed. Event centre is Clonmel. ECO and Curragh.
9	IRISH TWO DAY 1986:	Kilsheelan, Co. Tipperary. Pre entry by OCT 1. The day 2 forest is actually in Co. Waterford. The event is called "The Irish Bianconi Two Stage Orienteering event", just to clarify everything.
9	CURRABINNY	Co. Cork. near Carrigaline. Cork Schools league event. Grade 3, GR W 79 62.
15	SOMERSET	Coleraine, Co. Derry. NIOA Night Championships. Run by NWOC. GR C 74 30.
16	WARRENSCOURT	near Crookstown, Co. Cork. GR W 3967. Cork O Grade 3 Norwegian event.
23	LEINSTER CHAMPIONSHIPS	Carrick Mountain, Glenealy, Co. Wicklow. 3ROC. GR T 23 94. Entry form enclosed. Closes Nov. 10.
23	DRUMLEAGH	Co. Tipperary. GR R 87 25. LeeO Grade 2 Norwegian event. Forest on the N slopes of the Galtees, in the Glen of Aherlow.
23	KINSALE	Outdoor Education Centre, Co. Cork. No info as to whether this is a course or an event, or what. Contact Pat Cadogan (021-44504)
23	GARRETTSTOWN	near Kinsale, Co. Cork. Cork O Grade 2 Cork League event. GR W 58 44.
23	BALLYGAR	Co. Galway. Custume OC Grade 2 event. GR M 78 52. Colour event. 3 courses:8/6/2 km. The pre-event publicity says "ideal for the tough orienteer".
29	TOLLYMORE	near Newcastle, Co. Down. LVO event, NI Ladder. GR J 3532
30	CRONYBYRNE	near Rathdrum, Co. Wicklow. AJAX Grade 1 LOA Badge event, postponed from June. GR T 19 92.
30	KINNITTY	Co. Offaly. Grade 2 event run jointly by Custume and Slieve Bloom OC. GR N 21 05. Avoid deep gullies.
30	ROSTELLAN	near Midleton, Co. Cork. CRTCO Grade 2 Cork League event. GR W 87 66. Not to be confused with Rostellan near Whitegate, GR W 88 67 (see October 12th).

December

7	BALLINASTOE	near Roundwood, Co. Wicklow. GEN event.
7	BLARNEY	Castle Grounds. Munster Schools' Championships.
7	WATERGRASSHILL	Co. Cork. UCCO Suzy Whiting Memorial event.

AJAX Athletic Hill Running and Orienteering Club

September is here and with it a new season. The start of a new season is an appropriate time to take a renewed interest in our sport. AJAX are calling on all members to put their all into the club this season. We have a fine list of events coming up at which all members are expected to help - controllers, planners and organisers have not yet been singled out so if you feel even slightly the slightest urge to take on some responsibility now is the time to do it!

The organising of events can be as rewarding as compet ing, the only problem with organising arises when the work load is placed on the same people all the time. It loses its charm (?). Also remember that the map-making and organising end of things can do wonders for the compe titive side.

The beginning of a new season is also an appropriate time to encourage new members to join. AJAX membership rates are nominal when the benefits are considered. Senior/Family - £5;

Junior/Student - £2.

For further information on joining contact the secretary at the 11 Sweetmount Park, Dundrum, Dublin 14. Phone 983831.

A general meeting for all club members will be held in October. This is to facilitate members to find out where the club is going and to make some constructive suggestions. A good attendance would be greatly appreciated as we would like everyone to get the most out of the club. All members will be notified about the meeting shortly.

Now to take a look back on the summer's orienteering. International

travel this year was not as voluminous as it has been in past years. No doubt due to the fact that it is a non-Scottish 6-days year. Orla and Tara represented AJAX at the French 6 days and Orla continued on to the Swedish 5 day and the student world champs in Hungary. Rumour has it though that after the controversial selecting of teams for this international competition (held in great esteem outside Ireland) full teams did not travel. This was not because of the unwillingness of the selected reserves to travel but because knowledge that team members did not intend to travel did not reach the reserves at a reasonably early date to facilitate making the necessary arrangements. Whose responsibility is this? -surely not the team members and reserves! Does this not call for a team manager or appointee to take care of such matters? Is Ireland to continue to show a disorganised face to international orienteering? Other members that we have heard competed during the summer are Michele in Wales and England and possibly Deirdre in the States somewhere. Hope everyone did us proud!

Lastly good luck in the coming season and remember to keep in touch and that your help is badly needed at the events listed below.

-Tara Horan (Secretary)

Oct 5	National 'O' Day	-Marlay Park -Larch Hill -St Anne's Park
Oct 12	Ravens Rock	
Oct 26	Saggart	
Nov 30	Cronebyrne	

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 Luthcleas na hEireann applied for.

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

Future GEN events

Sunday, 14 September:	Brockagh: A line event planned by Andrew Bonar Law and organised by David Quinn. To secure exemption from the 10 per cent. LOC levy this event has been designated as the "1986 Brockagh Line Championship".
Sunday, 6 October:	"Orienteering for all events" at Donadea (organised by Michael Hewson) and Carraigolligan (organised by Diana Large).
Sunday, 7 December:	Ballinastoe (details in future issues of T10).
December:	GEN AGM: following the success of last year's innovation, admission will be restricted to paid up members and prot ges of the Chairman.

Congratulations

- To Aidan and Catherine Keys and Tom and Wyn McCormack on their new arrivals.
- To David Quinn on his appointment as Event Controller for the 1988 Continental Cup. David also recently successfully performed his first parachute jump; we expect new record times in Brockagh.
- To Joan Morrissey on her recent nuptials.
- To Andrew Bonar Law on saving all the hay in the back field.
- To those GEN members who intend to continue orienteering despite their experiences at the French Six Day.

Irish Ranking List

GEN members are automatically included in the ranking provided they enter the selected events. Clubs have been asked to advise their members to use the same Initial (one) and Surname for every event! Further details and any queries should be directed to Faith White, The Lake House, Crookedwood, Mullingar, Co. Westmeath. (Please send an s.a.e.).

Leinster Relays 21 September, 1986, Rossmore, Co. Monaghan.

Maura Thornhill has entered GEN teams for the various competitive classes. If you would like to be included in a team please telephone Maura (985282). Family Ad-hoc teams can be entered on the day.

Future relay events

The Committee would appreciate if in future club members wishing to be included in relay teams could inform Maura Thornhill well in advance of the entry date.

6 JOURS DE FRANCE 86

The following is a personal account of the "6 Jours de France 86". They are my own impressions and experiences over the six days. Stories of the Bordeaux Event two years previously seemed to indicate the prospect of superb orienteering and so I entered the D.40 class and looked forward to the excitement and challenge of a multi-day international competition.

The event was taking place in two centres, the first three days in Dijon and the second three days in the Vosges Mountains. Both are wine-producing areas, an attractive prospect at the best of times. The lack of information prior to our departure for France gave rise to some disquiet, but we duly presented ourselves at the Palais des Sports, Dijon, and got the plastic bag of information. Accommodation was good, near the centre of Dijon and we eagerly read our programmes to find out the orienteering areas and our start times.

A 99 km drive to the Day 1 venue in scorching heat was not a good omen. To start with, the signposting in and around Dijon was only for the eagle-eyed, but we arrived in good order and were parked very near the finish area. Flags flying, club ensignias, colourful 'O' gear all added to the general excitement. With a 10.51 a.m. start I hoped to be finished before the heat of the day. All too soon I was standing, waiting for the off, studying the sample map of "Le Pommoy". The area was described as very technical terrain - except in my corner of the map. The 8 controls were sited near tracks or paths, not very difficult at all. I was amazed at the number of competitors who seemed to be hunting in packs. I was asked where I was on numerous occasions and actually had my map snatched out of my hand at one control. A small elderly man demanded to know exactly where he was - I wanted to tell him where to go! A short time later a very tearful little girl asked for help and having sent her on her way continued on mine to the finish. Overall I had little difficulty locating the controls, a lot of difficulty with other competitors and generally felt disappointed both with the course planning and with the map.

Day 2 could only get better - well, it was only a 44 km drive there. We parked at the bottom of a large quarry, and all the time the rain poured down. I was soaked going to the start, we were in the middle of a thunderstown; I dried out in the forest and got soaked again walking back to the car after I had finished. "La Serre" was a map of little black noughts and crosses. Panic set in when I realised I had three of these black circles as control sites. The control descriptions were equally obscure - ⊗ - well do you know what they are? The first one was in a flat area of runnable wood, no feature, just a control with the required code. The second had a tree stump sort of near it, while the third had two branches artistically arranged close by. Again, my course lacked imagination and in my opinion the map was poor. Tracks and rides were haphazardly mapped and the vegetation ill-defined. I ran the usual gauntlet of "lost" people but I hardened my heart!

Day 3 and only 7km to get there. The day was cold and overcast as we parked in a rough meadow. According to the programme it was 2 km from the car park to the start. There was no mention of the climb, nor the fact that they used a crow to measure it. I left in plenty of time for a 2 km walk and had to run the last 500 metres. Chaos reigned at the start area with a long line of extremely angry competitors in the late-start area. "La Cote" was a map of shades of green and yellow. Control 1 was a stone painted blue and red, no 2 was a "bingo" control and no 3 was in a badly mapped area. I never got to no. 4. I twisted my foot badly and had to retire. Again the D.40 course was uninteresting, while paths, tracks and roads, whatever their size, were given equal definition on the map.

The circus moved from Dijon to Raon L'Etape in the Vosges. The training map proved inaccurate but we did discover what the little black circles were, only now they were little brown circles. They are charcoal burning areas. And how do you know they are charcoal burning areas? Well, you rub away the leaves and if the ground is black - voilá; if the ground is brown, you are lost. Our accommodation was in St. Dié, about 16 km from Raon, not quite as modern as in Dijon, but interesting, not to mention the three-legged cat.

Day 4 started and finished near the Event Centre in Raon L'Etape. With foot well strapped up I hobbled out on "La Basse des Corres Raon L'ETape". The forest was nice but once again my course was monotonous. This time there was practically no route choice most of the time, just paths and tracks. Eventually to relieve the boredom I decided straight-line navigation might be interesting, especially as various shades of green vegetation had to be traversed. Found all controls with ease and finished in a reasonable time despite the injured foot.

After the fiasco of Day 3 (distance and time to the start), we were warned that although it was only 1 km, it was vertical! From the car park we could see an unbroken line of people wending their way up the hill. Well, at least with only 75m climb on my course, it was obvious that I would do all my climbing on the way to the start, have a nice run round the forest and a long downhill to the finish. The first and last assumptions were correct - I got the middle bit wrong. By now I had perfected the hobble and could move quite fast. "La Trapin des Saules" looked to be very steep especially around my neck of the woods. As I climbed the 130 m on my way from 7 to 8 I wondered about the 75 m total climb for the day. All in all it proved to be an unusual day's orienteering for me. The map was the best so far and my course looked interesting. At control 3 I discovered I had a follower up to no 4. At no 4 my little following increased to two and by no 5 I had three gentlemen on my heels. The D.40s and H.55s were sharing the same course that day. I felt like the Pied Piper. Even a stop to help yet another tearful child failed to dislodge my retinue - they waited patiently in a line behind me! I misled them going to the second-last control, I was determined to finish before any of them and I did. Despite the distractions I enjoyed this day very much, the terrain was very "Irish". By the way, I checked it out and in order to have a 75 m climb I would have had a 9.5 km route on a course length of 4.7 km. How's that for an optimum route!

Day 6 was run in conjunction with the World Cup and we all expected great things. The sun shone, the car park overlooked the finish and the setting was delightful. Early starters brought back tales of rough going, huge boulder fields and difficult vegetation. Bearing in mind my injured foot I started carefully and it was extremely rough. Negotiating the boulder fields required care, while navigation in some sections of the wood was extremely difficult. Having to move slowly I seemed to be able to unravel the confusing details on the map without much delay. The route from 5 - 6 was through the forest but I had to chose a long uphill/downhill road route as the forest appeared to be very rough although marked as runnable. Imagine my amazement to find that I had an extremely good time and in fact finished in 22nd place for that day. The forest between my 5 and 6 proved extremely difficult and my enforced long route proved the quickest - a clear case of the longest way round is the shortest way home. Being a "World Cup" map I thought it would be a much better map. My actual course was well planned -probably the best of the six days, but the roughness of the forest somewhat marred the overall effect.

It wasn't all bad. The whole competition was mediocre. The organisation in Dijon was good and the maps were bad, while the organisation in Raon left a lot to be desired but the maps were much better. Dijon and St. Die were lovely places, the food and wine superb and the company excellent. However, it is Scotland for me next year.

Trina Cleary

*** THANK YOU to all those who contributed to this issue of TIO, especially by writing event reports or articles. Unsolicited material is always especially welcome: thanks, Brian and Tara and Padraig.

JMc

The Sprained Ankle – *AND TAPING IT!*

by Björn Salomonsson

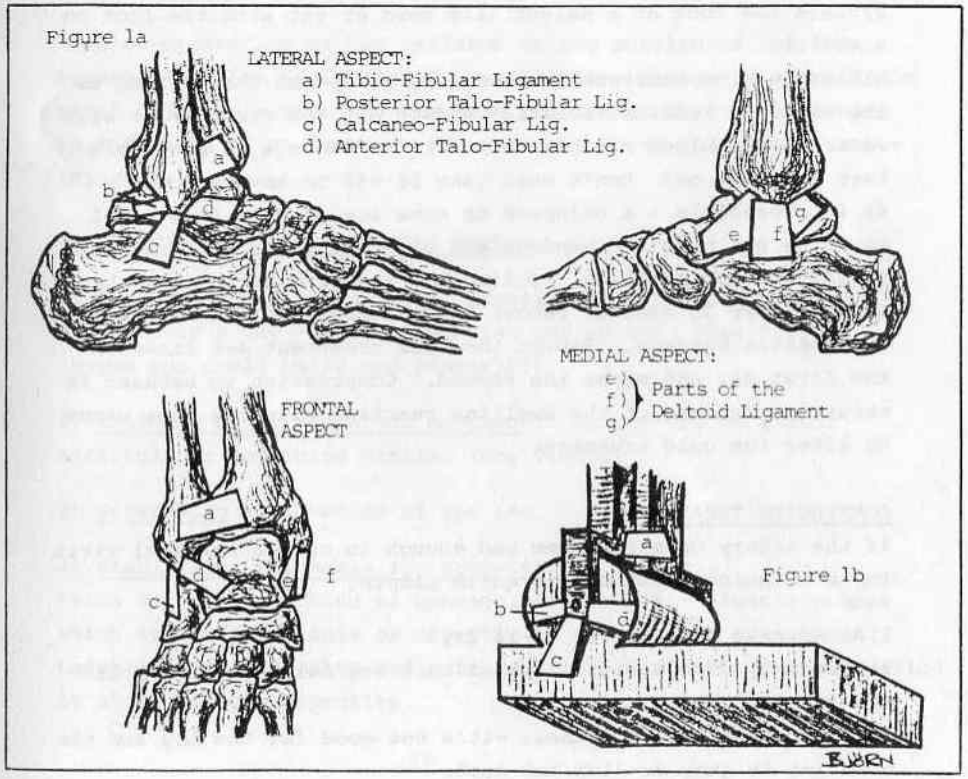
PART ONE

THE JOINT OF THE FOOT - THE ANKLE

The ankle could be seen as a kind of fork moving over a roll and kept in place by ligaments, both on the lateral and the medial side of the foot. Thus the joint easily moves in a direction from the heel to the toes, but not sideways. (See fig.1b)

If the foot is forcefully tilted and flexed over its limits, the ankle may be sprained. That is one or more ligaments is torn, either partially or totally (totally in about 75% of the cases). In 95% of the cases the tear occurs on the lateral side, most often the anterior Talo-Fibular ligament only.(See fig. 1a) More seldom on the medial side where the ligaments are stronger and tighter, and where we use less flexibility.

Figure 1a



THE INJURY

The torn ligament can usually be located from the site of the swelling and the miscolouring, and by palpating a gap on the site of the ligament (compared to the uninjured foot). The joint may also be unstable. If there is: discolouring from bleeding, swelling and soreness, one can always consider it as a torn ligament.

In a Swedish study of the acute injuries in orienteers, more than 5o% were sprained ankles, but seldom of a very severe nature.

THE TREATMENT

Acute treatment: In order to inhibit and reduce the bleeding and the swelling.

1) If possible - stop all activity, this will reduce damage and shorten the healing time.
2) Place the foot at a height (lie down or sit with the foot on a chair).
3) Bandage - to compress the swelling - kept on for as long as the swelling remains (Elastic bandage not too tight oR it will restrict the blood circulation). If no bandage is available keep the shoe on! Don't even take it off to have a look.
4) if accessible - a coldpack or some ice wrapped in a towel could be put over the bandage and onto the injury. Besides inhibiting the swelling, cooling the injury also soothes the pain. After 3o minutes remove the coldpack and keep on the compression bandage. Repeat the cold treatment 4-6 times on the first day and maybe the second. Compression in between is necessary because of the swelling reaction when the foot warms up after the cold treatment.

CONTINUING TREATMENT

If the injury does not seem bad enough to need a hospital visit the continuing treatment is quite simple.

1) An elastic bandage for lo-14 days
2) Rest only from activities that hurt (eg Swimming and cycling are usually okay).
3) If necessary use crutches, -it's not good for the hip and the good leg to jump or limp too much.

4) Train movement in the joint and stretch muscles in the legs to avoid stiffness.

The ligament usually heals in 2-8 weeks to its former status, but sometimes not - and new injuries can easily occur. During healing it's good to do the training described later for weak and insecure ankles. When movements don't hurt you can start training. But remember to warm up and stretch muscles well before training.

WHY DOESN'T IT HEAL?

There are many possible reasons:

*The torn ligament sometimes just partially joins together or it could repair itself longer than before and not tight enough. Occasionally it doesn't fuse together at all and operation may be necessary. This results in insufficient stabilisation of the joint. It feels unstable and new injuries will easily occur.

*Bad co-ordination or bad reflexes in the muscles of the foot. Perhaps from the beginning oR possibly from damage to the 'tendon sens' or 'muscle sens' in the torn ligament. This also results in a feeling of an insecure foot and increases the risk of a new injury.

TREATMENT OF WEAK OR INSECURE ANKLES

1) Training of co-ordination: Standing on a balance board for 5-10minutes a day - both on one leg and on two. (See fig. 2). (Maybe you could build one yourself?).

2) Training of strength and movement: Do toe-ups on a door threshold or something similar (See fig 3).

3) Stretching the muscles of the leg.

4) Stabilising the ankle for protection: Either -
*with an orthos (a kind of bandage, see fig 4). Plastic pieces which strap to the sole or directly to the shoes. Some find these as good as taping and more convenient, but for a short period it might be more expensive.

*or taping. In Sweden tape (coachtape/sportstape) has been in use by the orienteer for some ten years - the technique coming from soccer and football - to stabilise weak ankles. This makes it possible for people to continue running on rough ground even though they have a weak ankle.

It has also been shown in studies of Swedish soccer players that if taping is used, consequently the number of sprained ankles is drastically reduced. The reason for its effectiveness could be both the stabilising effect itself, and that the tape enhances the awareness of the weak ankle and keeps the reflexes more alert.

Figure 2

Figure 3

Figure 4

(Bjorn Salomonsson is an M21 Swedish orienteer who is in his final years of Medicine. The tape he talks about in this article is not as widely available as it could be in Ireland and it is often quite expensive. The best person to go to for it is Pat Healy of BushSport, I will be talking to him about having some sent to Ireland for orienteers. Meanwhile if anyone has any further enquiries they would like to make to Bjorn he would be happy to answer them ie: on taping other parts of the bodyetc. If you wish to contact him, I will put you in touch. Bjorn hopes to specialise in sports injuries when he qualifies and has done a lot of research into this already. -TARA HORAN.)

(Part Two will appear in TIO 26 Nov-Dec 1986)

POINTS EAST

LEINSTER INTER CLUB LEAGUE

The 86/87 league commences with UCD's event at Ballinderry. I am sure that by now everyone is familiar with the format. Points are awarded to the first four orienteers in each age class (432I). There are two sections to the league - Junior and Senior. The club with the greatest number of points at the end of the season is the winner. 3 ROC hold both titles. They ran away with the junior league and only for a very gallant effort by GEN would have done the same with the senior. So, in order to inject a little competitive spirit into the proceedings, we will exempt the winners from all I.O.A. levies.

LEINSTER BADGE STANDARD

We have decided to introduce a regional badge standard. The system will be something similar to that which is operated by B.O.F.. A badge will be awarded to those who reach the required standard in four events each year. The events shall be one grade one, one grade two and two grade threes.

The standard will be based on a formula which was marked out some time ago by Diana Large. To make the achievement of this standard a challange we have set it fairly high. Based on the formula, an orienteer must gain 80% of thepoints which would be gained by an M2I winning his course.

FINANCE

It was agreed by all clubs at our last meeting to finance the L.O.C. by a I0% levy on all Leinster events. Clubs may, at their own discretion, offset this by an increase in entry fees. The I.O.A. have agreed to make some limited funds available for development in the regions. Opinions were sought on this matter and it was decided to give a grant to Leinster's newest club "Union Forest Orinteers" (U.F.O.).

U.F.O., Leinster welcomes the setting up of this club and wish them every success. It is believed that their first mapping project - the revision of Glencree is well in hand.

TECHNICAL

It is expected that the standard of organisation of events, in particular Grade I events, will be discussed at the next council meeting. It has been noted that certain eminent persons have been advocating a more "easy going" attitude to the organising of events. We would like to draw everyones attention to the fact that the I.O.A. have ratified the technical report and we would encourage clubs to try to follow the guidelines set out in it.

CONTROLLERS

The following is a list of Leinster Controllers for the coming season.

G.E.N.	D. Quinn	G.I	T. McCormack	G.I	P. McCormack	G.I
	E. Loughman	G.2	M. Thornhill	G.2		
AJAX	E. Rothery	G.I	E. Niland	G.2	P. O'Brien	G.I
	N. Rice	G.I				
3 ROC	T. McGrath	G.I	J. McCullough	G.I	P. Flanagan	G.I
	T. Cleary	G.I	J. Lynam	G.2	J. May	G.2
	B. Flanagan	G.2	L. Convery	G.2	L. Roe	G.2
	B. Dalby	G.2				
C.O.	F. O'Leary	G.I	A. O'Cleirigh	G.I	P. Healy	G.I
	H. Quirke	G.I				
ECO	D. Reidy	G.I	T. Russell	G.I	D. Murphy	G.2
	D. Higgins	G.2				
SET	C. Dunlop	G.I	A. Flegg	G.I	B. Power	G.2
	O. Lag	G.I	P. Walsh	G.2	B. Buckley	G.I
					W. Kee	G.2
S.B.O.	M. Dooley	G.2				
U.F.O.	J. Sapper	G.2				

Endymion Award. This award will be granted every 2/3 months to the organisers of the best event. Having given very careful consideration to this, the committee felt that two events were worthy of mention - B. Power's event at Mullaghmeen and B. Hollinshead event at Glendalough. However, as the event at Glendalough was pre-entry, we decided that the award should go to B. Hollinshead.

I.O.A. Membership Cards: Clubs please note thata system of membership cards will be introduced in the new year.

AJAX O.C. During the past season Leinster were approached by the Mini Sports Association and asked to stage with other sporting bodies a weekend of coaching for school children. We were also asked by another body - Young Ireland to stage an orienteering event in order to give them publicity for their buy Irish campaign. On both occasions AJAX steped into the breach. AJAX also acted as host to the visiting Swedes and organised training events. Let us not under estimate the goodwill gained at home and abroad by these efforts. So, to AJAX our thanks.

Safety at Events

From time to time letters have appeared in T.I.O. expressing concern about safety at events. Following a recent near fatality in England, the B.O.F. have published a set of guidelines for orienteers and organisers. Although there are far fewer orienteers here, none the less, I think similar action is called for. The next regional council meeting will be in October, I986 and maybe we can come to some decision on this whole matter.

Nuala Creagh

We would like to take the opportunity to say well done to Nuala for her work with the juniors at national level and also to express our gratitude for her help and support with the Leinster juniors.

JUNIOR AFFAIRS

The launch of the Leinster junior squad last season proved a great success, with sessions being held in Bull Island, Ballinteer, Larchill, Pine Forest, Marley Park and Massey's An interporvincial match was also run at Mullaghmeen and a select number of youngsters also took part in the national squad sessions held in Donadee and Glendalough.

The emphasis has been on teaching juniors good solid techniques which will stand them in good stead for as long as they orienteer. We also hope, of course, to get them so hopelessly addicted to the sport that there will be no question of them dropping out at school leaving age.

So, while we would like to see our juniors do well in competition, national and international, our main theme must be enjoyment. In itself, mastering the skills of orienteering can give youngsters a lot of satisfaction. Push him or her too hard, however, and the result may be the occasional world champion but if my experience in athletics is anything to go by, a huge drop-out rate also.

The Norwegians don't allow competition for anyone under I3 - a good idea.

So what about fitness? Children aren't as fit as they used to be according to various surveys into the matter, but this doesn't mean we have to start sending the poor mites on forced marches. Boys and girls must be encouraged to take part in as many sports as possible to help increase stamina, strength, suppleness, co-ordination and speed. The good orienteer will be be an all rounder. Having said that, cross country running would be a particularly good sport for junior orienteers to become involved in.

We need more juniors. From their ranks will come not only the competitors but also the mappers, controllers and planners of the future. Not enough schools are involved in orienteering - just look at the results of the Leinster Schools Championships in a recent TIO.

Maybe clubs should take it upon themselves to "adopt" a new school or two each season, thinking in terms of the teachers as well as the pupils. National O Day will be an ideal opportunity to circularise schools, youth clubs, women's clubs, even meet and train groups (Bushy Park and Marley Park alone should net us a few converts). Sadly National O Day this year will clash with the Sunday Independent's National Fun Day, already being publicised on radio and in the papers.

Thank you, 3 Rock, Ajax, Curragh, GEN, ECO and above all, Setanta for putting so much work into last season's training sessions and for encouraging your juniors to turn out, whatever the weather. For the coming season, a full list of junior training events will be printed in TIO. Club Secs, please note and pass on.

Finally, a big well done to members of the Leinster Squad. Here's to another brillant O season.

Lindie Naughton (Leinster Junior Officer - Tel. 963373)

MAPPING

The Regional Mapping Committee met three times in the last season and will meet again before the end of September. The Committee is composed of the Leinster Regional Mapping Co-ordinator and the mapping officials for each club. Information has been assembled on the mapping activities of each club and this is discussed at the mettings. The Region has adopted the new procedure proposed by the Development Committee of I984 and accepted by the I.O.A. executive. A Register has been drawn up indicating each clubs mapping activities and current maps. Any additions to the Register will involve a written submission for consideration by the Committee. There will be no registration fee as previously. The register will be reviewed twice yearly to ensure that deadlines are being met. It is hoped that clubs will only register areas they are capable of mapping within a reasonable time and clubs with spare capacity will be able to find suitable areas.

The committee has also commenced work on compiling an index of areas suitable for orienteering. Much ground work will be required to verify thepotential of some areas. However, this information is essential to plan for our future needs. Other areas to be tackled within the framework of the committee include:

(i) Liaison with I.O.A. mapping officer in relation to grant applications.

(ii) Planning for major events.

(iii) Sharing of technical 'know-how' with a view to maintaining the highest standards of map production.

(iv) Co-ordination where possible of printing.

(v) Training for new mappers. The feasibility of a seminar in the near future will be investigated.

Current mapping projects in the region include 3 grade I areas, 8 grade 2 and 4 grade 3 areas.
It is appreciated that new areas of Grade I or championship standard are difficult to find within easy reach. It is likely that we will have to travel beyond County Wicklow for such areas in the future, as has already been done by some clubs. Such areas must not be allowed to lie idle before they are lost to clear felling. Mapping has never been easy and the work load has been carried by too few people. Others must be encouraged to keep up the good work. Perhaps we may have to consider commercial map production in the future, but unless the sport expands greatly this is unlikely to be feasible.

NEW PROCEDURES FOR PERMITS

The Department of Fisheries and Forestry has recently issued a requirement for two months notice for permits for activities in State forest lands. This is a result of infringements of the terms of permits (not necessarily by orienteers). Negotiations were entered into with the Department. Their initial suggestion was that a complete fixture list for the season be submitted at the start of the season and permits issued then. The final comprise is set out below.

The year is broken up into 6 two month blocks. Applications for permits are sent to the LOA fixtures secretary who will relay them to the Department in bulk. To save on excessive legwork by the fixtures secretary, a batch of applications will go the Department at the beginning of each block. This batch will refer to the next block but one, so that every permit application has at least two months notice. Thus any event in March or April must have an application submitted by January. If the system runs smoothly and the Department is agreeable, this advance time may be shortened.

The blocks are:

September	-	October
November	-	December
January	-	February
March	-	April
May	-	June
July	-	August

Remember the latest date for receipt of applications for September and October is July I, I986.

It is also possible to send in an event registration form and registration fee (£2.00) at the same time. Events which have not been registered are not covered by the ICA insurance policy. Event registration in Leinster is now handled by the LOA fixtures secretary so don't send any of these to the ICA, they will be relayed to the IOA fixtures secretary.

LOA fixtures secretary: Arthur Green
28 Waltham Terrace
Blackrock
Co. Dublin

Tel. 882234

This new procedure will come into effect on September I, I986. Thus the first events affected will be in November, I986.

THE CONTINENTAL CUP

The staging of this event in I988 presents Irish Orienteering with its greatest challange and also its greatest opportunity. That we can rise to the challenge, I have no doubt. It is the opportunity and its potential that we must not neglect. Over the next two years all of us will be heavily involved and our limited resources diverted. We must not allow this event to become an end in itself, we must look beyond it and use it to develop and expand. It is only in the months following that we will really know if it has been a success and that is up to each and everyone of us.

YOU HAVE BEEN WARNED!

NON ORIENTEERING COMMITMENTS DURING THE NEXT YEAR OR TWO MAY MEAN THAT 'THE IRISH ORIENTEER' WILL BE LOOKING FOR A NEW EDITOR SOON. IF YOU HAVE ANYONE IN MIND TO FILL THIS ONEROUS BUT VERY WELL PAID POSITION, PLEASE GET IN TOUCH BEFORE IT'S TOO LATE.

JOHN MCCULLOUGH, EDITOR.

Dave 'No Problem' Lotty, an Australian WOC organiser, is looking for an O-sticker in Irish, as seen at the French 6-Day.

Also at Congress in Denmark, a copy of the 1973 Kilmurry map produced by 'Irish Orienteers', believed to be the first 5-colour map in Ireland.

DEFENCE FORCES ORIENTEERING CHAMPIONSHIPS 1986

This year's Championships took place in the beautiful north west. Theevent was organised by Western Command in the rugged Ox Mountains of Co. Sligo and the contrasting undulating sandhills of Finner near Ballyshannon in Co. Donegal.

On day one Slieve Dalane with its steep slopes and numerous crags and complex contours provided the necessary ingredients for a very demanding competition. With the 1987 World Military Championships (CISM) scheduled for Ireland, Senior competitors were presented with a demanding 10 km course. Heavy rain the day before the competition and on the day itself together with some areas of high, rough heather enhanced the technical problems provided by the area. Despite these problems Capt. Aonghus O'Cleirigh had a very fine run, finishing three minutes clear of Comdt. Wally Young with Comdt. Denis Reidy taking third place.

In the Junior competition Capt. Dermot Hickey emerged the winner from Sgt. Higgins. In the Beginners class Cpl. McNamara and BQMS J.Quigley were well ahead of the rest of the field.

When the course closed all overnighted at Finner Camp, the surrounding land being the location of the day two competition. The sand dunes here are high, extensive, and with much complex contour detail. The absence of undergrowth ensured very fast winning times. Although Comdt. Denis Reidy had the fastest run it was not sufficient to catch Capt. A.O'Cleirigh who was only two minutes behind. Capt. Hickey consolidated his Junior lead while BQMS Joe Quigley overtook Cpl. McNamara in the Novice class.

The event proved an overall success with praise being given for the high standard of maps and the very efficient organisation by Western Command. Prizes were presented on completion of the competition by Brig. Gen. K.Murphy, General Officer Commanding Western Command.

P.Higgins.

RESULTS

Senior			
Capt. A.O'Cleirigh	OSvy	99.43	53.27
Comdt. W.Young	27 Inf.Bn.	102.42	59.12
Comdt. D.Reidy	AHQ	120.54	51.53
Capt. D.Murphy	5 Inf. Bn.	142.01	73.26
Junior			
Capt. D.Hickey	Air Corps	80.14	38.44
Sgt. Higgins	AHQ	96.02	55.38
Cpl. Griffin	AHQ	105.06	47.50
Pte. McCarthy	4 Inf. Bn.	102.13	58.35
Novice			
BQMS J.Quigley	6 Inf Bn	59.27	22.45
Cpl McNamara	AHQ	57.14	33.01
Cpl Lynch	6 Inf Bn	64.27	26.26
CQMS Garthland	5 Inf Bn	61.54	32.49
M35			
Sgt. P.Nash	HQ S Comd	77.25	46.21
Sgt. Byrne	Depot Sigs	88.35	48.53
Comdt H.Quirke	9 Inf Bn	91.54	54.46
RSM O'Neill	AHQ	108.01	41.12

Ladies:
Lt.O'Brien
4 Inf Bn
90.43 56.48

Cpl. Molloy
HQ E Comd
137.26 67.28

RESULTS: SETANTA PARK-O AT MARLAY, 17th AUGUST 1986

MAP MEMORY

Paul Smyth	SET	M21	27.53
Aubrey Flegg	SET	M40	28.14 (non-competitive)
S. T. Walsh	SET	M21	32.16 (non-competitive)
Ian MacNeill	3ROC	M35	36.11
Andrew Bonar Law	GEN	M50	42.53
Colin Dunlop	SET	M50	46.00
Mary Healy	GEN	W21	54.35
Brian Heeney	GEN/UCDO	M21	55.35
Lindie Naughton	ECO		71.55

A COURSE

Paul Smyth	SET	M21	24.10 (non-competitive)
S. T. Walsh	SET	M21	26.36
Alan + Stephen Flynn	SET	M13+ M6	32.00
John Davis	NWOC	M17	33.40
Sven Kulldorff	SET	M55	38.00
Paddy Walsh	SET	M50	39.08
J. Keane	3ROC	W40	39.56
Heather Wood	DUO	W21	40.00
A. Hannigan	AJAX		47.00
Colette Smyth	SET/UCDO	W19	47.24
F. Burke	DUO	M21	50.17
Ann Goulding			71.16
Renata Dunne			71.16
Emmet Flynn	SET	M11	78.10
C. Walsh	SET	W40	81.48
Catherine MacNeill	3ROC	W21	DNF
D. Niebisch			DNF

B COURSE

A. Foley			26.50
M. Gaddogan			30.57
Mary Moran			30.57
B. O'Gorman			34.22
Conor O'Gorman			34.22
Maura Higgins	SET	W40	36.00
Helen Keane	3ROC	W10	36.43
Thomas Davis			77.50

Thanks are due to a very professional organising team who sacrificed one of the few sunny Sundays this year: Aubrey and Jennifer Flegg, the Flynn family, the Power family and Jackie Drumm (UCDO).

Arthur Green.

CLUB NEWS: PLEASE TRY TO KEEP CLUB NEWS TO ONE PAGE A4 SINGLE SPACED TYPING IN ORIGINAL RATHER THAN PHOTOCOPY FORM.
EVERY EXTRA PAGE PUTS UP THE COST OF PRODUCTION AND POSTAGE!

INTERCLUB LEAGUE

As a repeat of last year, the Leinster Orienteering Association Interclub League will be run throughout the season. Six (possibly seven) events in Leinster will be designated as League events and runners will score for their club when running on their correct course.

There are in fact two leagues: a senior and a junior. The senior league covers M/W19-55 (except M/W21B) and the junior league covers M/W10-17. Competitors will score if they run up one or more classes, i.e. an M50 running M35 will score whereas an M35 running in M50 (shame!) will not. The first four finishers in a class (not course) score 4-3-2-1 respectively.

Last season 3ROC crushed all opposition in both leagues, so it's up to the other clubs to get their act together and stop the 3ROC juggernaught by whatever methods they deem acceptable (!). The good news is that this time there will be no levy, so this season there is no excuse to get out and compete.

Forthcoming League events:

Ballinderry (CLOG Gr $2\frac{1}{4}$) Sept 7th -- if this is published by then I'll eat my sweatband.

Hollywood (3ROC colour) Oct 12th -- this is the week after O-Day so the change will do you good.

Saggart (AJAX colour) Oct 26th -- new map

Ballinastoe (GEN Gr.) -- Dec 7th. The scene of GEN's last triumph: the Irish 2-Day.

League events after Christmas will be publicised once the LOA fixtures secretary has some fixtures for 1987. This is by way of being a gentle reminder to club committees, so please do something about it before the fix. sec. gets angry (you wouldn't like him when he's angry)...

RESULTS OF MOUNTAIN MARATHON run by SET/AFAS 15th JUNE, 1986.

A Course 24km/900m/10c

1. A. O'Cleirigh	Curr		176.30
2. J. May	3Roc		212.50
3. B. Corbett	C agus C		217.05
4. P. Healy	Curr		234.10
5. M. Deasy	Set		269.10
6. D. Hickey	Eco		283.20
7. N. Rice	Ajax		304.00
8. B. Buckley	Set		306.56
9. N. Sweeney			383.00
10. D. Reidy	Eco/misp		229.39

Non-finishers:- 20

B Course 12km/400m/8c

1. J. Shulmeister	GEN	M21	144.47
2. E. Loughman	GEN	W21	147.20
3. J. Murray			148.30
4. J. Bent	Set	M45	153.45
5. A. Bonar-Law	Gen	M50	154.00
6. K. Bent	Set	W40	158.50
7. O. Cooke	Ajax	W21	159.15
8. A. Keyes	Gen	M21	159.20
9. C. Dunlop	Set		160.40
10. U. Mac Pherson	3roc	W21	163.00
11. H. Quirke	Curr		163.00
12. H. Wood	Duo		172.35
13. B. McKeever			175.30
14. E. Niland	Ajax		176.31
15. B. Power	Set	M35	179.18
16. D. Quinn	Gen		187.00
17. C. Steele	Gen	M21	192.30
18. T. HOran	Ajax	W21	197.30
19. G. Slator	Ajax	M35	205.57
20. K. Barber	Set		210.00
21. D. Kennedy	3roc		211.40
22. H. Sydner	3roc		212.08
23. A&R Rice	Ajax		214.17
24. U. Creagh	3roc	W17	214.20
25. M. Ryan			219.31
26. L. Naughton	Eco	W21	224.14
27. N. Creagh	3roc	W15	234.10
28. M. Clarke			239.50
29. J. Clarke	GEN		242.05
30. R. Flanagan			243.50
31. P. O'Brien	Ajax		259.00
32. J. O'Brien	Ajax		261.30
33. Fleggs	Set		271.56
34. Penders	Gen		297.40
35. M. Higgins	Set		301.00
36. S. Kulldorf	Set		301.00
37. H. Newman	Gen		308.00
38. Mays	3roc		311.42
39. M. McGovern			317.00
40. D. Large	Gen		319.00

Non-finishers:- 16

CÓSPÓIR

SPORT FOR ALL · FUN FOR ALL

1980 NATIONAL ORIENTEERING DAY

ORIENTEERING — A SPORT FOR ALL THE FAMILY

On Sunday 5th. October, a series of Orienteering Events is being organised all over the country at the venues listed below. These Events are specially designed to introduce Orienteering to people who have never tried it before. No special equipment is required and entry at all Events costs only 30 pence. Everyone who completes a course will receive a Certificate. Orienteering involves using a map to find your way around a number of check points or controls that have been set out in a forest or park. If taken competitively, it is the person who finds all the controls on their course in the shortest time, who is the winner. However, like other adventure sports, Orienteering is an equally suitable pastime for those who are not competitively inclined. Orienteering is an ideal way of adding purpose to a Sunday stroll in the fresh air and natural beauty of our many forests and parks. Courses will be short, perhaps two to five kilometers (one to three miles), and you may start any time between 11.00 a.m. and 3.00 p.m. unless stated otherwise below.

	For more information, precise details of location, etc. contact:	
CORK O.C.	GOUGANE BARRA FOREST PARK, BALLINGEARY	021-46194
	FARRAN FOREST PARK, COACHFORD	021-46194
	CURRABINNY WOOD, CARRIGALINE	021-46194
	BALLINCOLLIG REGIONAL PARK	021-46194
	SHIPPOOL WOOD, INNISHANNON	021-46194
	CORRIN HILL WOOD, FERMOY	021-46194
	BALLYANNON WOOD, MIDLETON	021-46194
U.C.C.O	GARRETSTOWN WOOD, near KINSALE	UCC O.CLUB
LEE O.	WATERGRASSHILL WOOD	021-291763
	SCARTNAMUC WOOD, BANDON	021-291763
B.V.O.C.	KILLAVULLAN FOREST, KILLAVULLAN	---
SETANTA	KILAKEE near RATHFARNHAM	01-988815
U.C.D.O.	U.C.D. CAMPUS, BELFIELD	UCD O.CLUB
AJAX	MARLAY PARK, RATHFARNHAM	01-983831
	LARCH HILL, TIBRADDEN	01-983831
	ST.ANNE'S PARK, RAHENY	01-983831
E.C.O.	TYMON NORTH, TEMPLEOGUE	01-520440
3 ROC	PHOENIX PARK	01-955020
		01-982315
G.E.N.	CARRICKGOLLIGAN near SHANKILL	01-985282
WESTERN EAGLES	PORTUMNA FOREST PARK	091-55521
KERRY O.	TRALEE TOWN PARK	066-24361
	KILLARNEY PARK, "KNOCKREER"	064-31330
	CAPPANALEA, KILLORGLIN	066-69244
	COMPREHENSIVE SCHOOL, TARBERT	068-36105
CURRAGH O.	LAKELANDS, NAAS	045-79076/795
	NEWBRIDGE TOWN	045-41625
G.E.N.	DONADEA FOREST PARK	045-79780
THOMOND O.	CURRAGHCHASE FOREST PARK, ASKEATON	061-343959
CUSTUME O.	NEWCASTLE DEMESNE, BALLYMAHON	0902-2454
NAVAN(new club)	TRIM (STREET EVENT)	046-23577
SLIEVE BLOOM O.	KINNITTY	0509-37036
RAVEN O.C.	CULLETON'S GAP, CURRACLOE	RAVEN O.CL

START BETWEEN 11am AND 3pm ONLY 30 PENCE

SUNDAY 5TH OCTOBER