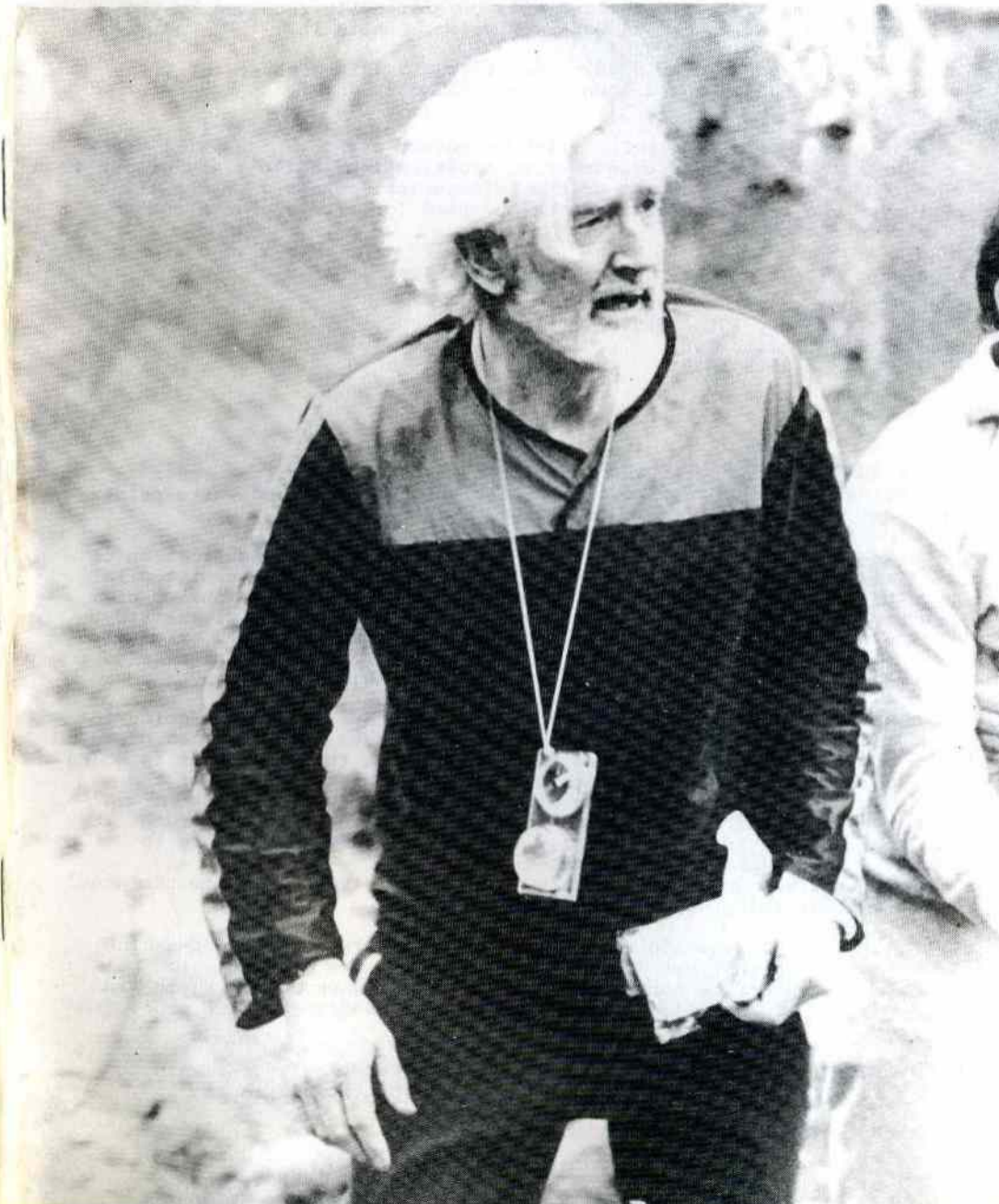
the Irish Orienteer

NUMBER 26 NOVEMBER-DECEMBER 1986 90 pence



THE IRISH ORIENTEER NO. 26 NOVEMBER-DECEMBER 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: Joss Lynam (3ROC), one of the founding fathers of Irish orienteering, and a noted mountaineer. (J.McCullough).

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

The copy dates for the forthcoming issues are:

No.27 December 19th 1986
No.28 February 27th 1987
No.29 April 24th 1987
No.30 June 26th 1987

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

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

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

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

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

Advertising rates: please contact the editor.

Letters to the Editor

9 Bayview Drive,
Wexford.

Dear Sir,

I would like to congratulate Mr. Bjorn Salomonsson, through you, on his excellent article on 'The Sprained Ankle'. I thought it was very clearly explained.

To add to his and Ms. Horan's comments about coachtape/sports tape; the quality that this tape has is that it is non-elastic. There is a similar tape - ZINC OXIDE - readily available in most pharmacies in Ireland.

The recommended width used for taping ankles is 1½" wide, coach tape comes in this size; zinc oxide tape comes in 1", 2" and 3" sizes. So the 3" size halved will give the recommended width.

I may be premature in suggesting this, but the method of application of the tape is just as important as the use of the proper tape. Is this the content of "Part Two"?

I am sure you have your reasons for asking Mr. Bjorn Salomonsson to write this article. However, there are many Irish doctors and physiotherapists specialising in treating sports injuries who would be well qualified to write such an article.

Yours sincerely,
Eithne Fitzpatrick,
Member of the Irish Society of Chartered Physiotherapists and Setanta Orienteers.

(Thank you. However, in the five years for which I have been involved with The Irish Orienteer -or the 'LOC Newsletter' before that- never has any Irish doctor or physio offered to write an article of any kind: therein lies the difference. - Ed.)

12 Rue du Val de Grace,
75005 Paris.

Dear John,

After reading Trina Cleary's article and various O-Bits I thought I thought your readers might be interested in the following French view of the 6?Days. It is an extract from the "Quelques mots du President" of the Ligue Ile de France do Course d'Orientation in their monthly newsletter:

"...Perhaps,like me, you have benefitted from the summer by running in the forests of Burgundy and Lorraine during the French 6-Days.

I must admit that I viewed this year's event from a completely different perspective than that of previous events. I had just learned last June that three of the six days of 1987 which were entrusted to an Organising Committee formed during our last General Assembly would become the complete responsibility of the Committee of Ligue Ile de France. This has been caused by the abandonment by Jean-Pierre Taillandier of the responsibilities which he had so easnestly solicited last year. The enormous difficulties which face us are accentuated by being given the responsibility one year later.

Numerous criticisms have been made about this year's event. I must, however, emphasise the good-will of all, either at Dijon or Raon, and the great amount of work performed. Many thanks therefore to the organisers.

However, those same criticisms must provide lessons and questions for us during our preparations. Also, I have no doubt concerning the efficiency of the committee appointed to organise the event, particularly as Etienne Bousser has already agreed to put his experience at our disposal..."

I am not sure how this will bw received by prospective '87 visitors but a small consolation is that Etienne Bousser is a highly experienced mapper, controller and international competitor, and is much respected in French O-circles.

The new season has started here and last Sunday I ran on a map which had been surveyed by an Army mapping course, with the "odd" inaccuracy: comething like poetic justice there.

Yours sincerely,
Tom Hodson
Eastern Command Orienteers.

P.S. I will be here until the end of '87. If any travellers would fancy a taste of grassroots French 'O' I would be delighted to help. Phone Paris 46 33 09 49.

(France next year is the venue for the World Championships at Gerardmer and La Bresse in the Vosges Mountains from August 30 to September 6th. The event is preceded by two training camps for WOC runners: at Font Romeu from June 6-14, and later from August 25-30. Watch this space for more details as thay arrive. -Ed.)

157 Moyville
Dublin 16
946205

Dear John,

I cannot let your version of history ('Ten years after - a short history of Leinster: TIO no. 25, p. 4) go unchallenged. For the sake of brevity I will confine my comments to your 6 line paragraph concerning Ajax.

1/ Your dates are mixed up - Ajax first appeared at the Cratloe event on 11 Mar 1979, two years before Mactire disbanded (LOC 22, May 1981) and so there were no "refugees from Mactire" forming our club.

2/ Ajax was set up to promote orienteering as a running (aerobic) sport, not as a result of dissatisfaction with anything. We had been impressed at the 5-Days in Sweden where virtually everybody of the 15,000 entrants of all ages and abilities ran. In Ireland orienteering has been described as "purposeful Sunday driving" and the idea of training for our sport was not at all popular.

3/ I was not and am not aware that there was "considerable ill-feeling" at our setting up. I am at a loss to understand what that ill-feeling could have been about and imagine that most people did not have an opinion one way or the other. Only one reaction to our setting up saw the light of day - a letter appeared in LOC 12. This was from a group of 5, purporting to represent 3ROC and Wesley O and claiming to have "the future of genuine orienteering at heart", who questioned our basis and our English. They asked whether we were intent on ill-feeling between the clubs (this never crossed our minds), whether our type of competition would lead to club snobbery (it hasn't) and whether member poaching was to be blatant in future. The latter point seemed to imply that poaching was OK as long as it was not blatant - we disagree with poaching, whether blatant or not but do believe that individuals should have the right to choose freely which club they want to join. Attempts by people to restrict this right did lead to fairly heated arguments in 1984/85, but these are irrelevant to the point at issue. They maintained that competition should be individual but failed to explain why that would lead to a better situation than club competition. They compounded this error by mistakenly equating our idea of competition (emphasis on physical training) with that between clubs. Their arrogant and insulting attitude did not deserve and did not get a reply and we heard no more about it.

4/ Niall, Rosaleen, Aine, Aileen (and Clodagh) Rice are related: they are a family that have mostly been orienteering since 1969. Setting up Ajax, though, cannot be included in the list of their many achievements and contributions to orienteering.

5/ Ajax started out as 'Ajax Athletic and Orienteering Club': when we introduced hill running to Ireland in 1980, first 'Fell Running' and later 'Hill Running' were added.

Yours Sincerely

Eoin Rothery

Eoin Rothery

(Now the record has been set straight. Perhaps Henry Ford was right! Ed.)

THE 1986 IRISH ORIENTEER TROPHY

The Irish Orienteer Trophy was retained by Dublin's Three Rock OC at the four-way final run by Setanta OC at Mullaghmeen, Co. Westmeath on November 2nd. The other clubs who survived the preliminary rounds- Ajax, Lagan Valley and North West- had a tussle for runners-up, but the holders managed to hold on to win by a comfortable 15 points from LVO. This was LVO's best performance in the competition to date, perhaps indicating the benefits which can appear after a major effort like that required to run the Irish Championships. NWOC, who were runners up on two previous occasions, followed LVO home with 72 points, just pipping Ajax who finished with 71. The nail-biting tension of the first 3ROC v NWOC final in 1984 was absent at Mullaghmeen, however, even though points were being won and lost all through the afternoon. Good performances on two courses couldn't help NWOC, while Ajax, who won the A-course, found that depth in each class is needed in addition to good individual performances.

Thanks are due to all those who helped make the competition a success, to the organisers of the events, and to the clubs who took part, especially those who entered and ran in the knowledge that a bigger club would sooner or later defeat them.

Next year's competition will be arranged soon, probably with events run specifically for the competition, each event featuring matches between at least two pairs of clubs, again culminating in a four-way final. Poor communication between clubs and one another, and between clubs and TIO resulted in inefficiency in running th competition this year: fixtures should be publicised beforehand so that as many clubs as possible benefit from them.

Suggestions as to improvements in the scoring system or in the courses used are welcome: it's all to the good if the quality of the events improves next year. One criticism of the choice of only four courses is that the women don't have a chance against young tigers like M15's: perhaps it would be possible to make the competition fairer?

Next year we may also see a return to the situation where the winning club took its rightful place at the CompassSport Cup Final in Britain. Again next year the entry fee for the competition (£5.00) per club will be reintroduced as a sign that clubs have some commitment to taking part in the competition.

This year the clubs were divided into three sections : strong clubs with a full range of classes (potential winners), smaller clubs with fewer runners but with a full range of age classes, and clubs with restricted age classes, e.g. schools and colleges. The first round competitions at least were run between clubs in the same section so that no one would be totally overwhelmed, only the successful small clubs going through towards the final.

ON A BROADER FRONT...

The threat of the Editor resigning has for the moment been averted: thanks to those (two) people who offered assistance. The form that TIO takes will I hope change gradually over the coming issues, as it has been doing for the past while: more news and features and less in the way of incomprehensible encoded propagandist meanderings on the club news pages. I see the function of TIO as being an educational and informative one, with nothi

nothing of a newsworthy nature going unreported...rather like an orienteering newspaper which just happens to come out every two months, not every day. This cannot happen without a flow of information from around the country, however. News from Munster is well nigh impossible to obtain, Connacht not much easier. Results from events outside Leinster may as well not exist, in most cases. Repeated calls for newsworthy material from the four corners of the land go unheeded, and promised reports fail to materialise.

Therefore... if something which you think is interesting is happening in orienteering in your area, plrase tell us about it. If there is a good or a bad event that you have attended, write an event report - it doesn't have to be typed, just legible (and true!).

At present it's easier to get information from SE England, Poland or Scandinavia than from parts of Ireland, so (again) I would ask for regional news. And thanks to those who do provide information and who send in local newsletters: NIOA and SENAV.

J.McC.

RESULTS OF THE IRISH ORIENTEER TROPHY FINAL AT MULLAGHMEEN, C. WESTMEATH, SUNDAY NOVEMBER 2 1986.

A course			C course		
W.McAuliffe	AJAX	62.59	J.Cummings	NWOC	43.44
J.May	3ROC	63.40	P.O'Hara	NWOC	48.38
W.Hollinger	LVO	72.21	U.Creagh	3ROC	53.38
J.McCullough	3ROC	75.01	W.Moody	LVO	55.54
E.Rothery	AJAX	75.15	S.Good	3ROC	56.19
P.Gargan	AJAX	76.58	T.Horan	AJAX	56.33
C.Majury	LVO	77.10	S.Campbell	LVO	56.47
D.Blair	NWOC	80.09	F.McCann	3ROC	59.11
G.Cutmore	NWOC	84.14	H.Johnston	LVO	59.24
M.James	NWOC	87.28	B.James	NWOC	62.53
S.McGibbon	LVO	88.25	J.Higgins	AJAX	63.22
M.Crowe	3ROC	99.24	A.Masterson	AJAX	72.00

B course			D course		
J.Logue	NWOC	61.35	T.Eakin	3ROC	39.56
A.Tyner	3ROC	61.51	H.Creagh	3ROC	40.20
E.Wilson	LVO	65.52	A.Rice	AJAX	41.22
G.F.James	NWOC	68.30	A.McKenna	LVO	43.06
N.Rice	AJAX	72.07	E.Niland	AJAX	44.29
T.McGrath	3ROC	73.53	D.Hollinger	LVO	48.32
J.Davis	NWOC	76.09	J.Wilson	LVO	48.36
B.McKenna	LVO	76.16	R.Rice	AJAX	48.41
P.Flanagan	3ROC	78.21	J.Graham	NWOC	49.02
A.Gartside	LVO	79.04	V.Crowe	3ROC	50.59
C.Carroll	AJAX	84.19	C.Traynor	NWOC	58.09
W.Moore	AJAX		A.Madden	NWOC	60.00

Points were awarded on the basis of 12 for first, 11 for second, and so on, down to one, with only three from each club scoring on each course.

Club:	3ROC	LVO	NWOC	AJAX
A course	21	18	12	27
B course	22	18	27	21
C course	23	19	26	10
D course	26	22	7 7	23

Total scores:

3ROC	92
LVO	77
NWOC	72
AJAX	71

WORLD MASTERS ORIENTEERING

The World Masters Orienteering Championships will be held at Pinkafeld in Austria from 5th to 7th of July 1987. All over 35 are thought to be eligible for selection for this event. Full details from IOA.

EUROPEAN JUNIOR CHAMPIONSHIPS

The 1987 European Junior Open Orienteering Championships will be held in the Lake District of England next July from the 10th to the 11th.

MOUNTAIN LOG AND IRISH CLIMBER

The mountaineering version of TIO(!), Mountain Log, is about to undergo a major facelift and combine with the glossy 'Irish Climber' for 1987, with the title 'Irish Mountain Log'. Editor Joss Lynam (also of 3ROC) says that the new magazine will run to 32 to 40 pages, with a colour cover, and will appear in December, March, June and September. The magazine is distributed free to all FMCI members and a circulation of about 3500 is expected.

LABEL IT!

A neat idea in the 'prevention is better than cure' market is the orienteering name label made by Lea Labels in Hertfordshire. The label can be sewn or stuck to your equipment and can have your name and club, plus a small control symbol for just STG£2.50 for 30 labels, plus 25p p+p. Details from Lea Labels, Unit 38, The Maltings, Stanstead Abbotts, Herts, SG12 8HG, England. And 25p of this goes to your O-club!

GEAR REVIEWS

If any readers have experience of new (or old) O-products and have found them good, bad or indifferent, would you like to review their performance for TIO? Compasses, shoes, controls, punches....?

HILL RUNNING IN ITALY

Unfortunately the expected news of the World Mountain Running Championships has not got through to date. All that can be reported is that Ireland's John Lenihan, Gerry McGrath and Robin Bryson took part in the events. In fact there has been no news of Hill Running for a long time. Are there any hill-runners out there? Please get in touch before the next issue!

OTHER NON-EVENTS

Unfortunately the promised reports on various other events seem not to have materialised: the 1985 AFAS Adventure Triathlon, the 1986 Mournes Mountain Marathon and the 1985 World Orienteering Championships among them. But we keep trying... Also the 1986 World Military Championships and the recent Junior Home International.

KERNAN AWAY

Current Irish Men's Champion Peter Kernan (AJAX) has gone to live and work in Germany for the foreseeable future. He expects, however, to return for JK'87 and the Irish Championships at Glengarriff the following weekend,

CONNACHT CHAMPIONSHIPS '87

It is rumoured that the format of next year's Connacht Championships may change from Relay and Individual to a two-day individual event in the Sligo area. One day is expected to be on Slieve Da Eane near Ballisodare with the second day nearby. The events will be on February 28-March 1st.

TWO-DAY EVENTS COMING

The rash of two-day events is set to continue next year with a Munster two-day at the end of March in addition to the usual Connacht and Irish Championships.

ENTRY FORMS

TIO is glad to distribute entry forms for events: please send 550 copies at least. After the non-appearance of some forms promised in TIO 25, however, no reference will be made to 'enclosed forms' in the fixture list in future.

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

Irish Orienteering Association

BULLETIN - NOVEMBER 1986

1987 IOA ANNUAL GENERAL MEETING

The 1987 IOA AGM will be held on Saturday, February 28th, the weekend of the Connacht Championships. Venue will be announced later.

Proposals for amendments to the Rules or Constitution must be received in writing by the IOA Secretary before January 29th 1987.

Nominations to the IOA Executive must also be received by the above date.

ATTENTION CLUB SECRETARIES

New Secretaries please let me know your address as soon as you are elected.

Existing Secretaries please notify any address change.

YOU AND YOUR CLUB MAY NOT RECEIVE ESSENTIAL COMMUNICATIONS UNLESS AN UP-TO-DATE NAME AND ADDRESS IS ON FILE.
REFER LIST TIO 24.

MACTIRE TROPHY 1986

Nominations are now being received for the Mactire Perpetual Trophy for Outstanding Services to Orienteering.

The guidlines for its presentation are as follows:
"It shall be presented on an appropriate occasion each year to the person who has made a major contribution to the sport in that year. The activities are broad and will include the following:

a) Achievement in competition
b) Mapping
c) Planning, controlling or organising an event
d) Administration
e) Other activities which the IOA may from time to time consider meritable

The recipient will be selected from a nominations list and nominations can be put forward by the IOA Executive and by clubs..... No person can be awarded the Trophy on more than one occasion.

The award shall be confined to orienteers at senior level only. This is not intended to defeat the achievements of juniors but to etablish the Trophy as a valued and sought after reward for good service to the sport.

The IOA shall decide from year to year on opening and closing dates for nominations, the date and place of presentation and the final selection decision.
The names of recipients shall be engraved on the Trophy, this again being the responsibility of the IOA." Mactire O.C.

The present award holder is Nuala Creagh.
Previous winners:
1981 - Catherine Murtagh 1982 - John McCullough 1983 - Frank Ryan
1984 Faith White.

Nominations for the 1986 Award should be sent in writing to me before the end of January 1987.

CONTROLLERS

The IOA wishes to emphasise to Clubs the importance of the controller in the successful running of all events. We recommend that controllers be appointed not later than three months before the event.

NEW CONCESSIONS FOR CIVIL SERVANTS

Civil Servants representing Ireland in major Orienteering Internationals, such as World an European Championships, will be granted paid leave in respect of their participation in such events.

This was announced recently by the Minister of Sport, Sean Barrett.

WORLD MASTERS ORIENTEERING

This competition open to classes D/H35 - 70 will be held in Pinkafeld, Austria from 5 - 7 July 1987.

For those planning holidays - a 5 Day event follows in the same area.

IOF PUBLICATIONS

An up-to- date list with prices available from the IOA Secretary.

FOR THE MULTI LINGUAL

We receive the following O magazines from Overseas Associations.

SUUNNISTAJA(Finland) O-POSTEN(Denmark) SKOGS SPORT(Sweden)
ORIENTERING(Norway) ORIENTIERUNG(Austria)

All the above may be borrowed from the IOA Secretary.

JUNIOR HOME INTERNATIONAL 1987

The IOA is committed to running this event in October 1987, and is urgently seeking one or two clubs (or individuals) in Leinster to take it on. The numbers to be catered for will be a hundred maximum and the organisation need not be too elaborate. Anyone prepared to get involved will be very welcome.

Please contact Nuala Creagh (Junior Affairs Officer) Ph. 01-934982.

JUNIOR COACH

The Irish Junior Squad needs a coach. Is there anyone, with experience, who would be prepared to take this on? Expenses would be paid. Administration would continue to be handled by the Junior Affairs Officer. We need someone who would in a general way oversee training progress and coordinate programmes for any training sessions. Actual groundwork need not always be undertaken by the same person.

ANY VOLUNTEERS?

JUNIOR HOME INTERNATIONAL. 1986.

On the weekend of October 11th 12th, another Junior Home International was run. The two days events took place near Stirling in Scotland.

Day 1, the Individual was run on a type of terrain unfamiliar to most of us. The area was level with some small contour detail. there were few line or point features. The vegetation was generally quite thick which made the going slow. To add to our problems the scale of ': 10,000 brought the familiar stories of overshooting. The shortness of the courses (M17: 5.6 km. 110m.) was more than made up for by the need for careful navigation through most of the forest. The English took most of the honours though Scotland and Wales did well. We had something to cheer about ourselves when Aideen Morrish achieved a very good 2nd in the W17.

Day 2, the Relays, The area was steeper but needed very careful navigation. Losing contact with the map proved disasterous for some. Relocation was extremely difficult. Unfortunately, we did not piece together three good runs in any one class and did not stop England and Scotland winning all the classes.

The event showed once again our need for more preparation for big competition.We have people capable of doing well at International level but we need more experience. I went to the French 6 Day this year and found the experience invaluable as the terrain was somewhat similar to Scotland. Thanks to the I.O.A. for subsidising that trip. Juniors must be encouraged and helped to get to events abroad. The J.K. and the Scottish 6 Day are obvious ones.

Thanks must go to Anthony Mc Gonagle, Aubrey Flegg and Carmel Feehan for driving us and a special thanks to Nuala Creagh for a lot of work with our Juniors over the last two years. Thanks to everyone else who helped make this a good weekend.

Angus Tyner.

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

For a number of years the approach of T10 copyday has been a source of recurring anxiety. How can we fill yet another A4 page with material favourable to GEN'S image? How can we show that despite contrary appearances our members are serious and earnest orienteers anxious to belie the unjustified impression of gentle and sociable souls with a weakness for Sunday afternoon family picnics in forest car parks. Quite seriously, the strain has been too much. It has induced seriously abberant behaviour. For example, after the N.I. Championships GEN committee members were seen noting the names of club members who had scored well in their respective classes. Fortunately, equilibrium was restored. The list was lost. In the absence of the official results (hopefully to be found elsewhere in this edition of T10) all that remains is a vague recollection that the following did well: Maura Thornhill, Eileen Loughman, Andrew Bonar-Law, Jane Watt, Mary Healy and Joan Morrissey. We also understand that Michael Hewson enjoyed the run to the final control.

The GEN ladies excelled at the Munster Championships. Congratulations to Mary Healy (1st - W21A) and Jane Watt (3rd - W35). The expanded ladies collective (Maura Thornhill, Eileen Loughman, Mary Healy, Wyn McCormack, Jane Watt and Andrea McCormack) also truimphed at the Leinster relays at Rossmore winning both the W21As and W35s. Our memory of the nail-biting finish yields second place only to our recollection of Brendan Doherty's lonely vigil at the mass start for the 2nd leg runners. Dermot Murray ran very well in the M13s but unfortunately didn't have a team mate.

National-O-day

GEN organised two events - at Donadea and Carraigolligan which attracted 150 and 200 people respectively. Congratulations and thank you to the organisers and planners Eileen Loughman, Michael Hewson and Diana Large.

AGM

This has been scheduled for 12 December and should be interesting. Details of venue and admission requirements are given in the confidential enclosure (distributed only to certain selected GEN members). Keep the date free if you have been invited. The highlights of the evening will include the, by now inevitable, collapse of the ancien regime as Andrew Bonar Law (who incidentally complains of losing his cap at Rossmore) reluctantly resigns the chair. Understandably, his elderly toadies on the Committee are alarmed. Not only do they face the immenent loss of the perks of office as their protector departs (we hope temporarily) from the Byzantine battle-ground of Irish orienteering politics but rumour has it that a tendency favourable to the Leinster Council, and master-minded by Philip Ryan, is preparing to take control of the club. We await the future with some concern. Indeed, these truly are worrying times. A GEN Committee member, known to be less than fully committed to the Leinster Council plan to issue uniforms and membership cards to club members, was assaulted at Rossmore by a Leinster Council functionary.

Future events

Your club will stage a Leinster league event in Ballinasloe on December 7 - Planner, David Quinn, Organiser, Joan Morrissey.

Other items

In a bid to undermine the attractions of Lower Leeson Street your outgoing Committee will shortly circulate to every member a full club membership list (including firstnames, addresses and telephone numbers).

We have recently received yet another communication from that mysterious body, the Federation of Irish Orienteering Associations. Apparently the US affiliate (Ronan Cleary and Julie Martindale) has re-located and the following events will be used for the F10A League Lists in 1986/87; November 8 and 9, Irish Two Day; November 23, Leinster Championships; November 30, Grade I Cronybyrne; February I, Grade I Killary and February 28, Connacht Champs.

Recent events have also seen the first signs of the implementation of the long-term GEN succession strategy. GEN news is pleased to note Kate Thornhill's (W10) arrival into competitive orienteering. Indeed, junior orienteering may well be in for a radical shake-up as junior McCormacks (both families), Watts and O'Learys are known to be waiting impatiently in the wings.

setanta orienteers

CLUB NEWS AND VIEWS COMPILED AND FABRICATED BY TED LEONARD OR HUGH CORCORAN.

QUIZ/DISCO: By the time you read this our quiz/disco could well be over. If so lets hope you enjoyed it and our thanks to all the members of other clubs who supported us. If its still not the 15th November, remember its on at 8.00pm in the Hoops Social Club Milltown Road and you would be well advised to collect your ticket in advance from any committee member .

AGM: The AGM has come and gone. A good attendance listened attentively to the reports from the various officers and committee members and expressed satisfaction with the progress the club is making on several fronts. The new committee is as follows, Chairman - Aubrey Flegg, Secretary - Teresa Hynes, Assistant Secretary - Arthur Green, Treasurer - Willie Kee, Captain & Development Officer - Bobby Buckley, Mapping Officer - Richard Flynn, Members-Mary Curran, Mervyn Eaton & Ted Corcoran.
Missing from this list you will notice is Anne O'Neill who has been a most efficient and helpful club secretary for two years as well as giving some of her time also to the I.O.A. We greatly appreciate the work you have done for the Club Anne and heres hoping we will see you back in harness again sometime. You realise of course that you won't be mentioned in "Not the 9 O'Clock News" as much from now on?

MAPPING AWARD: Our congratulations to Brian Power on his award for his Kilakee Map. Brians motto could well be "Only the best is good enough".

CLUB NIGHTS: The base for all our activities has now been shifted to the Dundrum Family Recreation Centre. Our Club nights will be held in future on the 1st Tuesday of every month at 8.00pm with lectures, slides and other technical discussions on orienteering, well worth going to, while on all other Tuesdays at 8.00pm physical training will be carried out under the tutelage of Bobby. Each member should attempt to attend as many club nights and training sessions as possible as the resources at the centre are first class but have to be paid for. Note that this appeal/instruction/invitation is directed at you!

NATIONAL O-DAY: This was very successful. Nearly 250 turned up at Kilakee on a lovely Sunday and enjoyed themselves hugely. Our thanks to everyone who helped on the day.

TENT: Our grateful thanks to Robert Dawson & family for, as it were, at last putting a roof over our heads by bequeathing his unwanted tent to the club.
Thank you Robert, we are very grateful indeed.

MAPPING PROJECTS: Croghan Kinsella, surely the finest mountain on Wicklows borders with its craggy peaked outline above some of the best orienteering forest in Leinster: when our mapping efforts have borne fruit it will offer the orienteer a most enjoyable days sport. But meanwhile back at the Ranch, the work continues and we need your help. Richard with the assistance of particularly Brian & Paddy has been working very hard to complete this map and would welcome your assistance. Thanks lads.
Our second mapping project is Castletimon and with the arrival of a plot, expected shortly, work will continue on this.

NOT THE 9 O'CLOCK NEWS.

S.O.S.

Where, oh where, has the Motley Pool disappeared to? Has anyone seen or heard from him recently? Well he must be found without delay as his life may be in immediate danger due to this serious zinc difficiency recently found in active male orienteers.
This lack can be readily established by perusing some of the "ráiméis" he printed before he went underground. (For non Irish speaking readers "ráiméis" can be loosely translated into "Cork creative writing") It has all the classic examples of the confused thinking associated with this common difficiency - bad grammar - no capital letters - few full stops or commas and a propensity to consider the world centre of orienteering to be on Musheramore, when everybody knows full well it is on Three Rock Mountain.
Dear Motley if you read this, please come forward for treatment. Your life is in danger but an immediate intravenous zinc injection may save it (please don't be needled by my carrying on in this vein!) and further fine examples of Cork creative writing can be wearily anticipated by the rest of us in the near future.
Motley old son, please come back; all is forgiven!

Quem fugis, a, demens? Habitarunt di, quoque silvas.

Ah, madman, whom dost thou flee?
Even gods have dwelt in woods.

NEW PUBLICATIONS

'Routes', that essential training manual for Irish orienteers, has become available again after a brief lapse. Contact Eoin Rothery (AJAX) at events.

Setanta Orienteers, meanwhile, have stolen a march on the IOA by publishing an excellent booklet on starting orienteering, produced with assistance from Texaco. The booklet explains the basics of the sport, what happens at events, and so on. A particularly endearing feature is the way in which the club which produced the booklet is played down in the text. Cost? Only ten pence, at events. Well done, Aubrey Flegg and Co.
A second booklet on basic event organisation is planned.

I AM INSTRUCTED BY THE MINISTER..

Good news for Civil Servants is that leave with pay for civil servants representing Ireland in 'Major International and World Championship events' may be obtained. Previously this concession was available only to those representing the country in the Olympic Games. Details from your personnel department. Applications in triplicate, of course!

IOA CLUB CENSUS

The forms for the annual IOA Census of clubs are being sent out to secretaries of affiliated orienteering clubs in late October/early November. This census is the only record we have of the progress of orienteering as regards numbers, location, etc. The information is required by Cospoir before the annual Sports Grants are paid.
Club secretaries are urged to return them to IOA without delay.

CLUB AFFILIATION

If you have recently set up an orienteering club, or would like to do so, contact the IOA Treasurer, Paddy Keane, 64 Carysfort Downs, Blackrock, Co. Dublin, to affiliate to the IOA.

EVENTS FAR AND NEAR

If you are travelling to Britain over the coming months you might be able to make your visit coincide with one of the following events:

Feb 15 Chiltern Challenge
Mar 1 Concorde Chase
15 SLOW Badge event
Apr 18-20 JK'87 Scarborough
May 17 British Champs (SW England)
Jun 28 Capricorn Trophy
Jul 5 Harvester Trophy, Wales
Aug 2-8 Highland '87
30 White Rose
Oct 25 Karrimor Mountain Marathon
Nov 1 November Classic

(These 1987 dates are in some cases provisional)

AGE CLASSES REMINDER

As every schoolboy knows, January 1st is the day when we all get one year older. Your orienteering age is reckoned at December 31st of the current year. For those of you who are not of a mathematical bent, the age classes for 1987 are listed:

Year of birth	1987 age class
1977 or later	M/W 10
1975 and 1976	M/W 11
1973 and 1974	M/W 13
1971 and 1972	M/W 15
1969 and 1970	M/W 17
1967 and 1968	M/W 19
1953 to 1966	M/W 21
1948 to 1952	M/W 35
1943 to 1947	M/W 40
1938 to 1942	M/W 45
1933 to 1937	M/W 50
1928 to 1932	M/W 55
1927 or earlier	M/W 60

IRISH SENIOR SQUAD GROWS

The revised Irish Senior squad, as of October 7th 1986 is as follows:

Men:
N.Bohan, P.Cadogan, B.Corbett, D.Deasy, P.Gargan, P.Healy, D.Hickey, P.Higgins, P.James, P.Kernan, S.Linton, J.May, W.McAuliffe, J.McCullough, D.Murphy, A.O'Cleirigh, C.O'Halloran, K.McDonald, E.Rothery, W.Young.

Women:
S.Carson, S.Clarke, M.Convery, O.Cooke, U.Creagh, M.Healy, H.Johnston, E.Loughman, J.Martindale, C.Morrish, P.Murphy, D.Ni Challanain, M.Thornhill, T.Horan, H.Wood.

(Almost in alphabetical order)

WORLD CUP RESULTS

The winners of the 1986 World Cup in orienteering are Ellen-Sofie Olsvik (Norway) and Kent Olsson (Sweden). The final race in the series was run in Switzerland on October 5th. Kent Olsson won the 1984 Unofficial World Cup and after this series could only be caught by Oyvin Thon, 1981 World Champion. Thon, however, needed a win in Switzerland to clinch the victory, but this eluded him.

The 1988 World Cup events will be in Hong Kong, Australia, Scotland (May 23, Scottish Championships), Finland, Czechoslovakia, Hungary, Austria and Sweden.

WORLD CHAMPIONSHIPS IN FRANCE '87

Details of the 1987 WOC in France are emerging. The event location will be in the Vosges Mountains at Gerardmer and La Bresse, and the events will run from September 1 to 5. Training camps will be run beforehand on June 6-14 and August 25-30.

... AND IN SWEDEN IN '89

The venue for the 1989 WOC is at Skovde in Vastergotland in Central Sweden, where the 1978 5-Day was run. The dates are August 13-20.

ADDRESS CHANGES AGAIN

Contrary to the address list in TIO 24 the address for Setanta Orienteers is 23 Weston Park, Churchtown Dublin 14.

Kerry Orienteers' Rory Costello also has a new address, at 347 Railway Terrace, Tralee, Co. Kerry.

JK '87 AT SCARBOROUGH

The 1987 Jan Kjellstrom Trophy, Britains premier international orienteering competition takes place at Easter (April 17-20) based at Scarborough in North Yorkshire. The format is the usual one of Training, Two-Day Individual and Relay events, and entry forms will be included in TIO 27 in January. Entry closes February 28th. A special effort has been made this year to offer cheap accommodation and transport (minibus hire) and details can be obtained from White Rose Accommodation, 12 Oak Mount, Bradford, West Yorkshire, BD8 7BE. Enclose an addressed envelope and a stamp or reply coupon. A limited number of entry forms are available now from TIO.

NEW CLUB FOR LISBURN

A new orienteering club has just atarted up in the town of Lisburn, Co. Antrim, called 'Phoenix Orienteering Club', the Phoenix being the towns emblem. The man behind the new club is Colin Henderson who can be contacted at 31 Pond Park Avenue, Lisburn, phone 08 492 71638. The club meets on Wednesday evenings at the Leisure Centre from 8 to 9 pm. If they decide on a club emblem, does this mean that it will be a 'POC mark'?

....AND MEATH

South Meath OC heve got off the ground and are travelling to events in Leinster under the guidance of Willie Quinn, Porterstown, Trim, Co. Meath.

AJAX Athletic Hill Running and Orienteering Club

MEMBERSHIP: As always new members are welcome. On payment of our nominal fee you can join the ranks of orienteers getting the best bargain in orienteering history. Fees: Seniors/Families - £5; Juniors/Students - £2. Further information and membership application forms can be obtained from me, Tara Horan at 11 Sweetmount Park, Dundrum Heights, Dublin 14. Phone: 983831.

AJAX ORGANISING: We've been just about the busiest we'vwe ever been as far as event organising is concerned. Our autumn events began with National 'O' Day on October 5 with three events at Marlay Park, St Annes Park and Larch Hill. The following week we could be found in Raven°s Rock and just two weeks after that Saggart Wood featured its first ever orienteering event on our latest map. (Thanks to Eoin for all the hard work he put into the map). Also most important thanks to everyone for all the help over the last month, but don't sit back yet. Please make one final effort for our grade one in Cronybyrne on November 30.

AJAX COMPETING: There seems to have been continuous competition since the season started for real with the Leinster Relay Champs in September. While the championships came in with a bang I'm afraid it took AJAX a little time to wean itself into the competitive spirit. The Leinster Relay Champs, to start with, very nearly passed us by with the starts being brought forward by up to 45 minutes. With the venue a long two hour drive against the All-Ireland final traffic from Tyrone this was not exactly a wise move on the part of the organisers ECO. A mix up with our ladies team entry caused further delay to the start but it infact turned out to be for the best as the scarcity of competing women meant very little competition so the added dimension of competing against the men was very welcome. -Perhaps something that could be kept in mind for future relays?

Next on the agenda was the Northern Championships. Like the Leinster RElays it is unfortunate that championships have to be held so early in the season. Surely it would make for a more indicative competition if championships could be held when a reasonably full field could be expected. The CISM team and many University students were unfortunately not available to run in Slieve Croob. Perhaps something for regional fixture secretaries to keep in mind?

AJAX NEWS CONTINUED

Next major competition AJAX travelled to was the Munster Champs and by the time you read this a major challenge for the TIO trophy at Mullaghmeen will be behind us. But even then the weary will not rest; the two day follows, and then the Senior home international in Scotland to which several club members will travel and then immediately, the Leinster Champs - what a list!

Ajax achievements in all these major competitions so far that I have at hand are: Juniors: Aileen Rice - winner in W10 at Northern Champs, Aine Rice - second at Northern Champs and a member of the junior team at the home international in Scotland in October; Eugene Niland for his great run in Northern Ireland and anyone else that I have missed. Seniors: Eoin, Willie and Peter G for their relay win at Munster Champs and Paddy, Niall and Eddie for thier M35 win against tough competition.

Listen I'll leave the news at this and just finish by wishing the best of luck to Peter and Ailish during their European travels and also all the best to Pat McManus - we hope you go down as well in Munich as you did (and do) in AJAX.

-TARA HORAN (Secretary)

TORCH AND SILVA GO NORTH

The recent announcement of the awarding of the Torch Trophy to Lagan Valley's Bill Simpson for his years of service to orienteering brings to two the major sporting awards given to orienteers from the North this year. Some months ago Noel Bogle of NWOC was awarded the Silva Trophy by the British Orienteering Federation for his work with Juniors in the North West. The Torch Trophy is one which can go to any sport, so it is good to see it going to an orienteer, especially to Bill Simpson who has been involved in the sport at all levels: competing, organising, drawing and surveying, and has also been active in LVO, NIOA and FIOA. Noel and his club NWOC have a continuous battle on their hands because they are largely a school based club whose best young runners leave the area to find work or to go to college, a problem shared by other clubs such as WEO in Galway, many of whose members leave to find work.

Congratulations to you both.

WORLD CHAMPIONSHIP TEAM PLANS

Irish Senior Team Manager Ted Russell has produced a blueprint for the teams selection and preparation for the World Championships in France next September. Broadly the plan is for a squad of M/W 19's and 21's and some 17's to be formed and to form the basis of the panel from which the team will be selected. The squad will be reduced to a panel of 14 men and 11 women in late '86 and to 10 men and 8 women by May '87. The team will be selected following selection events in Ireland and/or abroad.

Selection events proposed are the four regional championships from Sept '86 on, IOC '87 and JK'87.

Known form and international results in '86 and '87 will, with experience at International level, be taken into account.

As yet the Selectors have to approve these plane, so this is still just a basis for team selection: minor alterations may be made but it should not change significantly.

ORIENTEERING FIXTURES

November

15	SOMERSET	near Coleraine, Co. Derry. NI Night Championships. NWOC organising. GR C 74 30.
16	BALLYGAR	Co. Galway. Custume OC Grade 2 event. GR M 78 52. Note: one week earlier than in last list. Flat forest used for Connacht Championships.
16	CAPPANALEA	near Killorglin, Co. Kerry. Marshy open land with crags. KO Grade 2 event. GR V 72 88.
16	GALLOWS HILL	Cratloe, Co. Clare. ThO Grade 2 event, mistakenly listed for Oct 12 in last list. Nice open mountain and OK forest, good views over Shannon. GR R 50 61.
16	PHOENIX PARK	Dublin. LSOA event for schools, but open to all. Probably starting at the Papal Cross. GR O 09 34.
16	WARRENSCOURT	Crookstown Co. Cork. Cork O 'Norwegian' event.GR W 39 67
23	CARRICK	near Glenealy, Co. Wicklow. Leinster Championships, run by 3ROC. Pre-entry by Nov 10 for competitive classes. Limited EOD: two courses. GR T 23 94.
23	DRUMLEAGH	Co. Tipperary. LeeO Grade 2 event,'Norwegian' type, in the Glen Of Aherlow. GR R 87 25.
23	GARRETSTOWN	near Kinsale, Co. Cork. Cork O Grade 2, Cork League event. GR W 58 44.
23	KILLACLOHANE	near Milltown, Co. Kerry. KO Grade 3 event. GR Q 84 00.
29	TOLLYMORE	near Newcastle, Co. Down. LVO-run NI Ladder event. Nice forest on the NW edge of the Mournes. GR J 35 32.
30	CRONYBYRNE	near Rathdrum, Co. Wicklow. AJAX Grade 1, Leinster Badge event, good area not often used. GR T 19 92.
30	KINNITTY	Co. Offaly. Custume Orienteers Grade 2 event in the Slieve Blooms. Avoid the green gullies. GR N 21 05.
30	KILAKEE	alias Hellfire Wood, near Rathfarnham, Co. Dublin. Leinster Schools event. GR O 12 22.
30	ROSTELLAN	near Whitegate, Co. Cork. CRTCO Grade 2 Cork League event. Lots ov ivy-covered pits and tidal mudflats. GR W 87 66. Check the direction of Magnetic North.

December

7	BALLINASTOE	near Roundwood, Co. Wicklow. GEN Grade ? LOA Badge event. The best parts are being felled, so hurry! Used for part of the 1985 Two-Day. GR O 17 08.
7	BLARNEY	Castle Grounds, Co. Cork. Munster Schools' Champs. New map. Contact 021-822427 or 40694. GR W 60 75.
7	WATERGRASSHILL	UCCO Grade 3 'Suzy Whiting Memorial Event'. GR W 79 83.
13	DONARD	Newcastle, Co. Down. LVO Club event. Steep and windy forest on the slopes of Slieve Donard. GR J 37 30.
14	BELFIELD	UCDO Grade 3 event on the Dublin 4 campus. If you have to run there it's not all campus: there are several 'colles' as well. GR O 18 29.
21	CAPPANALEA	near Killorglin, Co. Kerry. KO Christmas event. GR V 72 88. Bring woolies and dry socks.

*
Thirteenth hour addendum: January 25 GEN Grade 3 event at Carrickgolligan, Co. Dublin.

December

26	PHOENIX PARK	Dublin. Traditional 3ROC Christmas Score event, moved temporarily from the Dublin Mountains. Start 11.00 to 13.00 at the Furry Glen car park. GR O 095 354. Extra benefits for fancy dress.
27	CLEMENT WILSON	Park, Belfast. LVO Christmas Score event.
28	SHIPPOOL	Innishannon, Co. Cork. Cork O Grade 3 event. City & County Venturers' and Rangers' Championships. GR W 57 54.

January 1987

18	PORTUMNA	Co. Galway. Western Eagles Grade 2 event. Flat forest park by the Shannon. GR M 84 03.
18	KNOCKANANNIG	near Fermoy, Co. Cork. New map. LeeO Munster League event. GR W 78 96 approximately.
18	BALLYFINN	Co. Laois, about 5 miles west of Port Laoise. Curragh Orienteerers event, possibly Grade 1. New maps. Map exchange on longer courses, 1:10000 to 1:15000! No further details. GR N 38 00 approximately.
25	BALLYSEEDY	Kerry Orienteers Grade 3 event. An old estate just SE of Tralee. GR Q 86 13.
25 see opposite*		

February

1	KILLARY	Renvyle, Co. Galway. UCGO Grade 1 event including the Intervarsity Championships. Superb area used for the 1984 Irish Championships. Open mountain with marshes and contours. GR M 80 62. The wisdom of holding a Grade 1 event on a technically difficult area of very exposed mountain in February and inviting largely inexperienced student orienteers is questionable.
1	GLENGARRA	Co. Tipperary. Cork O Munster League Grade 2 event. Between Cahir and Mitchelstown. GR R 92 22. Be ready to work out your own results.
8	TARBERT	Co. Kerry. KO Grade 3 event near Tarbert Comprehensive School. Open fields. GR R 06 48.
8	CARRICKGOLLIGAN	near Shankill, Co. Dublin. Leinster Schools event. Nice little area with the longest chimney in Ireland. Event open to all but be prepared for queues. GR O 22 20.
15	MUSHERAMORE	near Millstreet, Co. Cork. Cork O Grade 2 Munster League event. GR W 34 85. Watch out for Billy Coleman!
15	PHOENIX PARK	Dublin. 3ROC Grade 2 event. Fast runners will like it.
21	FLORENCECOURT	Co. Fermanagh. NI Score Championships, run by FermO. Difficult terrain and lots of bog. GR H 17 33.
28	CONNACHT CHAMPIONSHIPS	at Slieve Daeane , near Ballisodare, Co. Sligo. Run by Western Eagles. Area rather like Florencecourt but with more rock features. GR G 70 29.

March

1	CONNACHT CHAMPIONSHIPS	near Sligo. Probably Day 2 of a two-day individual event on a second map. Otherwise a relay at Finner, Co. Donegal. Watch this space for news,
7	CASTLEWELLAN	Co. Down. LVO Ladder event. GR J 32 37.
8	HOLLYWOOD	near Blessington, Co. Wicklow. LSOA event. GR N 94 06.
8	WATERGRASSHILL	Co. Cork. LeeO Grade 3 'Fun' Relay. GR W 79 83.

Coming: March 28/29 Munster 2-Day; JK'87 April 17-21 @ Scarborough; Irish Championships April 25/26 at Glengarriff, Co. Cork; May 18-23 World Military Championships, Ireland; Sept 26 NI Championships, Springwell, Co. Derry.

THREE ROCK ORIENTEERING CLUB

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

We celebrated our 10th Anniversary with a Club "Fun" event in Hollywood Glen. A black/white photocopy of the original, with suitable map corrections, control sites and markers reflecting the progress of orienteering, made for a very enjoyable event. The weather was beautiful and the 50 or so participants enjoyed the variety and challenge offered. Some felt they had orienteered better on the photocopied map than on the new-fangled colour ones! A meal in Poulaphuca House was followed by a John McCullough slide show of orienteering through the ages which provided much merriment, Ted's hair styles through the ages being a constant theme. Ted McGrath, Pat Flanagan and Maura Walsh did trojan work, and together with all the helpers on the day made it a memorable celebration. We received the following message from our twin Hudson Valley Orienteering (New York):

" CONGRATULATIONS 3-ROC !

On behalf of all the members of Hudson Valley Orienteering, I'd like to congratulate you on this the occasion of your tenth anniversary as a club.

We, in Hudson Valley Orienteering, are very proud to have you as a twin club. We have gained much via our 'Dublin connections': financial skills, new maps, an international perspective, and the ability to curse the forest with traditional Irish phrases.

We have enjoyed meeting the 3-ROC members in our travels. We hope that we will be able to meet more of you in the future. Remember, if you are ever in the New York City area, you have got friends to stay with.

Once again, congratulations! This anniversary couldn't happen to a better orienteering club.

Yours in orienteering,

Jon Nash
President "

Congratulations to Nuala Creagh on receiving the Mactire Trophy for her contribution to junior orienteering. Her tireless efforts on behalf of juniors are beginning to bear fruit. Well done, Nuala, we are very proud of you.

Five of our Juniors were picked for the Home International In Scotland. Angus Tyner, Karen Convery, Una and Hilde Creagh and Fergus McCann had mixed fortunes over the two days, but all had a very instructive and enjoyable time. Congratulations to you all on your selection.

National 'O' Day saw us running an event in the Phoenix Park. Kilmashogue was washed out by Hurricane Charlie so that venue had to be abandoned. However, 500 people took part in the Park and from all accounts enjoyed themselves. Thank you to all to helped run this annual event.

Bernie Carroll, John McCullough and Barry Dalby ran the Hollywood (Village) event. Despite the car parking problems around Mass time it proved a very popular event - again thanks to all who helped - we cannot run events without you.

Gerry Smith, Trina Cleary and Ashley Leeson took part in the recent Mourne Marathon. Gerry (with Doug Corrie) finished in 15th place overall after the two days. Trina and Ashley had to retire after the first day, but they say they are looking forward to next year!

Our next event is the Leinster Championships on 23rd November. The venue is Carrick Mountain on the new map. The usual cry of helpers goes out once more. John McCullough is organising (Tel. 956198). Even if you feel you don't know too much about orienteering, helping at an event is a great way to find out. There are always plenty of jobs to be done and at the same time it is a way of getting to know club members. Go on and telephone John at 956198. Apart from John as organiser, Trina Cleary is the planner, assisted by Michael McAuliffe and negotiations are in hand for a controller.

Mapping of Pine Forest is now URGENT. Please contact Nuala Creagh (934982) to be allocated your area. If you have no experience of mapping - don't worry - you will be asked to assist an experienced mapper and therefore learn the various techniques of mapping.

Training is at Oatlands College, Stillorgan - 6.30 p.m. each Wednesday. We are looking at the possibility of using the school gym; when we have more definite plans of a training schedule we will let you know.

JK '87 will be held near Scarborough, North Yorkshire - see Entry Form. Trina Cleary is co-ordinating entries, mini-bus travel and holiday village (self-catering) accommodation for 3ROC members intending to compete. The accommodation is being snapped up at the moment so we will have to book quite soon. Ring Trina (904177) if you are thinking of going. Deposits will be needed in early December.

And talking of money, subs. are due from 1st January 1987. Remember, on receipt of you sub. you will receive your new IOA Membership Card (see note in last month's Irish Orienteer).

Finally, the Creaghs and the Mays are running their usual Christmas Score Event on 26th December. This year it is definitely Fancy Dress - with stupendous prizes to be won! The Phoenix Park is the venue.

DATES TO REMEMBER:

Leinster Champs. - Sunday, 23rd November, Carrick Mountain
Christmas Fancy Dress Score Event - Friday, 26th December, Phoenix Park
Training - every Wednesday 6.30 p.m. Oatlands College
Mapping - ongoing, neverending .....

COACHING REPORT AVAILABLE

A report by Jim Martland of Liverpool University looks at how juniors approach courses and is available from BOF at STG£2.00 plus postage. The BOF address is Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2HX.
An article in the current Scientific Journal of Orienteering by the same author ranks the priorities given to various skills needed by junior orienteers as perceived by coaches. The coaches see selection of attack points as the most important skill, followed by the use of the compass to set the map, checking off distinctive features en route, and leg simplification. The use of a thumb compass was seen as the least important skill needed by M and W 13's and 15's in A-classes, to whom the study was applied.

HEADS ROLL AT LSOA

Following the somewhat alarmist reporting of the likely demise of the Leinster Schools Orienteering Association in TIO 25 an unprecedentedly large number showed up for the AGM.

A new secretary was elected: Sylvia Brown, 21 Woodbrook Park, Templeogue, Dublin 16. Phone 01-943992.

As it turns out the reports of the demise of LSOA were, as Mark Twain remarked, greatly exaggerated.

The Sprained Ankle – *AND TAPING IT!*

by Björn Salomonsson

PART TWO

TAPING THE SPRAINED ANKLE

REMEMBER: Never tape a newly sprained or swollen ankle (or injured foot). If it continues to swell it could badly restrict the blood circulation of the foot.

With taping you can stabilise the joint and prohibit certain movements, but it might also reduce needed movements - one has to experiment with different methods and different tightness of the taping to one that suits you. You have to practice taping to get good results, but even your first try will probably be acceptable.

WHAT YOU NEED: Unelastic tape (Sportstape, Coachtape) and perhapsa razor and a pair of unpointed scissors.

PREPARATIONS: *If necessary shave leg halfway up the calf.
*The foot must be dry and clean.

PRACTICAL ADVICE:
* Do it yourself, or sometimes it's easier to ask someone to help you.
* Keep the foot in a neutral 90 position - if someone is helping you lie down.
* Learn how to tear the tape smoothly, to avoid creases as these give a bad result or blisters.
* Avoid using too much tape, taping too thick gets stiff but not better.
* Never leaves gaps or edges of tape where the skin folds when the foot is flexed, this results in blisters or cuts.
* Keep the foot and hands dry, the tape won't stick otherwise.
* Warm up the taping with your hands afterwards and it will stick better.
* If there's a problem with sticking there's a glue spray for taping to get better adhesion.
* Start taping on an uninjured part for anchoring.
* To remove tape, tear it off strap by strap or cut it with a scissors (vaseline on the dull point makes it easier to get under the tape).

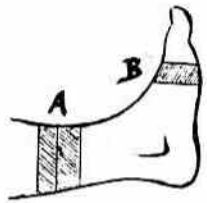
* If foot is sticky afterwards, wash with acetone or pure gasoline.
* Use talc or skin lotion on skin afterwards if required.

TAPING EXAMPLES:

There are many different ways and combinations of taping the ankle. Here are some examples of taping a spread ankle (Lateral injury - for medial just substitute the word 'inside' for 'outside' in the text).

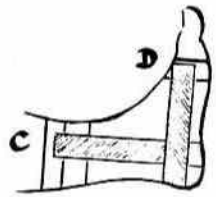
TYPE 1

A) Put on 1 to 3 straps of tape as 'anchors' on the leg, about 10 cm above the ankle. Circular but not too tight (might restrict circulation). The anchors partly overlapping each other.

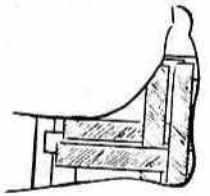


B) Put 1 anchor out on the foot.

C) Put 1 strap from A-anchor around the heel and up again. Start on good side (inside) and around the heel and pull on the tape over the injured side (outside) of the foot.

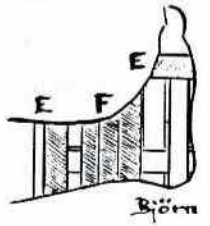


D) Then do a strap from B-anchor around the heel and back, also start on good side and pull onto injured side.



***Repeat C and D,1 to 3 times, new straps partly over-lapping earlier ones.

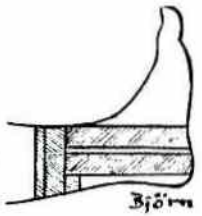
E) Fix the straps with a circular strap over anchor A and one over anchor B.



F) If necessary, cover gaps or tape edges with more tape.

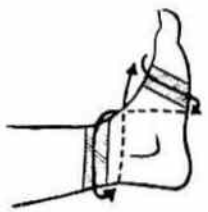
TYPE 2

Do only A,C and E from Type 1. As a stabilisation of extreme movements in the joint. If necessary do some F straps for more stability.



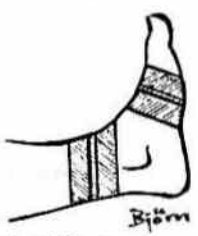
TYPE 3 (The "Eight")

A) Start with a strap on the outside of the foot, go over the foot to the inside, under the foot and back to the outside, and up in front of the leg where you pull the tape over the injured side. Continue in front of the leg and around it back to start. As a figure of eight.



B) Do 1 - 3 more "eights", the new ones over-lapping the earlier ones.

The 'eight' could also be combined with example 1. Putting the eight over No 1 for extra stability and fixing of the tape.



You will discover the way of taping that suits you best with a little practice, if it is stable it is probably your way. You can tape almost any part of the body, often with a combination of elastic and non elastic tape. Besides the foot the most common part to tape is the Knees, fingers, and the hand. But also the hip, back, shoulder and even the head to cure headache!

(Thanks to Tara Horan of AJAX for this article)

LOA INTERCLUB LEAGUE RESULTS

So far two stages of the League have been run, one at Ballinderry and one at Hollywood. Results from both of these are attached. At the moment 3ROC are forging ahead in the Senior league, leading by 16 points. In the Junior league a tussle is going on between 3ROC and GEN in a joint lead, with SET one point behind.

There is a modification to the scoring system this season, intended to give more emphasis to competitive classes. This time the points a runner receives depends on the number of runners in the class. If there are four or more people competing in the class, scoring is done as before, 4 for first, 3 for second, 2 for third and 1 for fourth. However if there are less than four in the class the last runner gets one point, the second-last runner gets two points and so on. For example if there are two runners, the first gets two points and the second gets one. If there is one runner he gets one point (for bothering to run at all).

SENIOR LEAGUE

EVENT: BALLINDERRY	HOLLYWOOD	TOTAL
CLUB		
3ROC	15	27	42
Setanta	19	7	26
GEN	16	8	24
Curragh	3	10	13
ECO	7	4	11
AJAX	9	0	9
BSO	3	4	7
DUO	0	2	2
Custume	1	0	1
UCDO	0	1	1
WO (??)	0	1	1

JUNIOR LEAGUE

EVENT: BALLINDERRY	HOLLYWOOD	TOTAL
CLUB		
3ROC	3	12	15
GEN	5	10	15
Setanta	0	14	14
AJAX	10	0	10
WO	0	10	10
DLSO	0	2	2
ECO	0	2	2
Curragh	1	0	1

O-RINGEN AND SWEDISH 5-DAY

Each year O-Ringen hold a running clinic before the Swedish 5-Day, and this year I was nominated, along with Aonghus O'Cleirigh, to attend.

The O-Ringen is an organisation of Elite Swedish ornenteers who come together to promote orienteering in countries where it is less developed than in Scandinavia.

The Clinic was held in Fridskads Folkshokskola, an Adult Education Centre 25km from Boras, the centre for the 5-Day.

The facilities were excellent and there was a great community atmosphere. There were forty orienteers from over twenty countries attending the running clinics and they came from such places as Cuba, Hong Kong, Brazil and New Zealand.

During the course of the three-day clinic I learnt a lot about orienteering techniques and training, and it also gave me an opportunity to get used to the intricate Swedish terrain. Bob Kail (a Canadian married to a Swedish orienteer) instructed us over the three days in running and training techniques, preparation for competition, map memory, compass work and distance judgement.

There was also a discussion and comparison of the training schedule of Anders Erik Olsson who visited Ireland last April (and who went on to win the H21 Elite class at the 5-Day and the World Student Championships in Hungary) and the training schedule of one of the top Czech orienteers.

The terrain for the 5?Days was hilly with many marshes and I found the transfer from Irish to Swedish terrain a difficult one, not only because there was a lot of detail on the map, but also because of the 'railway station' atmosphere in the forest with over 19,000 competitors making their way around the various courses.

My results over the five days were up and down from 35th to 96th on my worst day. I ran in the D20AK class which was longer and technically more difficult than the D21B which I had originally entered. My running was hindered somewhat because on the first day I went over on an ankle which I had sprained badly and weakened at the Scottish Championships, so I contented myself with getting around the course in moderate times and over the five days I was 57th out of a field of 127.

During the course of the 5-Days we had discussions back at the clinic on the day's Elite courses, and there was also a talk on sports medicine by Christer Johansson (doctor for the Swedish National Team) and a talk on how to start a club by Lars Hogedal.

Each country was allotted a host and we were given the opportunity to discuss our courses with them. Katarina Borg, who was 11th over the 5 days and recently was second in a major competition in Norway, was our host, and we had a good discussion on route choice.

Overall I was very impressed with both the organisation of the Clinic and of the 5-Days itself. Soren Johnsson (along with his helpers clothed in red) did a great job of organising the Clinic, and for me the Clinic followed by the 5?Day couldn't have been a better introduction to international orienteering.

Once the 5?Days finished it was back into the train for the long journey to Miskolc, Hungary, for the World Student Championships where an Irish contingent of six came together to toil with the heat and strong competition of fellow students from Scandinavia and other European countries, Japan, Australia and USSR(their first major competition since joining IOF).

The next World Student Championships are to be held in Trondheim in Norway in 1988, and let's hope that this time we will be organised enough to field a full team, as it was a great pity not to have had a full team at such an important international event.

Caitriona Nic Mhuiris
UCGO.

STUDENT WORLD CHAMPIONSHIPS 1986

Arriving in Miskolc after 38 hours (60 hours for one member!) or so of trains, sweaty heat, stale water and bread was a welcome relief because sitting on one's rucksack constantly does it no good! The motley three (Steven Linton, Caitriona and myself) tramped up the winding road to the camp, showered and guzzled food...

...3 little shamrocks eating all they could.
One shouted for more,
Then there were four!

Cully O'Hallo appearde from behind a tall, lanky palm tree, well camouflaged! Had spent the whole day doing varied sorts of mime, not to gain artistic recognition but to gain info to loco of O-campo (and to tell a stout bus inspector lady to "go somewhere else"!

Next day, Training day, t'was more like the big race for one member who made a desperate effort to get all 24 controls but luckily time ran out and he barely made the bus.

Dinner time and again...
...4 little shamrocks very much over-trained.
One shouted "lookee!"
And out popped Orla Cookee!

Friday - the Day of the Race

Brekee in the early morn...
... Irish team all fit and ready.
Alas, one got a cramp
And to the rescue dashed Brenny!

Oh, why is it that they all appear in the canteen, you might ask?

Anyway, the Individual race was in mixed limestone terrain, deciduous but with thick pine plantations, large open meadows with deep hollows, rocky underfoot but fast and with no brashings. The best of the Irish were Steven Linton and Orla Cooke. The 'team' was very much affected by the intense heat which was a dramatic change from the soggy flooded green fields of Ireland. Concentration and running speed were quick to deteriorate under the heat. We Irish orienteers are not used to pushing ourselves to the extreme limit, as I soon realised when a group of Scandinavians in tough competition flashed by as cool as a breeze.

Saturday was a day of relaxation, subterranean swimming in the heavy radiating waters of the Miskolc Spa, then on to the "mud fort" on top of Candyfloss Mountain. Here the 'team' signed autographs and posed for photos!

That night...a lark in the play park was had by the team where a reversal to childhood (O-stresso syndrome?) resulted. Swings,see-saws, mini-O, roundabouts (some had lost the technique of hanging on) and King of the Castle. The intense training advice of Colm on how to run-skip while tyring to play frisbee was very beneficial to the whole 'team', and even the Finnish Ladies Team took an interest.

Sunday: The Relay. Sadly, there was not a complete Women's team, if there was they would definitely have had a good run. The relay team that was, i.e. ♂ came 15th out of the 17 countries. A bet of beer was lost and won

namely, Britain, Japan, Italy and Yugoslavia. We were beaten twice and won twice. After, to Mislolc Hotel for nosh-up, sing-song and boat races and on to camp disco bopping strained muscles to the early hours. Monday dawned late for the 'team' who had to dash for the train from the empty campsite.

A big 'Thank You' to Caitriona Morrish who acted as the team manager and organiser for the Irish team and who contacted all who were willing and able to go. Thanks again!

The results were:

Individual race:

Men 14km, 400m			Women 8.9km, 270m		
1 Anders Erik Olsson	SWE	83.33	1 Anna Kottonen	FIN	64.13
2 Janos Kelemen	HUN	85.16	2 Lucie Komancova	TCH	67.57
59 Setven Linton	IRE	126.37	36 Orla Cooke	IRE	89.35
65 Colm O'Halloran	IRE	136.56	44 Caitriona nic Mhuiris	IRE	97.08.
66 Rory Morrish	IRE	138.35			
73 Brendan Delaney	IRE	167.07			

Relay: The mens relay was 11km with 400m climb, the womens was 7km with 270m. As one can see the lengths are much greater than lengths of this year's Irish Championships. Do we need longer courses in Ireland?

Rory Morrish
UCC Orienteers.

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MOST PEOPLE THINK OUR LOGO IS SUPPOSED TO REPRESENT AN ORIENTEER IN FULL-FLIGHT, MAP IN HAND ..... IT'S NOT ! IT'S REALLY US RUSHING TO THE POST WITH 'IRISH-O' ADVERTISING COPY AFTER COUNTLESS REMINDERS FROM JOHN McC ! FORTUNATELY WE ARE A LITTLE SHARPER WITH OUR MAIL-ORDER SERVICE, AS MANY IOA MEMBERS WILL TESTIFY !

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HIGHLAND '87 ADVANCE NOTICE

The entry forms for next August's Highland '87 Scottish Six-Day event have been distributed with the most recent CompassSport. The event centre is at Beauly, ten miles west of Inverness. The entry form includes details of accommodation (camping, B & B and floorspace) and of the events. The furthest event is at Insriach, Speyside, 48 miles from Beuley on the fourth day. As before your best four results out of a possible six will count for the final result. Entry fees are STG£3.75 per day (1.65 for juniors) up to January 31st 1986. After that they go onto a sliding scale up tp STG£5.75 (3.20) per day, so book early.

REEBOK RECALLED

Problems with the sole parting from the upper in Reebok 'Wild XC' spike shoes have lead to their being withdrawn temporarily from the market. Ultrasport are not selling the shoes until the problem is solved. If you have a pair which ai coming apart the manufacturers will repair them.

DRUG TESTING AT BOF EVENTS

The first British Orienteering Federation competition at which drug testing took place was the Southern Championships/ November Classic in the New Forest on November 2nd. The Sports Council will refuse grant aid to any sports bodies refusing to implement drug testing, hence the activity at this event. The competitor liaison officers appointed to oversee the tests were Tony Keys and wife Catherine (nee Murtagh), late IOA Secretary. We don't yet know if there were any positives...but no more strong coffee on the morning of a race!

DRYATHLON A SUCCESS

The first Tanners Dryathlon, promoted by Paul Boyes of CompassSport, went off successfully in August, based at the Tanners Hatch Youth Hostel in Surrey. The event comprised a 6km O-course, an 11.5 mile cycle and a 4 mile road race on hilly roads. Winner was Southampton University OC's Mark Chapman. Fastest time for the legs was 1 hour 42 mins 38 seconds.

Sc. J. ORIENTEERING

The Scientific Journal of Orienteering is now in its second year, volume number two having just been completed. The journal contains scientific papers related to orienteering, on topics such as sports psychology and physiology, training, map-reading, decision making, and so on.

The journal can be had from the International Orienteering Federation, PO Box 76, S-191 21 Sollentuna, Sweden at STG£1.50 per copy.

HARVESTER TROPHY RELAYS

London Orienteering Klubb won this year's Harvester Trophy seven-man overnight raelys at Sutton Coldfield, near Birmingham, on September 13th. Thewinning team included Peter Waldron, late of Cork Orienteers. The event starts in darkness at about 11 pm and finishes aroung dawn for the winners.

Next year's event is in Wales on July 5th: perhaps some Irish clubs might enter again? 3ROC had teams in the event on three occasions: it's great fun, and there's a tremendous atmosphere there. The event is run on the same lines at the Tio Mila relay in Sweden.

JK '86 RESULTS

A full report on all aspects of the JK'86 results system has been produced by the organisers and can be obtained from Keith Ryder, 9 Shenfield Crescent, Brentwood, Essex. Please enclose an S.A.E.

EASTINGS

L.O.A. JUNIOR DAY:
A Junior Day will be held on Saturday 29th November at Tiglin 10.00 a.m. to 4.00p.m. The cost is £2.50 per Junior. Lunch is included. Those wishing to take part should contact Richard Flynn 9 Broadford Walk, Ballinteer, Tel: 942388.

JUNIOR HOME INTERNATIONAL:
Leinster have been asked to stage this event in October of 1987. We would hope that clubs who are not involved in the Continental Cup, C.I.S.M., Leinster Champs Leinster Relays or the 2-day would volunteer their services.

MAPPING:
The Leinster mapping committee have held a number of very useful meetings during the past 12 months. It is very important that club mapping officers attend. To date the meetings have been very well attended with only D.U.O. and C.O. failing to put in an appearance.

TIMER:
The L.O.A., thanks to Paddy Keane's generousity now possess a Seiko Printout Timer. This is available to all clubs (who pay their levies Don) and can be had from Brian Heeney Phone 973711.

LEINSTER BADGE STANDARD:
The following achieved a Grade 3 Standard at the event in Ballinderry.

W. McAuliffe	P. Healy	P. Smith	P. Higgins	
K. McDonald	D. Weston	D. Reidy	J. De Lacy	E. Nilond
A. Flegg	M. Healy	S. Donohue	J. Watt	
M. Walsh	U. Creagh	C. Dunlop	S. Kulldorf	
P. Walsh	S. Rathery	D. Rowe	J. Flagg.	

Grade 2 Standards will be awarded for Holywood and Saggart as soon as results are to hand. A Grade I Standard can be won at Mullaghmeen Crony Byrne and the Irish 2-day. We would very much appreciate it if organisers could let us have results of events as soon as possible.

CONTROLLERS:
In the last issue of T.I.O. we listed Eddie Nilond as a Grade 2 Controller. This was due to a typing error. As everyone knows

Eddie is one of our most conscientious and hardworking controllers and we very much regret any distress we caused him.

Responsibility for the standards in our sport lies entirely with our controllers. The L.O.A. subject to the I.O.A. are the governing body of the sport in Leinster, however we feel it is not up to us to hand down directives to clubs on event standards or to grade controllers. We feel that this is the function of our controllers. Therefore with this in mind and with the approval of the council we shall hold a meeting chaired by our Technical Officer with the object of reviewing controlling in Leinster.

LEINSTER RELAYS:
The executive would like to thank E.C.O. and in particular John De Lacy for a very enjoyable championship.

ENDYMION AWARD:
This award goes to Ajax for their event at Raven's Rock organised by I think Tara Horan. It was a follow-up to National O Day and was a very find example of what can be done to sell our sport to newcomers.

A.G.M.
Our A.G.M. is fast approaching and I may find myself out of a job (I hope) so I want to take this opportunity to thank my colleagues on the Committee and all who supported us during our first year.

RICHARD FLYNN.
CHAIRMAN L.O.A.

SAVE ON
COMPASSSPORT

COMPASSSPORT MAGAZINE IS AVAILABLE BY SUBSCRIPTION FROM JOHN MCCULLOUGH, 34 DUN EMER DRIVE, DUBLIN 16 AT IR£10.50 PER YEAR (8 ISSUES). THIS STILL REPRESENTS A SAVING OF OVER IR£2.50 ON THE SHOP PRICE, DESPITE RECENT BRITISH POSTAL INCREASES.

CLOG/UCDO Gr 2½ BALLINDERRY 7/9/1986

A Course 8.5km 230m
M21A,M35,M19

W. McAuliffe	M21A	AJAX	65.37
P. Healy	M21A	CURR	69.14
P. Smyth	M21	SET	70.09
D. Reidy	M35	ECO	74.26
F. Higgins	M21A	CUST	75.19
K. McDonald	M21A	ECO	78.22
D. Weston	M21A	BSO	81.20
K. Walsh	M21A	SET	84.56
T. O'Sullivan		CURR	85.20
J. de Lacy	M35	ECO	95.20
E. Niland	M35	AJAX	95.25
B. Heeney	M21A	GEN/CLOG	97.38
M. Rice	M35	AJAX	99.59
S. Walsh	M21A	SET	130.00
T. Caffrey	M21A	BSO	139.12
P. Ryan	M35	GEN	161.50

1 non-finisher

B Course 7km 210m
M40,M17,M21B,W21A,W35

A. Flegg	M40	SET	79.14
R. Stanley	M21C	UCDO/CLOG	81.57
D. Quinn	M21B	GEN	82.07
M. Healy	W21A	GEN	90.38
E. Quirke	M15	CURR	90.59
S. Donohue	W21A	BSO	92.10
D. Walsh	M40	3ROC	97.37
J. Watt	W35	GEN	102.43
T. Quinn	M21B	SMOC	105.10
B. Hallowes	M40	3ROC	110.40
P. Cullen	M21B		113.06
W. Moore	W21A	AJAX	113.14
D. O'Meara	M21	SMOC	113.29
M. Walsh	W35	3Roc	114.10
B. Carroll	W21A	3ROC	118.00
B. Flanagan	W35	3ROC	119.15
A. Hallowes	W21A	3ROC	123.58
T. Burke	M21B	SMOC	128.55
B. Walsh	M40	3ROC	129.14
R. Flanagan		SMOC	134.10
P. Whelan	M21B	GEN	135.44
A. McBride	W21A	GEN	135.44
D. Watt	M40	GEN	140.48
E. O'Sullivan	M21B	BSO	147.12

1 non-finisher, 1 disqualified

Thanks to Rosberg de Stanley for not organising this event and to Maura Moran for constructive criticism before and after the event.

SMOC: South Meath O-Club
CLOG: College Leavers' O-Group (as if you didn't know)

Controller/Organiser: Arthur Green
Planner: Nicholas Butterfield

C Course 5.2km 150m
M15,M40,W17,W19,W21B
M45,W45,M50,W50,M55,W55

U. Creagh	W17	3ROC	64.48
B. Rowe	M19	3ROC	67.13
C. Dunlop	M50	SET	70.29
S. Kulldorff	M55	SET	73.58
B. Doherty	M15	GEN	74.29
D. Rowe	M55	3ROC	78.48
J. Flegg	W40	SET	79.39
T. Horan		AJAX	81.35
J. Higgins		AJAX	81.35
S. Rothery	M55	3ROC	81.35
F. Daly	W21B	CURR	82.22
P. Walsh	M50	SET	82.53
C. Walsh		SET	83.44
D. Large	W45	GEN	84.13
C. McGrath	W19	3ROC	86.14
S. Murray			89.30
A. Rice	W17	AJAX	94.42
G. Eagar	M50	GEN	97.43
P. Redmond		SET	100.53
H. Coghlan	W21B	UCDO	102.38
J. Creagh	M50	3ROC	103.15
N. Creagh	W45	3ROC	106.16
M. Moran	W45	GEN	128.30
P. Dempsey	M45	GEN	130.15
O. O'Friel	W40	GEN	131.20
M. Higgins	W40	SET	142.36
D. Erdpohl		CEO	146.29

5 non-finishers

D Course 3.7km 95m
M13,W13,W15

G. Doherty	M13	GEN	50.29
H. Creagh	W15	3ROC	53.35
J. Fitzsimons			62.44
P. Murray	M15	GEN	74.43
G. Dempsey	M15	GEN	77.16
B. Hannigan	M15	AJAX	102.31
T. Erdpohl			124.54
F,C,G, Erdpohl			124.57

E Course 3.1km 75m
M10,M11,W10,W11

E. Niland	M11	AJAX	56.50
D. Murray	M11	GEN	65.39
P. Dempsey	M11	GEN	82.36
L. O'Hara	M10	AJAX	98.06
P. O'Hara	M10	AJAX	98.07
E. Niland	M10	AJAX	99.34

1 non-finisher

AJAX Colour Event, Raven's Rock - Sunday 12th October 1986

BLUE COURSE - 7.1Km

1.	B. Bell	GEN	79.05
2.	M. Geoghegan	-	140.50

Retired

N. Murphy 3ROC

RED COURSE - 6Km

1.	N. Carroll	3ROC	68.32
2.	R. Flynn	SET	80.26
3.	R. Garret	3ROC	80.44
4.	J. Mc Evoy	-	87.06
5.	T. Corcoran	SET	97.03
6.	P. Cullen	-	107.04
7.	C. Maguire	-	113.47
8.	A. Keyes	GEN	122 55
9.	M. Doorly	-	127.40
10.	P. Butler	-	131.58
11.	P. Goodwin	-	141.46
12.	C. Steele	GEN	142.26
13.	S. Reidy	-	221.00

Retired

C. Owens
J. Cathalin UCDO
E. Mc Grath GEN

WHITE COURSE - 1.8Km

1.	M. & J. Burke		29.03
2.	A. Butler	MPO	42.55
3.	T. Mac Namara		42.56
4.	M. Mc Grath		43.31
5.	E. Flynn	SET	47.36
6.	A. Brady		47.43
7.	E. Smiley		52.56
8.	H. Mac Namara		52.56
9.	S. Lunke		52.56
10.	T. Murphy		52.56
11.	X. Flinter		55.39
12.	J & D Mac Namara		57.04
13.	Mairead & Marian		77.35

ORANGE COURSE - 4.2Km

1.	D. Barry	GEN	36.17
2.	E. Corcoran	GEN	38.40
3.	P. Glanville	3ROC	40.12
4.	N. Carroll Jnr	3ROC	42.14
5.	S. Murray	-	52.05
6.	S. Kulldorff	SET	52.10
7.	N. Mc Cormack	GEN	53.52
8.	J. Conway		54.50
9.	B. Corcoran		55.03
10.	M. Higgins	SET	56.53
11.	N. Conway		59.50
12.	M. Heapes	GEN	60.43
13.	N. Conlon	MPO	65.53
14.	M. Ryan		66.35
15.	C. Hicks		67.57
16.	P. Cooke	AJAX	71.58
17.	Mc Dermott/Kelly		73.28
18.	C. Anderson		78.58
19.	G. Barry	GEN	82.40
20.	J. Butler		96.26
21.	R. O'Reilly		139.08
22.	B. Hannigan	AJAX	139.40
23.	C.N.B. Warner		141.30
24.	D. & S. Warner		220.50

Retired

X. Egan GEN

WAYFARERS COURSE - 2.1Km

1.	P. & T. Hynes		34.20
2.	J. Hynes		35.34
3.	D. Brett & S. Carey		35.47
4.	C. Hynes		36.45
5.	J. Butler		40.11
6.	A. Barry	GEN	54.05
7.	R. Barry	GEN	60.05
8.	N. Dalton		64.24

Retired

X. Farrelly
M. & Y. Guinan
V. Beattie

AJAX Colour Event, Raven's Rock - Sunday 12th October

YELLOW COURSE - 2.4Km

1.	S. Carey		31.49
2.	H. O'Brien	AJAX	41.53
3.	D. Brett		41.53
4.	E. Glanville	3ROC	46.22
5.	P. Healy		46.51
6.	H. O'Brien	AJAX	49.50
7.	R. Fitzpatrick	SET	50.14
8.	E. Fitzpatrick	SET	50.29
9.	A. Flynn	SET	50.40
10.	S. Carroll	3ROC	51.30
11.	B. Stuart		53.24
12.	N. O'Brien	AJAX	54.26
13.	Kelly/Bowden/Durcan		54.58
14.	C. Mc Grath	GEN	55.07
15.	N. Crawford		55.25
16.	Driscoll/Laughlin		56.42
17.	M. O'Neill		56.47
18.	R. Owens/Bob Matthews		58.11
19.	D. Mc Bryant	3ROC	59.26
20.	A. Rice	AJAX	55.17
21.	A. Cooke	MPO	60.49
22.	X. Conlon		62.27
23.	A. Grennan		64.46
24.	G. Grennan		64.56
25.	O. Kinsella	AJAX	65.17
26.	O. Magrane		65.21
27.	J. Stewart		65.24
28.	E. Cathalin	3ROC	66.32
29.	E. Owens		68.11
30.	J. Dalton		69.21
31.	Keogh Family	SET	70.34
32.	D. Fleming		72.50
33.	A. Conway		76.33
34.	J. & E. Guinan		78.11
35.	M. Mc Kenna	AJAX	91.50
36.	J., J. & L. Conville		92.13
37.	R. & N. Conville		92.32
38.	M. & A. Kearney		94.32
39.	N. & K. Kearney		95.11
40.	L. Conville		93.00
41.	Clarke/Sedgewick		97.12
42.	L. & S. Reck		105.23
43.	E. Bridges		105.40
44.	M. & P. Reck		106.00
45.	C. & S. Noonan		118.50
46.	A. Mc Evoy		128.00
47.	B. O'Leary		128.00

Paddy O'Brien/Eoin Rothery
Course Planners

William Mc Auliffe
Event Organiser

ORIENTEERING MAPS AVAILABLE

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

available from T. Horan, 11 Sweetmount Pk., Dundrum Heights, Dublin 14 983831, 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.

RESULTS OF 3ROC Grade 2 (Colour) EVENT, Hollywood Village, Co. Wicklow. Sunday October 12th 1986.

Black Course 9.1km, 275m

M21A

1	J.May	3ROC	M21A	67.25
2	P.Farrelly	CO	M21A	71.04
3	T.O'Sullivan	CO	M21A	80.40
4	K.McDonald	ECO	M21A	81.24
5	P.Smyth	SET	M21A	84.29
6	P.Lalor	CO	-	89.53
7	M.Crowe	3ROC	M19	92.36
8	J.Shulmeister	DUO	M21A	92.50
9	B.Heeney	GEN	M21A	93.29
10	S.T.Walsh	SET	M21A	98.07
11	D.Higgins	ECO	M21A	99.20
12	W.Kee	SET	M21A	104.43
13	T.O'Keefe	CO	M21A	109.47
14	T.Barry	BSO	M21A	112.14
15	M.O'Keefe	SET	M21A	116.46
16	A.Green	CLOG	M21A	124.52
17	A.Butterfield	DUO	M21A	132.24

M.Meehan CO disq (no.9)
1 n/f

Blue Course 7.2 km, 170m

M17, M35, M40, W21A

1	T.Russell	ECO	M35	57.27
2	W.Quinn	SMOC	(M21)	66.25
3	R.Stanley	UCDO	(M21)	69.46
4	D.Walsh	3ROC	M40	70.35
5	T.Caffrey	BSO	(M21)	70.39
6	P.Flanagan	3ROC	M40	72.08
7	B.McGrath	3ROC	M35	73.20
8	S.Donoghue	BSO	W21A	73.55
9	M.Healy	GEN	W21A	76.39
10	H.Wood	DUO	W21A	78.27
11	A.Young	SET	M17	78.43
12	G.Duffy	-	-	88.41
13	B.McCabe	CO	(M21)	89.39
14	J.Kelly	UCDO	(W19)	93.45
15	W.Moore	AJAX	W21A	94.43
16	S.Hanley	-	M40	100.05
17	J.Walsh	3ROC	M40	101.37
18	B.Hallowes	3ROC	M40	103.00
19	G.Walsh	DLSO	M17	105.03
20	A.Hallowes	3ROC	W21A	111.34
21	E.O'Sullivan	BSO	-	115.20
22	F.White	BSO	-	120.18
23	B.Doherty	GEN	M40	122.20
24	D.Jacobs	-	M35	146.30
25	?.Quinn	-	-	180.00

3 n/f

Paul Keating (BSO) was disqualified at the manned control for taking controls out of order. Let that be a lesson to you all!

Red Course 5.5km, 170m

M15,M45,M50,M21B; W17,W19,W35,W40

1	D.Quinn	GEN	M21B	52.41
2	H.Quirke	CO	M45	57.52
3	E.Loughman	GEN	(W21)	59.34
4	S.Good	3ROC	M15	60.52
5	C.Dunlop	SET	M50	65.21
6	M.Walsh	3ROC	W35	73.46
7	J.Gray	3ROC	(M35)	75.57
8	B.Flanagan	3ROC	W40	79.47
9	J.Walsh	OAT	M15	80.40
10	E.Ryan	CO	W19	80.59
11	M.Eaton	SET	M21B	81.33
12	F.McCormack	CO	-	82.37
13	P.Walsh	SET	M50	84.12
14	P.Dempsey	GEN	M45	84.47
15	P.Keane	3ROC	(M40)	85.02
16	J.Dunphy	-	-	86.23
17	K.Bent	SET	W35	86.26
18	S.Harrison	WO	M15	87.27
	J.Plant	-	-	87.27
20	B.Boherty	GEN	M15	87.30
21	J.Sweeney	-	-	90.25
22	J.Watt	GEN	W35	93.36
23	J.Lalor	GEN	M21B	95.23
24	M.Hewson	GEN	(M55)	97.40
25	J.Creagh	3ROC	M50	98.56
26	D.Brooks	WO	M45	100.10
27	J.McDermott	-	-	1o2.54
28	H.McLinden	WO	M15	103.59
29	P.Lindopp	ECO	M15	104.04
30	T.Burke	SMOC	M21B	104.53
31	A.Cruise	GEN	(M40)	106.20
32	P.O'Connell	-	M15	106.48
33	R.Flanagan	-	M21B	107.41
34	A.McCormack	GEN	W35	107.50
35	P.Devereux	-	-	108.00
36	S.Buckley	ECO	M15	115.28
37	B.McGrath	ECO	M15	116.29
38	B.O'Connell	-	M15	117.32
39	D.O'Sullivan	DUO	-	119.44
40	J,O'Leary	GEN	M21B	120.12
41	E.Thompson	-	-	121.42
42	P.McInerney	SMOC	M21B	123.11
43	D.Scanlon	-	M21B	123.27
44	J.Rowe	SMOC	M21B	129.04
45	L.Hatton	-	-	130.11
46	E.Byrne	OAT	M15	131.51
47	MJ.O'Sullivan	ECO	W19	132.42
48	E.Cryan	CO	-	133.15
49	R.Finlayson	-	-	135.29
50	A.Tyrrell	-	M15	136.30
51	E.Mernagh	3ROC	M21B	139.08
52	A.Brogan	-	-	140.54
53	E.Walsh	3ROC	W35	141.09
54	N.Mernagh	3ROC	W40	141.10
55	L.Naughton	ECO	(W21)	142.37

J.Bent SET Disq (no.15). 8 n/f

Hollywood results, continued...

Green Course 3.5km, 100m

M55,M60; W45,W50,W55,W60

1	T.Eakin	3ROC	(W15)	46.12
2	A.McAdam	WO	(M13)	53.25
3	D.Tyner	3ROC	(M13)	53.33
4	D.Large	GEN	W45	70.08
5	J.Keane	3ROC	(W40)	71.49
6	P.Stephens	3ROC	(M21)	76.37
7	G.Lacey	DUO	-	84.17
8	N.Lalor	GEN	(W21)	89.19
9	L.Diamond	GEN	M55	96.27
10	T.Dixon	DUO	(M21)	111.36
11	K.Willis	DUO	-	111.40
12	C.Byrne	DUO	-	111.41
13	J.Gormley	DUO	-	111.43
14	A.Farrell	DUO	-	148.48
15	C.Bonar Law	DUO	-	148.49
	D.Kirby	DUO	-	148.49
17	C.McLoughlin	DUO	-	148.50
18	T.Murphy	-	-	152.06

9 n/f

Orange Course 3.3km, 90m

M13; W15, W21B

1	J.McCann	3ROC	M13	51.15
2	F.Murray	SMOC	W21B	58.37
3	S.McCarthy	-	-	59.38
4	J.Brooks	WO	W15	69.53
5	AM.Dowling	UCDO	W21B	72.03
6	E.McAuley	GEN	W21B	72.09
7	J.Drumm	UCDO	W21B	72.43
8	J.Morrissey	-	W21B	76.49
9	D.Watt	WO	M13	77.44
10	P.Dempsey	GEN	M13	86.33
11	G&M.Dempsey	GEN	-	99.23
12	I.Murphy	GEN	M13	120.12
13	S.Keogh	-	(W13)	134.06
14	L.Drumm	-	(W13)	134.07
15	A.Perri	-	-	138.29
16	M.Gavin &	UCDO	W21B	156.00
	J.Cusack	-	W21B	156.00

12 non-finishers

Yellow Course 3.0km, 95m

M11; W13

1	N.Huggins	WO	(M13)	54.21
2	T.Brosnan	GEN	-	59.43
3	D.Murray	WO	-	60.39
4	D.Kennedy	WO	-	60.52
5	G.Keane	-	-	61.39
6	S.McCarthy	-	(M35)	62.09
7	C.niBhreartuin	3ROC	-	63.04
8	C&A.niBhreartuin	"	-	63.10
9	F.Ridgeway	-	-	65.19
10	K.Hickmott	WO	W13	65.40

Yellow, continued...

11	P&J.Kavanagh	-	-	75.15
12	H.Fitzgerald	DCW	-	78.15
13	M.Fitzgerald	DCW	-	78.17
14	C.O'Reilly	DCW	-	78.19
15	M.Grummell	DCW	-	86.56
16	M.Forde	DCW	-	86.58
17	J.Thorpe	DCW	-	86.59
18	Eimear & Diarmuid		-	96.41
19	Keane family	GEN	-	98.25
20	M-A & S.Kavanagh		-	103.08
21	C.Coughlan	-	-	121.31
22	L.Quill	-	-	121.32

5 non-finishers

White Course 2.7km, 80m

M10; W10,W11

1	J.Naughton	-	-	35.08
2	D.Burns	-	M10	43.40
3	F.O'Brolchain	SET	M10	44.35
4	C.Burke	SMOC	-	44.38
5	J.Maher	SET	M10	44.42
6	C.O'Brolchain	SET	M10	44.54
7	S.Harnett	SET	M10	44.56
8	K.Thornhill	GEN	W10	46.41
9	R.O'Brolchain	SET	W10	47.38
10	N.Murphy	DUO	-	49.39
11	S.Walsh	DLSO	M10	53.01
12	H.Wilkie	-	-	53.51
13	H.Mahony	-	-	54.18
14	J.Power	SET	-	55.16
15	3 Delaneys	-	-	55.33
16	C.Slattery	-	-	59.27
17	J.Russell	ECO	W10	59.54
18	B.Burns	-	-	60.30
19	H&D.Keane	3ROC	-	63.01
20	E.Ryall	-	-	64.17
21	?.Maguire	-	-	69.01
22	?.Maguire	-	-	69.40
23	J.Keane	DUO	-	70.24
24	O.Donnelly	DUO	-	70.25
25	Cookes	-	-	70.59
26	C.Thornhill	GEN	W10	71.26
27	A.Osborne	-	-	72.12
28	M.Moore	3ROC	-	79.17
29	D.Durkan	3ROC	-	79.19
30	S.McCormack	GEN	W10	79.23
31	B.Matthews	3ROC	-	82.16
32	M.Brennan	3ROC	-	83.11
33	A.McDermott	-	-	83.12
34	B.Matthews	3ROC	-	83.20
35	P.Matthews	3ROC	-	83.29
36	P.McDermott	-	-	83.31
37	M.Brennan	3ROC	-	83.36
38	C.O'Connell	-	-	83.43
39	B.Brennan	3ROC	-	84.32
40	M.Sorohan	3ROC	-	89.36
41	I.P.Meldon	-	-	96.23

S & N.Nowlan: no start time.
1 non-finisher.