The Irish Orienteer

NUMBER 2 NOVEMBER 1982

The "IRISH ORIENTEER" is published at two-monthly intervals, and is obtainable through all Irish O-clubs' Secretaries. All material concerning orienteering, including photographs, will be gratefully received by the editor: John McCullough, 34 Dun Emer Drive, Dublin 14.

The next issue of "Irish Orienteer" will be published in mid-January 1983. Copy should be with the editor BEFORE DECEMBER 24th.

This issue's cover photograph by Pat McManus (3ROC) shows E.Niland (AJAX) finishing at the recent Munster Championships. The last issue inadvertently lost its photo credit: the cover photo showed J.McCullough handing over to P.Kernan - first and second leg runners in the 3ROC relay team at JK'82 in England, and was taken by Alan Shaw (ThO).

THE IRISH ORIENTEER NO.2 NOVEMBER 1982

LETTERS

CHAMPIONSHIP B-CLASSES?

At a championship event I was involved in recently the entry of dozens (hundreds?) of M21B runners on a course shared by W19A and M43 raised the possibility of the course becoming something of a farce. As it turned out, my worst fears were not realised, but the incident strengthened a feeling I have had for some time.

How can we have B-class championships? Surely the whole point of a championship for any particular age grouping is to find the best competitors at that age, and the fact that we may have inexperienced or less competitive entrants at most other events is irrelevant in the context of a championship. In any case, what does a high placing in a B-class mean- that this is a better performance than finishing last in an A-class? Obviously it is virtually impossible to compare the two performances, which suggests that the awarding of prizes to B-class leaders is meaningless. And if we are going to have B-classes for M21 and W19 why do we not extend the principle to all other classes - it is a regular feature of some of the junior classes that "also rans" are taking up to three times to finish the course as the winner might.

In fact the situation can be more serious - even potentially dangerous. At the event I referred to earlier I had occasion to go into the forest during the afternoon to look flr an exhausted M21B competitor. I'm glad to say that the incident turned out to be less serious than it might have been, but it later transpired that a number of the runners in this class were virtual novices and I am convinced that the idea of being in a B-class lulled them into a false sense of security. To my mind they should not have been taking part in a championship competition.

I'm not against "B" classes. In grade 3, 2 and probably even in some grade 1 events they are very useful as a means of giving less experienced competitors a taste of what will be required of them later. But championships are meant to produce the best and that principle cannot be qualified or diluted in any way.

Frank Martindale (Tipperary Orienteers)

LETTERS

FIXTURES

Fixtures have started to roll in at last, rather like a bit of arm twisting! But some clubs are very resistant, and they will suffer simply because there are very few vacant slots in the 1982/83 calendar. They also suffer because of lack of publicity, it is hoped to get all events publicised in non-O publications such as running magazines, Bord Failte's calendar of events, BOF/NIOA, so come on with dates and venues for future events.

There are two points re event registration: firstly, can clubs give FULL details, i.e. Date, Grade/Type, Organiser, Planner, Controller, Exact location (six-figure Grid Reference for the start). Information on the map, scale and type of terrain is also helpful.

The second point is that if a date is regiatered and the venue undecided, the club must give AT LEAST one month's notice of the exact location and grade/type of event, otherwise that slot will be given to any club that wants it.

The following is something which has begun to take place recently: starting starting with the fixing of future major events. The following are a few examples:

Irish Championships- Two weeks after Easter/JK Trophy
1983 Thomond Orienteers

Leinster Championships- Three weeks before Easter/JK Trophy
1982 DUO
1983 Great Eastern Navigators
1984 Curragh Orienteers

Leinster Two-Day- Second week of November
1982 Three Rock/AJAX
1983 DUO
1984 Eastern Command/Setanta

I would like to do the same for the Munster and Connaught Championships, Long-O (Nagles, Burren Walk, etc.), so how about some response, clubs?

By the way, I would appeal to organisers of closed events to make them open. Make them Colour or Grade 3, do not worry about classes or lots of courses, most people simply want to orienteer.

If anybody has any comments to make, please do not hesitate to contact me.

Bernard Phelan,
IOA Fixtures Secretary.

53 Stillorgan Park,
Blackrock,
Co. Dublin.

Leinster Schools Orienteering Association's AGM was held on September 22nd. The following officers were elected for 1982/83:

President:	Brian Duffy, Wesley College, Ballinteer, Dublin 16. Tel. 987110 after 4 pm.
Secretary:	Chris Bradley, Embury House, Wesley College, Ballinteer, Dublin 16. Tel. 987110, evenings.
Treasurer:	Larry Roe, Oatlands College, Mount Merrion, Co. Dublin. Tel. 953442, evenings.
Equipment Officer:	Brian Farley, 15 Wyckham Park Drive, Dublin 14. Tel. 982626.

WESTERN NOTES

Agreat day was had by all who took part in the orienteering in Mountbellew, Co. Galway, on Sunday , 12th September, "National Orienteering Day", organised by Western Eagles Orienteering Club and Custume Orienteers.

Over one hundred people were present,including many family groups. Many schools from both the city and country were represented and the event was well supported by members of An Oige, the Army and various youth groups. Thirty two experienced orienteers took part in the Score event, with the best scores being recorded by John McKeown(Longford 17 Bn)-460 pts, Noel Conerny ,Loughrea,(WEO)-380, and Cepta O'Reilly (GRTC)-365. Over 50 more beginners took part in three other courses of different lengths and degrees of difficulty.

Preliminary Notice: The first Connaught Championships will take place on the weekend of March 5th-6th next. Connaught is now officially a fully recognised region of IOA, and will host the 1983 IOA AGM at the Championship weekend. The event will also incorporate an Interprovincial match in all classes, along the lines of the Continental Cup.

Saturday March 5th: Relay at Mountbellew, Co. Galway. Revised 1:15000 scale map.

Sunday March 6th : Individual event at Kylebrack, Co. Galway. Enquiries regarding both events to: Frank Ryan, St. Mary's, Ballinfoyle, Galway.

JUNIOR HOME-INTERNATIONAL

The team foe the Junior Home-International to be held at Linlithgow in Scotland on November 6/7 is:

M17		M15		M13	
R.Kidd	NWOC	J.Riordan	LEE	R.Morrish	LEE
P.O'Donnell	NWOC	S.Linton	NWOC	C.Hunt	NWOC
M.McCallion	NWOC	D.McClelland	NWOC	J.Logue	NWOC
P.Ryan	TIPP	M.Bennett	NWOC	G.James	NWOC
(O.Creagh	3ROC)	(A.Tinto	NWOC)	(G.Martindale	TIPP)
W17		**W15**		**W13**	
D.ni Challanain	AJAX	Una Morrish	LEE	A.Morrish	LEE
C.Bonar-Law	GEN	E.Flegg	SET	V.Whyte	NWOC
J.Martindale	TIPP	R.Yard	NWOC	W.Martin	NWOC
M.Cunnane	CORK	C.Morrish	LEE	S.Tinto	NWOC
(R.Sloane	3ROC)	(Urs.Morrish	LEE)	(D.Cunnane	CORK)

The events are at Sheriffmuir, near Stirling - a relay on Saturday, and at Blair Atholl, near Pitlochry- individual race on Sunday.

CURRAGH NEWS - Aonghus O Cleirigh

There's no truth whatsoever, in the rumour that Yonkee has joined AJAX. He wants that put straight for the record. Harry Quirke has drawn the winning ticket in the Curragh Camp "X-mas Turkey Draw". Our felicitations! A selection race for the Curragh Relay Team will be held in the felled section of the Curragh plains. Watch this space for further details. All are welcome to participate. The charity football match scheduled for next Sunday after 10.00 Mass will go ahead as planned. Fr. Harrington is reffing and he wants everyone to tog out in clean gear. Wally Young is looking for the loan of a pair of football boots, size 9½, if anyone has a pair to spare.

Congratulations to Pat and Marlena (Healy) on the birth of their daughter Denise, the 1999 Irish Ladies O-Champion. Two mappers overheard the other night at Gerry Delany's wedding: "Sure it'll have to be a Grade 2 on the new map, but we'd better premark it all the same". "Maybe we could ask one of them Grade 1 controllers to comr down from Dublin, respectfully like?".

Around the same time the club AGM was held in the back room of Flannery's. It was elbow-to-elbow with the five card stud players for half the night. Initially discussed was the right time of the year to set lazy beds and the askin' price for hoggets at the Athgarvan fair. After chawing the agenda for a while a committee was elected: Harry Quirke (Chairman), Frank O'Leary- formerly ECO (Secretary, Treasurer), Patrick Healy (Co-ordinator, Teams' Captain), Aonghus OCleirigh (Training Officer, PRO), and Frank "Yonkee" McCormack (Watchdog).

Other non card-playing attendance included Ray O'Shea(currently being poached from ECO), and the old stalwarts, the Cadets. Arising from "Other matters" was the delitescent state state of female membership in the club. The Chair observed that W15-W19 were fairly thin on the ground (on the plains even!). How was this aberration to be rectified? A proposal from the floor that honorary membership be bestowed on the first thirty (30) applicants, in addition to free grazing and timber rights on the Curragh Plains, was received with cheers, jeers and thigh-slapping. An amendment was finally passed making family membership £5.00, Senior £3.00, and Junior/ student £1.00. Finally the Intelligence Officer submitted his report on the rival firm (ECO). The Hussler had been observed lurking in recesses and shadowy corridors with ECO membership forms, obviously coercing the gullible into joining his outfit. The Chair immediately ordered an enquiry and appointed an Executive Committee to investigate, with sweeping dictatorial powers. There being no further business, the meeting was closed, chairs drawn up, and the pint-swallying initiated.

This month's exclusive interview is with Curragh star, Paddy Lalor, all-army high-jump record holder, occasional jockey and current Leinster O. Champion.

Curragh News:- "Well Paddy, what's the secret?"
Paddy :- "Porridge, cod-liver oil and army discipline."
Curragh News:- "What advice would you give to today's aspiring orienteers?"
Paddy :- "When using the compass these days, it should be taken into consideration that the red arrow usually points North."
Curragh News:- "An unusual approach indeed! What competitor in orienteering today do you respect most?"
Paddy :- "Gerry Byrne."
Curragh News:- "Yes folks, guess who features in next month's surprise interview?"

Stop the press! Our congratulations to Harry Quirke and Aonghus O Cleirigh on their convincing victories in the Munster Championships. For O Cleirigh this follows his brilliant win in the Setanta Mountain Marathon and his outstanding fifth place in the All-Army "Cosantoir 10,000m road race". (Seven vestal virgins will be sacrificed in his honour.)

Hypothermia

"Where on earth am I?..." Joe has been wandering in and out of re-entrants, marshes and thickets for almost 3 hours; it's been raining and he's getting cold, frustrated and of course tired. He tries to run faster through the woods to warm up, but is rapidly exhausting his body's energy reserves. Fatigue is quickly setting in so he starts to walk in the direction of the safety bearing. Shortly after, he begins to shiver. Before long the shivering becomes more violent and Joe starts to trip and stumble. Joe is now confused and his mind wanders off...

Recognize Joe's condition? It's called hypothermia, killer of the unprepared. No one, regardless of experience in the outdoors, is immune to the danger of hypothermia. That's why it's especially important to understand what effects cold has on the body. And take note: Outdoor temperatures need not be extreme to have a lethal effect. Most hypothermia accidents occur in the spring, summer and fall, at temperatures above freezing (up to 10°C), especially if the weather is cold, wet and windy.

Just what is hypothermia? It all starts with a simple imbalance: the body loses heat faster than it can produce it, and the inner or core temperature starts to drop. From a normal temperature of 37°C, the body core can drop to a lethal 28°C in just hours.

As the individual's body temperature drops (such as Joe's), observable symptoms develop: the slight shivering is replaced by more intense, uncontrollable shivering, and the victim appears absent-minded and very uncoordinated. Slurred speech, sluggish thinking, stumbling, drowsiness, memory lapses and apparent exhaustion all characterize an emergency situation where, if no help arrives, the hypothermia victim will continue to deteriorate as the body core continues to cool. The victim may not realize what is happening to himself or herself, and may deny being in trouble when finally found (but remember: believe the symptoms, not the victim!)

Orienteers are especially susceptible to hypothermia for the following reasons. They like to travel light with just a map and compass and hence are usually unprepared for an unexpected weather change or mishap. Falling into cold water (especially in the spring when the woods are quite wet), or getting lost (like Joe...) and spending many hours wandering in damp or wet clothes, is not unheard of. Also, orienteers expend a lot of energy, and can become quite tired. Excessive use of energy without adequate food and fluid replacement (as found in most orienteering situations) can precipitate hypothermia, simply because the cooling body can no longer draw on its reserves to warm itself up.

What are some preventive measures we can take as orienteers? The first is common sense. If you are a beginner (a) be reasonable in your choice of courses and set a time limit for yourself, (b) if you expect to be out for a while(!) bring a fanny pack or small day pack to hold things like a windbreaker, a hat (60% of body heat is lost through the head!), possibly a light sweater if the weather is cool, a high-calorie snack, a little water bottle, some matches and a space blanket (weighs only 30g or about 1 ounce!), (c) use layered clothing which allows you to adjust to temperature conditions to keep warm and avoid sweating (e.g. Lifa underwear and/or wool.)

Although less likely, experienced orienteers can also become hypothermic if injury occurs on a long course where help is slow in coming, or if he/she becomes considerably delayed upon finding an injured (or hypothermic!) orienteer (i.e. especially if the weather is cold and clothes are damp from running). So on cold, damp days, carry that extra windbreaker, hat, chocolate bar and few matches - they could be invaluable.

And finally, what do you do if you find someone with hypothermia "off the beaten track?" Send for help immediately (use that mandatory whistle!) As quickly as possible prevent further heat loss by removing the victim from the cold, wind and/or rain to a sheltered area beneath some trees, in a ditch, behind a boulder, etc. If possible, keep him/her insulated from the ground. Because, as an orienteer, it is unlikely that you will have any extra, dry clothing, huddle with the hypothermic victim and attempt to keep him/her warm until help arrives. Exhale warm air near the victim's mouth and nose to raise the temperature of the air being inhaled.

If you have food with you, convince the person to eat it. Even the little seeds inside pine cones are edible.

Remember: speed is essential, so when you send someone off for help, make sure he/she has specific instructions, i.e. to bring back warm, water-proof clothing, snacks, warm sweet drinks, and a stretcher or other means of transporting the victim. If you think you'll be waiting for awhile, and it is practical, build a fire (using those matches you should have with you!) to keep both of you warm until help arrives.

The victim should be removed without any delay to a warm, dry location (preferrably inside a building) where a more complete treatment can take place. Warm fluids and sweets may be given if the victim is conscious and, if a sleeping bag is available, place the victim inside along with a warm person who has stripped to underclothing to transfer as much heat as possible. Under all conditions, handle the victim gently.

As usual, prevention is better than cure. So plan to orienteer safely, and have a good season!

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This article first appeared in the Canadian orienteering magazine, "Orienteering Canada".

The author, Gabrielle Savard, is a Ph. D. student at the University of Calgary studying human physiology. Formerly of Ottawa, Gabrielle is one of Canada's two female paratroopers. Her sister is the other one!

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JK'83 CUMBRIA, ENGLAND

Following our successful trip to Berkshire last April, DUO are planning to organise another coach to JK'83 in Cumbria next Spring.

The coach, which will leave Dublin on the evening of March 31st and return on the morning of April 5th, will also provide transport to and from all the events. The price, and indeed the success, of the project is dependent on the degree of interest shown by other clubs in the country.

It is expected that the cost of the whole trip will be in the region of £55.00, and that this price will include the price of accommodation (floor space) which has already been reserved by DUO less than two miles from the event centre.

Those wishing to reserve a place should forward a deposit of £20.00 plus an SAE to: Mark Donovan, "Crannach", Hillcrest Road, Sandyford, Co. Dublin, to reach him not later than January 23rd. In order to enable us to finalise arrangements as quickly as possible we are offering to those who have paid their deposits by January 23rd, and the balance by February 28th, a fixed price of £50.00.

In the event of their being insufficient interest shown by January 23rd, all deposits will be returned immediately.

Anyone looking for further information may contact Mark Donovan at the above address.

AJAX RAMITIN OCTOBER 1982

THE INSIDE STORY ON THE CAPER CEILIDh.....JULY 30 - AUGUST 2 1982.....

The vociferous Ajax Tribe travelled to Scotland and upheld their infamous tradition of Bawdiness, Scabbiness, Rabidness and needless to say, their Record breaking "O" times. A good week-end was had by all.

The campsite, complete with plastic bag showers, which we only discovered on the last day, was just outside the village of Douhe. (To those who travelled that's the village of the "Red Lion"- some may not have noticed much else!)

On arrival we set about making our secluded corner more homely by flying our flag from a convenience which left no doubt in the minds of our fellow campers as to the illustrious name of our club. Throughout Friday (with a handful of premature arrivals on Thursday) our family grew by the minute - good work girls. - and along with it our breakfast order which left the Organisers believing the rumours about large Irish families (at £8 per family what else did you expect us to do?) Our tents multiplied as quickly as our members with no shortage occuring until the Army arrived. Food - a very important item where the Tribe are concerned - was not as scarce as usual during the week-end though water was, the only tap being on the far side of the field. We would like to take this opportunity to express our gratitude towards Griff & Co from the neighbouring village of regimental green tenements who often, unknowingly, supplied us with a nearer source as well as with mild green Fairy Liquid.

In an effort to impress the other clubs a training run was schedualed for the afternoon and Eddie was seen limbering his way into the forest with eight wimbo waying bikini clad females in hot pursuit, which helped to set the tone for the week-end and add to our general good name. As you can imagine things get pretty hot with all that exercise in the forest, so after a refreshing communal bath in the river pre-race nerves were drowned with the help of a few pints. By closing time our tent-village had grown into a tent-town complete with the usual delinquent characters associated with large cities - Hobos huddling together for warmth under the stars; Immigrants from Wales in the suburbs, one of whom was welcomed with open arms into the heart of our commune and two late arrivals fresh from the experiences in Paris!

Saturday surprisingly saw all out of bed and ready to run with confidence in Achray, a forest which most had run on during Trossachs '79. Eoin preferred to lounge around with his tea bags and the gnats for company than to over exert himself on a hot day in very steep terrain - all in preparation for Sunday's Continental Cup Race. As usual Eoin's tactics were to be envied by all when, as Irish Champion 1982, he ran very well, finishing in 3rd place and adding 90 points to the Irish team's total. (Why not 100?)

Sundays race on the difficult Trossachs map was traumatic for most. However Catherine succeded in providing a much welcomed win for the club with a 5 minute lead,and a much needed mug for the commune (sorry about the chips - you can apply to the Treasurer for a glue grant.)

Great things were expected for the Relays on Monday. With Eoin running on the Irish team (as Irish Champion 1928!!) who could beat them? (GBR but only just.) Well done Eoin, a marvellous effort - maybe next year....

The Beanjax had their heroine Catherine on the team and were raring to go. The prospect of 4 more mugs spurred them on (anything to do with food usually does) but sadly their nearest rivals ULOC 2 (who won in a time of 99:41) had studied them and had a few tricks up their sleeves - they left Guinness kegs and Food at every control. A devious underhanded team if ever there was one. All incentive to win was washed away as the Beanjax, forever loyal to the cause, fell by the wayside and finished an hour later.

The F(e)arjax weren't disgraced quite as easily (the kegs, 8 in all, were empty) Floundering Philly, surprisingly fresh after the previous nights gaiety in the company of a certain nameless Scotswoman, stormed accross the line with the fastest time on his course, 48:46 for 5.4km. The other times on the Fearjax's team weren't quite so impressive and so with no winners that day the mug count back at the campsite stayed at 8.

Monday night saw one and all out on the town relaxing after a week-end of hard "O". First to the pub for a bit of lubrication and then onto the Disco - you should've seen Eoin doin' de Twist and Eddie playing Basketball, Grooovey!! Come to Deeside '83 and you may get the chance. A great way to end off an enjoyable week-end's Orienteering and incentive enough to go again

The club's AGM will be held in Balally Community School on Friday November 5th, starting at 8:00p.m. sharp. An Agenda will be sent out soon and any proposals for amending the constitution should be sent to the efficient secretaries before October 31st. The same applies for all proposals for committee members except for the job of secretary we're not giving it up - tough.

The main item on the Agenda will be our event in November and a large turnout is expected at the meeting so as John can nab you all.

Compass Sport & the Orienteer 1982/No.5 , page 5.

"Eoin Rothery, the Irish Champion, has emigrated to Canada, attracted it is said not only by better job prospects but by the country's O-possibiliti O-possibilities."

What can we say but so long, farewell, auf wiederschen, goodbye. We'll visit you sometime!!!!! At least they got the Irish Champion bit correct.

Ajax Orienteers would like to apologise for the cancellation of our event on October 31. When we looked for venues we were faced with the choice of only four current areas - Ballinascorney, Ballinahinch, Clarabeg and Three Rock (excluding Park maps).

29 woods have been used for Orienteering in Dublin/Wicklow and 21 of these were mapped from 1969 - 1971. In a typical 9 month season (Winter 1975 - 1976) in the past 9 seperate Grade 2 areas were used (5 twice) and 3 new areas were introduced - Derrybawn, Stranahely and Kilcooley.

Clearly Orienteering is declining fast in the Dublin area, when, 7 years later, instead of having more maps available we have less than half the number. We feel that orienteers will get to know the 4 areas in question quite well in the coming months. While orienteering should ideally be available every week in the Dublin area, we are committed to our event in Cronybyrne in November and are switching our limited resources to that.

However after Cronybyrne Ajax are to launch a mapping blitz. We have registered 14 areas, 11 of which have never been used before, but which are all Grade 2 terrains. The areas are - Howth, Killiney, Bray Head and Saggart (all co. Dublin) Blessington, Cloghleagh and Coronation Plantation (N.W. Wicklow) Glencullen, Roundwood and Dunran (N.E. Wicklow) and Laragh Deputys Pass, Caran And Cloghernagh (Southern Wicklow).

Our registration will last for ONE YEAR only and at the end of that we will assess progress for each area to see whether we will continue. We hope to get at least 12 of the areas printed next year, starting with Cloghleagh which is scheduled for an event on January 9. Being Grade 2, all of these maps will be kept in print continuously.

If any of these areas is of interest to other clubs, we will be pleased to accept applications to map them. Any application that will produce a 5 colour map before we can will most likely be granted.

DRAWING AN ORIENTEERING MAP - Eoin Rothery (AJAX)

Part 1

Drawing is not that difficult. There are two important aspects - having the right equipment, and the register. It is good to slow down your drawing speed to take the time to be neat. If you make it convenient for yourself so that you can put in an hour or two per evening it should not affect your routine or your lifestyle.

1. EQUIPMENT

1.1 Pens There are several makes on the market, and personally I would rank the ones I have used as follows: (1) Rotring, (2) Staedtler Mars, (3) Kern, (4) Faber Castell. I think that the last one probably requires more care and attention than most people are prepared to give. No line should be thinner (or as thin as) 0.1 mm on the final map, so if you are reducing by two then the minimum is a 0.2 mm. However, I would recommend a 0.25 or a 0.3 as a minimum. Most of the map is done in this - contours, fences, walls, streams, etc. You will need a 0.5 or a 0.6 for larger roads. These two may be sufficient for a simple map. The two next sizes to get are a 0.4 for slightly thicker lines and a 0.8 or 1.0 for the frame and title.

1.2 Ink Standard black drawing ink is best. There is a quick drying ink available, but this also etches into your pens, meaning much more cleaning time.

1.3 Care of Pens Pens must be cleaned regularly. If you are going to stop drawing for more than 3 days you must take out the ink and clean the nibs. Starting off, if the pen does not write after a gentle shake then again wash it. When trying to get a pen to write you must be gentle. Masking tape is the best surface for easing the ink out. Paper is to be strenuously avoided. There is a very fine wire in all drawing pens, whose diameter equals the pen size. It is essential not to bend or break this and so you must not use brute force.

1.4 Drawing Film You must use drawing film. You must not use any kind of paper. This is because paper will shrink or expand. Film is usually available in 3 sizes - 2 thousandths of an inch thick, 3 thou and 5 thou. 2 thou is liable to leave a mark when it is bent too much. 5 thou is difficult to flatten and register. All are slightly opaque and either side may be used.

1.5 Masking Tape This is the best tape to hold down the sheets of film. It is easy to take off. Some coloured tapes run and sellotape tends to shrink, throwing the register off.

1.6 Light Table This is not essential, but very useful. It need not be very big. A3 size or about 600 x 400 mm is quite sufficient. A light table is a box with a fluorescent tube in it. There is a piece of plate glass on top - the drawing film will dissipate the light. Working in this light for a prolonged period of time is very hard on the eyes.

1.7 Drawing Board This is an alternative to a light table. Use white backing paper, or if the surface is not smooth, stiff white cardboard. Using this board it is difficult to work with more than 3 sheets of film on top of each other. However, this is all you need in most circumstances. Using the thinner (2 thou) film helps.

1.8 Rubbers The best kind of eraser is the pencil kind with the brush on top. This has the right kind of consistency for ink/film. Other rubbers do not work effectively unless they are wet and therefore less easy to control. You can also get a rubber guard, which is a metal plate with holes in, so you only rub out what you want to. A scalpet has the annoying tendency to cut holes in the

film. These areas cannot then be drawn on. For fine erasing - e.g. the gaps in a ride, a curved scalpel may be useful - a straight blade is useless.

1.9 Rulers These are used to draw all straight lines. The best kind has a fine edge, lifted off the surface. Otherwise you will get the ink seeping under the ruler, leaving a smudge when you take the ruler away. It should be long enough to draw your longest frame line, but a shorter (20 cm) one is useful for map detail.

1.10 Set Square You will need something to enable you to draw perpendicular lines. However, you can also do this by putting a large sheet of graph paper under your drawing.

1.11 Overhead Light Essential for drying your ink as you draw the map. Otherwise frequent 10 minute 'drying periods' are needed. The stronger the light the less able you are to see through the film.

1.12 Film Cleaner Inevitably, grease will build up. Cleaner is available as dust ('pounce') or as a fluid.

2. PLANNING THE MAP

Usually you will just have your compilation map, with the map area. Now you must find enough room to accommodate title and legend. You must try and fit this into the minimum space. This is because 1 cm or so may become critical when fitting the map on the printing plate. It would be useful if you had some idea at this stage of the following: (1) what printer you are going to use, (2) what size plate, and (3) what other maps are going on the same plate - so you know on which side of the map you have room.

The final part will appear in the January "Irish Orienteer".

(Eoin Rothery is current mens' Irish Orienteering Champion and drew the map of Curraclae which won the I.O.A. Map Award last year.)

GEN NEWS

Our congratulations to Eileen Loughman who came first in the Munster Championships in the W19A class. GEN also look forward to welcoming many orienteers at Clara on December 5th.

On the social side members will be circularised in the near future about another social evening to mark the new season.

GEN woolly hats are available to members price £4.50, those interested should contact Maura Thornhill (phone 985282). Orienteering suits made by Eileen Loughman are available to all orienteers.

THREE ROCK ORIENTEERING CLUB

We would like to welcome all our new members who joined us as a result of National Orienteering Day (or for any other reason) and we hope that your interest in orienteering will be a rewarding one. If there is anything we can do to enable you to enjoy orienteering more, don't hesitate to ask. By the time you read this the planned Club meeting will doubtless have taken place, so you should then know more about the club and the sport as a whole.

The CompassSport Cup competition between Great Eastern Navigators and 3ROC is due to take place at the DUO event at Ballinahinch and Kilmurry (that's only one forest, by the way) on November 7th. In the competition there is no limit to the age or number of runners we can enter. Competitors are entered in one of four teams, thus:

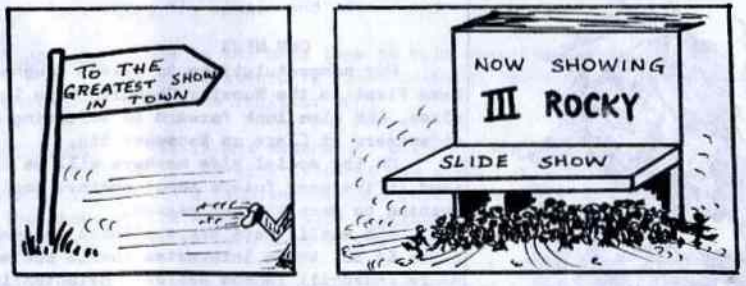
Team A:	M17, M19, M21, M35, M43.	Course: About 8km.
Team B:	W17, W19, M15, M43, M50.	About 6km.
Team C:	W15, W17, W19, W35, W43, M13, M50, M56.	About 4km.
Team D:	W10, W11, W13, W15, W43, W50, W56, M10, M11, M56.	About 2.5km.

Course lengths will depend on the terrain used, etc.
Points will be awarded on a points basis, with points going to the best 3 from each club on each course: 6 to the winner, 5,4,3,2,1 to the rest. The club with the highest total from the four courses is the winner. We hope that as many of you as possible will run in the competition on Nov.7th. The second round will take place by January 16th, probably in Scotland. The winner of the Irish tie will compete against one of INVOC, MORAVIAN,GRAMPIAN and MAROC, and one of Interlopers,Forth Valley OC, LINOC and West Fife OC. More details will be circulated later.

Great changes are taking place at the top: Peter Kernan has resigned from the club committee and been replaced by Pat McManus. The AGM will take place on Thursday, January 20th, followed by a slide show. More details later.

Training is still going ahead each Wednesday evening from Oatlands College, Stillorgan, at 18.30 hrs. Showers are available afterwards.

Helpers are still required for the Leinster Two-Day competition in November. All kinds of jobs will have to be done for Day 1 at Curracloe, Co.Wexford. Contact John McCullough (981556).



YES, FOLKS! IT'S HAPPENING AGAIN! The 3ROC-organised Photo competition and slide show is under way again. The machinery is moving into gear, the search is on for the best phot-O-graph, drawers(of several kinds) are being turned out, no turns are being left unstoned in the search. The competition is this year being organised by Larry Roe, 36 Wedgewood, Sandyford Road, Dublin 14. As before there will be two categories: Orienteering Slides, and General Slides, and each entrant may submit up to eight slides in all. Entry fee will be 50 pence, which will be put towards the customary sumptuous prizes. Entries will be accepted up to December 31st,and the results will be announced after the 3ROC AGM on January 20th. At that time all are invited to bring along their O-slides for the slide show which will follow.

ORIENTEERING IN THE THOMOND REGION

This September Thomond Orienteers was 5 years old. Though near-neighbours Tipperary Orienteers is rather older. The founding of Thomond Orienteers was the start for the sport in Limerick and Clare. Plassey Orienteers was born early this year as a closed club for students and staff of N.I.H.E. and Thomond College and expect to win many O-aficionados from the third-level colleges, a more difficult task for a club off-campus.

In terms of competitive orienteers ThO has not grown greatly since 1977 but it has a large body of supporters from a few Scout Troups, youth clubs, and schools. Local events normally attract about 200 participants. The club has one colour map at Cratloe Wood and also regularly uses 4 black-and-white maps at Violet Hill, Currah Chase, Plassey Campus, and Limerick City, the latter used for summer street events. There is also a black-and-white map of the Rabbit Warren at Fanore, Co. Clare. This map of intricate contour detail is used for one event each year on the eve of the Burren Walk, the annual hill-walking event held on the last Sunday in August.

This season should see a major increase in activity as Plassey O. members are mapping an area at Foynes, ThO members are mapping the grounds of two local schools and the high-light of the clubs' activities to date will be the hosting of the Irish Orienteering Championships at Ballyhourigan Wood next April. All these four maps will be in colour.

Mapping a major wood is a daunting task for a small club. ThO almost gave up the Irish Championships early this year, but manna from heaven arrived in the form of 3 expert Swedish mappers. Their 80 hours of work in February made it possible to see light at the end of the tunnel. Mapping is expected to be complete by the end of November. Though short of contour detail the area otherwise is excellent orienteering terrain. With mixed runnability and sited on two massive spurs of Keeper Hill, the event should be a considerable test of O-skills both mental and physical.

The area has connections with Patrick Sarsfield as on his famous ride to intercept the seige train at Ballyneety he passed along the flank of the southern-most spur (that sounds like an orienteering control; I wonder if he had a map!). Also in the area he traversed there was a settlement of 30 houses up to 80 years ago - all that remains today are a few ruins and heaps of rubble.

As this mapping project nears completion the Club's next area has already been chosen. Photogrammetry will be obtained in the next few months and mapping should begin just about the time the Ballyhourigan map sees the light for the first time.

IHRA FIXTURES

The following hill races are being organised by the Irish Hill Runners Association over the coming weeks. Further information can be obtained from Douglas Barry (GEN) at 868180 or from Paddy O'Brien (AJAX) at 905059.

November 7	Glashegall Horseshoe. 6 miles, 1300 feet climb. Signposted from Donard, Co. Wicklow, off Blessington to Baltinglass road. Start 12.30 hrs.
November 27	Scalp Hill Race. 4 miles, 700 feet. Start near Dublin Sport Hotel, Kilternan, at 12.30 hrs.
December 19	White Hill race. 6.5 miles, 900 feet. Start at Luggala, Co. Wicklow. Signposted from Sally Gap and Bray-Roundwood road. 12.30 hrs.

Registration up to 12.15 hrs, entry fee 50 pence for each race.

COMPETITION EVENTS

November 21st Glenbower Wood* (ML) New 5 colour map of scale 1:7500. Start at rear of Old Thatch Pub, Killeagh 11.00 a.m. to 2.00 p.m. Meet Opera House 10.30 a.m.
November 28th Bishopstown Park Ogra Orienteering team competitions sponsored by the Credit Union. 11.00 a.m. to 3.00 p.m. starts in the Bishopstown Youth Centre. Courses also for Orienteers and beginners who are not connected with Ogra.

December 5th Rostellan * (ML) New 5 colour map of scale 1:10,000. Starts 11.00 a.m. to 2.00 p.m. signposted from Saleen Village, South of Midleton on road to Whitegate.
December 27th(Monday) Ballincollig Park 11.00 a.m. to 3.00 p.m. starts opposite the White Horse Inn.
January 9th Farran Wood* Colour Event (Badge event) 11.00 a.m. to 3.00 p.m. starts

* Buses will leave Ballincollig and Cork City for these events if a demand exists from schools, youth groups, etc. Contact Cork O Club Secretary.

Outdoor O-Training : October 30th Bishopstown Park. Meet outside R.T.C. gates 2 p.m.
November 14th Bishopstown Park. Meet at Bishopstown Youth Centre 2 p.m.
Orienteering films in the centre afterwards at 4 p.m.
Further details on outdoor O-Training for beginners (held most weekends) available from Cork O Secretary or call in to see us at the Alderman Lounge Bar, rear City Hall, any Tuesday evening.

O-Instructional Films : Tuesday November 9th in the Theatre, Regional Technical College, Bishopstown, Cork at 7.00 p.m. sharp (a joint Cork O club and Cork R.T.C. O club presentation). (i) Orienteering and understanding maps
(ii) Basic Orienteering techniques (iii) Rough and fine navigation
(iv) choosing and following a route. A discussion will be held after each film and we hope to have Gert Neilson the Danish National Junior Coach in attendance.
Afterwards, if time permits, we will show the 1976 World O-Championships film.
Groups are advised to book seats in advance with the Cork O Secretary.
Nominal admission charge.

Indoor Training : (i) P.E. every Tuesday 7.30 p.m. to 8.30 p.m. in school opposite Flannery's Pub in Glasheen Road. Organiser Pat Cadogan
(ii) Swimming every Tuesday 9.00 p.m. to 10.00 p.m. in Churchfield Swimming Pool (Organiser Carmel O'Brien)
(iii) Illustrated talks by Sean Cotter in Cork Regional Technical College at 8 pm :
(a) Wednesday 17th November - "O-Map Colours and Symbols"
(b) Wednesday 24th November - "Basic O-Techniques"

A.G.M. : The 2nd A.G.M. of the club will be held in Moore's Hotel on Thursday 13th January at 8 p.m. There will a members slide/print show at 7.30 p.m. Non-members welcome.

Meet : Every Tuesday evening in the Alderman Lounge Bar, near City Hall.

Further Details : Available from the Secretary of the Cork Orienteering Club Sean Cotter, "Arabia", 41, Halldene Grove, Bishopstown, Cork (Tel. 46194)

setanta orienteers

Setanta News

---------oOo---------

As we go to press, it's the Marathon that is dominating our thoughts, rather than orienteering. Even though many may cavil about the judiciousness of attempting the Marathon, for the individual who completes it, it is a fulfilling endeavour. When this is read all will be I hope savouring their achievement and recovering from the need to edge downstairs backwards.

All the best wishes - and congratulations - go to those orienteerers who are taking part in the Marathon: Joe and Kathleen Bent, Colin Dunlop, John McIlhinney and Bobby Buckley.

The next event to claim our attention is the Leinster Relay Championships..... to be held on a new map in Massey's Estate on November 14th.

Please make every effort to participate on the day either as:

a) Organiser. If you wish to help out and have not contacted anyone please ring the ORGANISER, PADDY WALSH aat 903998.
b) Competitor. Contact me (BOBBY BUCKLEY) at 970379 as soon as possible, if I have not already contacted you.

This is a day when the club should unite to start the coming season with a new spirit. May all the other clubs have a happy and spirited season too. Would all secretaries of other clubs make every attempt to form teams from their own clubs. The make-up of team entries is quite flexible, and this event should bring people who normally wouldn't meet onto the same team. Strong club identity depends on the working relationships built up within the club. A last plea... try not to have teams made up of a mixed bag of all clubs.

The next committee meeting will be held on Wednesday, November 24th at Brian Power's house. This will be in preparation for the A.G.M. which will be held on Wednesday, December 1st at 8.15 p.m. In Christchurch Presbyterian Hall, Rathgar. This will be a crucial meeting. Orienteering, in Ireland, I believe is coming to a watershed. There are great opportunities as well as problems. It is imperative that if we are to develop as a club, we need the best committee possible for the coming year. See you there. Refreshments will be served.

JUST TO PUT THE RECORD STRAIGHT:-

The editor has been presented with his Setanta Badge for the Clarabeg event and we hope he will wear it proudly. The Setanta method of awarding badges has been revised and the new version will be used at the Setanta Colour events in January & February 1983.

SETANTA O.C.

GERT NIELSEN TRAINING WEEKEND.

MUNSTER NOTES

Danish National Junior Coach Gert Nielsen commences his Irish tour of duty with a coaching weekend at Cappanalea Outdoor Pursuit Centre, Co. Kerry from the evening of Friday Nov. 12th to Sunday 14th. The course will be mainly geared towards Juniors with some experience of Orienteering, but will also benefit Seniors, particularly those interested in the coaching of Juniors. The course will be fully residential - bring food and a sleeping bag. Course fee £2.50. Accommodation £1.50-£2.00 per night depending on numbers. Contact Munster Senior/Junior Co-Ordinator Jack Riordan 021-831142.

JUNIOR HOME INTERNATIONAL.

Munster is well-represented in the forthcoming four-country Junior Home International in Scotland on Nov. 6/7. Congrats and every success to the following:- Patk. Ryan M17 (Tipp O); John Riordan M15 (Lee O); Rory Morrish M13 (Lee O); Julie Martindale W17 (Tipp O); Maeve Cunnane W17 (Cork O); Una and Caitriona Morrish W15 (Lee O); Aideen Morrish W13 (Lee O). Also getting a taste of the "big-time" as first subs will be Graham Martindale (Tipp O) M13, Ursula Morrish W15 (Lee O) and Marina Cunnane W13 (Cork O).

Lee orienteers

LEE O NEWS

Greetings and congratulations to The Irish Orienteer. The first edition took us by surprise - but better late than never. For those who may not be familiar with orienteering in the deep South, Lee O is Munster's oldest orienteering club. Formed in 1971 as "Munster Orienteers" the club pioneered the sport in the province, eventually changing its name to Lee Orienteers in 1980 to avoid confusion with the emergence of other clubs such as Tipp and ThO in the Munster area. Lee O has a number of affiliated closed clubs such as Southern Orienteers (Collins Barracks), U.C.C. O and several Cork schools, the most prominent being Nano's Ramblers and Red Abbey Navigators. The Club has had its fair share of provincial and national Senior champions, but since the late seventies has been particularly strong at Junior level, with the ubiquitous Morrish family leading the van.

Congrats to the following Club members who took Titles in the recent Munster Championships at Aherlow Wood. M13 Rory Morrish, M15 Tom Meagher, M17 John B. Riordan, M19 Sean Morrish, M35 Pat Long, M43 John Meagher, M50 Noel Morrish, W13 Aideen Morrish, W15 Una Morrish, W19 Clare Nuttall, W50 Mairin Morrish.

Anybody seeking information or wishing to make contact with Lee Orienteers may do so by getting in touch with Hon. Sec. Clare Nuttall, 4, Upr. Panorana Tce., Cork - Phone 500373 or P.R.O. Jack Riordan, "Radharc", Camden Road, Crosshaven, Co. Cork - Phone 021-831142.

NATIONAL ORIENTEERING DAY - SEPTEMBER 12th, 1982

National Orienteering Day took place on September 12th and eighteen events were held around the country. The events generally seem to have gone successfully, with between six and five-hundred people taking part (at Little Killary and Farran Wood, respectively). Reports have been received from 12 events so far, and 1317 people, of whom at least 947 (72%) were absolute beginners, took part (in these 12 events). (It would be appreciated if reports on the remaining 6 events would be returned as soon as possible.) The principal function of O-Day seems to have been a success - the introduction of orienteering to new people. It will be difficult to assess the impact of National O-Day in the longer term, but a number of new members have already joined clubs as a result.

Event organisers considered the venture a success, but several criticisms did arise: September 12th is too early for schools or colleges to organise participation in the events, publicity for O-Day was not satisfactory, and more consideration should be given to location of events to relate the number of events to the density of population. In addition, the second Sunday in September is Forest Walks Day, a fact that led to confusion at several venues. The time of year felt to be best for future O-Days is late September or early October, but late April has also been suggested.

For anybody who has not yet got one, Cospoir/Orienteering car stickers are available from Club Secretaries, and the little orienteering men from the stickers are available from IOA.

Finally, thanks to Cospoir and particularly to Joss Lynam, and to all who helped run the introductory events on National O-Day. I hope it will be an even greater success next year.

John McCullough.
IOA P.R.O.

RESULTS of SETANTA Mountain Marathon, Glendalough, 3rd October 1982.

A Course 12 miles, 2400 ft.

1	A.UCleirigh	CURR	2.19
2	N.Rice	AJAX	2.43
3	T.Russell	ECO	2.52
4	D.Murphy	ECO	2.54
5	R.Buckly	SET	3.00
6	B.Dalby	3ROC	3.16
7	T.C.Tyner	3ROC	3.29
8	P.Ryan	GEN	3.59
9	T.Pollins	-	4.03

B Course 8 miles, 1800 ft.

1	P.Flanagan	3ROC	2.30
2	J.Kehoe	SET	2.47
3	D.Kennedy	3ROC	3.13
4	M.Meehan	ECO	3.25
5	S.Walsh	SET	3.35
6	P.Smyth	-	3.57
7	J.Lynam	3ROC	4.01
8	W.Kee	BSOC	4.28
9	L.Convery	3ROC	4.37
10	Walsh & Maguire	SET	4.44
	P.Walsh	SET	4.44
12	D.Large & G.Eager	GEN	5.00
13	I.Masterson	SET	5.02
14	J&H Newman	GEN	6.19

Irish Orienteering Association

6, Braemor Drive,
Churchtown,
Dublin I4.

951760

Training Courses for Juniors - Nov./Dec. 82

Coach: Gert Nielsen Danish National Junior Coach.

NOVEMBER I3/I4	-	Cappanalea, Co. Kerry.	fee: £5.50 self catering
		Please contact Jack Riordan for details	
November 20/2I	-	NWOC	
		Please contact Noel Bogle for details	
December 4/5		Cronybyrne, Co. Wicklow.	fee: £I0.30 all meals provided
		Please contact John Ryan for details	

As yet no subsidy has been granted by the I.O.A. due to the fact that the expense of getting Gert Nielsen here has been undertaken by them. So please ask your clubs to assist you.

The courses are open to everybody - but - please remember they are intended for juniors and juniors will have to be given priority.

The course will be of great assistance to seniors who are interested in coaching. So please feel free to come along. We really want to make this an annual event but can only do so when we are satisfied that there is the interest.

JUNIOR SQUAD M/W I7 *** JUNIOR SQUAD INTERNATIONAL *** read on...

The forthcoming two day event will be a full International against the British Junior Squad.

A team of Eight MI7's and Six WI7's will be selected and named following the forthcoming International in Scotland.

This is the first time that a British Junior Squad has visited us and I think it would be fitting for this to be our first win at International level. So lets put in a special effort.

If you have any questions please contact me at the above number.

CONGRESS 1982

Delegates from 23 countries attended the Eleventh IOF Congress held in Liège, Belgium on 13 August 1982.

Four new members were welcomed into the Federation: Hong Kong, Yugoslavia, Spain (Associate member) and India (Associate member).

Council proposals to work towards having orienteering as a demonstration event at the Olympics 1988 in Seoul, Korea, and Calgary, Canada (Ski-Orienteering) were approved.
There was discussion about the wider question of attempting to get the sport into the Olympic programme itself, but it was considered premature to attempt any decision for or against such a move at this stage.

On the question of Doping it was agreed that doping checks would be carried out at all IOF Championships from henceforth. The system will be first implemented at the WOC in Hungary in 1983.

The introduction of Qualification Races for the limited participation in the final events for the WOC title in the individuals was discussed and approved by the Congress. This is to be valid from the WOC 1983 in Hungary.
A short summary of the rules of qualification races:
In case more than 80 competitors participate in one class the organiser is bound to arrange two qualification races on two separate courses which are as equivalent as possible. In case there are less than 80 competitors the organiser may decide that only one qualification race is arranged on one course for the class in question.
In the qualification races for the individual events have among the runners named in each federation 4 women and 4 men the right to participate.
For the finals in the individuals the 25 first runners in each of the two qualification races have the right to start. In addition the best runners of their federation are admitted, when they have not been secure a place among the first 25. In case only one qualification race is arranged the same condition is valid for the 50 first runners. The participants in the final event presumes that the qualifying race is brought to a proper conclusion. The substitution by name with not qualified runners is not allowed.

A new IOF president was elected: Bengt Saltin from Sweden, and a new vice president, Heinz Tschudin, Switzerland, Jolns Miroslav Hlavacek, Czechoslovakia, who was re-elected. The Council has some new and some old faces. Re-elected were: Gordon Hunter, Canada, Herbert Hartmann, Federal Republic of Germany, and John Disley, Great Britain.
New members are: Sarolta Monspart, Hungary, Poul-Erik Birk Jakobsen, Denmark, and Ted Wester, Australia.

It was announced that WOC 1985 (Australia) would be held in the first week of September in the state of Victoria.

Future Congresses and World Championships will be held in:
Ski-WOC 1984 in Italy
Congress 1984 on Ireland
Ski-WOC 1986 in Bulgaria
Congress 1986 in Denmark
WOC 1987 in France.

NEW AGE CLASS DIVISION

The question about the proposal from the TK regarding the new age class division was discussed during an open meeting in Liège, and the majority of the member federations present were in favour of introducing the new age classes.
It is proposed to set the intervals between the age classes from D/H 36 at 5 years. Thus are the following classes proposed:

D/H 35-, 40-, 45-, 50-, 55-, 60-, 65- and 70-.

The council decided to incorporate the new age categories in the Rules for International Events. A preliminary starting date of January 1st 1985 has been fixed. During the interim period (1983 and 1984) organisers of OL events are free to use either system of grouping by age. As from 1985 the new rule will be mandatory.
The matter will be discussed and finally decided upon at a council meeting in September 1983.

XVI CISM ORIENTEERING CHAMPIONSHIPS

were organised in Pinkafeld, Austria 14--20 June. 14 nations and about 100 participants took part in the events.
Result:
Individual

	1st race	2nd race	Total
1. Kaspar Oettli, SUI	79.28	78.52	158.20
2. Tore Sagvolden, NOR	83.43	80.32	164.15
3. Markus Stappung, SUI	81.36	83.30	165.06
4. Martin Howald, SUI	82.54	82.19	165.13
5. Heikki Peltola, FIN	87.56	78.40	166.36

Relay

1. Switzerland 1 (Oettli, Howald, Stappung)		170.44
2. Sweden 1 (Månsson, Granstedt, Ingelsson)		175.08
3. Switzerland 2 (Aebi, Butsch, Müller)		176.18
4. Finland2(Karvonen, Nikulainen, Hakanen)		177.08
5. Norway 2 (Teigland, Nass-Olseth, Petersli)		183.44

THE STUDENT-WOC

was organised in Czechoslovakia 10--15 August in the terrain near to the WOC area 1972.
Result:

Individual D	1. E C Tönnesen, NOR	H	1. V Ydse, NOR	
	2. K Månsson, SWE		2. K Mathiesen, NOR	
	3. E Angberg, SWE		3. Zuzanek, TCH	
Relay	1. Czechoslavakia	H	1. Norway	
	2. Sweden		2. Sweden	
	3. Finland		3. Finland	
	4. Switzerland		4. Czechoslavakia	

RESULTS Three Rock Wood, Co. Dublin. 19.9.82 3ROC Grade 3 Event.

A Course

1.	T. Russell	ECO	77.48
2.	P. McCormack	GEN	79.08
3.	K. Walsh	SET	86.19
4.	K. McDonald	ECO	88.10
5.	P. Farrelly	CURR	88.37
6.	B. Cryan	DLSO	88.52
7.	J. Kehoe	SET	89.33
8.	L. Balfe	DLSO	89.57
9.	P. Smyth	-	92.17
10.	M. Thornhill	GEN	92.34
11.	M. Dee	ECO	93.34
12.	P. McNeill	3ROC	95.04
13.	E. Flegg	SET	95.29
14.	F. de Lacy	ECO	100.21
15.	J. Mac Neill	3ROC	107.17
16.	P. Walsh	SET	111.42
17.	M. Walsh	3ROC	113.21
18.	R. Hogg	WO	121.45
19.	A. Coppinger	DLSO	146.03
20.	J. Quinn	DLSO	155.50
21.	B. O'Brien	DLSO	156.14
22.	D. Byrne	-	157.45
23.	G. Walsh	DLSO	160.52
24.	H. Strain	-	209.55
25.	Hamilton & Lee	-	252.45

B Course

1.	C. Walsh	3ROC	46.30
2.	S. O'Friel	GEN	47.27
3.	T. Tyner	WO	48.50
4.	D. Kennedy	3ROC	48.56
5.	P. Harrington	-	49.00
6.	R. Buckley	SET	52.03
7.	C. Carroll	3ROC	52.29
8.	P. Walsh	3ROC	53.06
9.	B. O'Connor	DLSO	54.45
	L. Donovan	3ROC	54.45
11.	B. Corbett	DUO	54.48
12.	A. Kenny	WO	54.56
13.	B. Flanagan	3ROC	55.48
14.	M. Crowe	WO	56.49
15.	J. Flegg	SET	59.18
16.	B. McGrath	3ROC	60.33
17.	J. Walsh	3ROC	61.48
18.	S. Walsh	SET	61.57
19.	W. Lamb	WO	64.45
20.	M. Donovan	DUO	66.53
21.	R. Doorly	GEN	67.40
22.	D. Creagh	3ROC	68.04
23.	P. Keane	3ROC	69.42
24.	G. May	3ROC	70.35
25.	A. Saul	CBSI	71.35
26.	T. Gillespie	WO	72.00
27.	G. Jenkins	CBSI	74.07
	D. Kilroy	CBSI	74.07
29.	J. Leahy	CBSI	76.02
30.	C. Stokes	DAT	76.22

B Course (Cont...)

31.	M. Keaveney	-	77.05
32.	S. Ryan	Drimnagh	77.24
33.	P. Van Rooyen	SET	77.53
34.	T. & P. Carroll	DAT	78.22
35.	M. Whelan	-	81.43
	N. Maguire	-	81.43
37.	M. Barry & Peter	-	81.45
38.	D. Williams	WO	86.20
39.	C. & J. Friel	GEN	88.33
40.	A. McCormack	GEN	88.42
41.	J. Douglas	CSC	92.13
42.	C. Mac Neill	3ROC	92.24
43.	B. Curtis	-	93.14
	C. Maguire	-	93.14
45.	D. O'Neill	DLSO	95.40
46.	A. Culhane	DLSO	95.50
47.	P. Mc Manus	3ROC	96.20
48.	M. Brennan	3ROC	97.56
49.	J. Walsh	DLSO	99.58
50.	H. Craobach	3ROC	102.10
51.	J. Creagh	3ROC	102.27
52.	S. Dawson	SET	106.00
53.	Dawson	SET	106.53
54.	Walsh	-	116.52
55.	A. Noonan	-	123.45
56.	P. May	3ROC	125.27
57.	J. Cremin	-	127.49
58.	D. Cremin	-	127.53
59.	J. Clarke	-	133.30
	C. Walsh	-	133.30
61.	A. & S. Barry	-	134.00
62.	P. Breen	-	134.52
	Breen	-	134.52
64.	M., J. & P. Donnelly (4 non-finishers)	-	135.38

C Course

1.	H. Shiel	-	15.50
2.	B. Carolan	-	15.55
3.	H. Mc Lindon	WO	19.15
4.	J. O'Friel	GEN	22.01
5.	M. Young	WO	22.33
6.	T. Russell	ECO	22.49
7.	D. Walsh	-	24.17
8.	M. Keaveney	-	24.28
9.	J. Farley	3ROC	26.00
10.	C. Lawless	-	26.35
11.	Mac Neill	-	31.08
12.	V. Crowe	-	31.56
13.	K. Kelly	DLSO	33.25
	B. Dillon	DLSO	33.25
	E. Griffin	DLSO	33.25
16.	G. Tierney	DLSO	34.30
	B. Kinane	DLSO	34.30
18.	S. Walsh	3ROC	34.48
19.	R. Leonard	-	37.20
20.	T. Farley	3ROC	37.47

CORK STREET-O LEAGUE PRIZEWINNERS:

Men: A 1. D.Burke
2. S.Cotter
3. T.Christie
4. S.Cunnane
5. N.Morrish
6. R.Good

B E.Moriarty

C T.Duggan

Women:
A Una Morrish
B M.Cunnane
C M.Ronayne

RESULTS of CORK STREET-O CHAMPIONSHIPS, MAYFIELD.

A Course

Men:

1	D.Burke	54.07
2	P.Cadogan	54.43
3	T.Christie	58.58
4	S.Cunnane	66.38
5	C.O'Halloran	67.00
6	R.Good	68.43
7	J.Mohally	76.20
8	E.Moriarty	77.13
9	J.Meagher	78.03
	3 N/F	

Women:

1	Una Morrish	80.19
2	M.Rohan	81.03

B COurse

Men:

1	J.Riordan/ C.Sheedy	28.17
2	B.Gregor	31.00
3	R.Morrish	35.14
4	J.Ryan	36.00
5	F.Calnan	38.03
6	T.Scanlon	40.55
7	J.Leahy	41.16
8	J.Ryan	41.25
9	T.Duggan	50.30

Women:

1	C.Cotter	32.20
2	C.Nuttall	32.33
3	A.Morrish	33.20
4	M.Cunnane	37.04
5	U.Morrish	42.57
6	L.Layton	45.06
7	K.O'Callaghan	46.06

C Course

Men:

1	L.Hourigan	28.17
2	L.O'Connor	67.00
	M.O'Neill Disq.	

Women:

1	G.Desmond/ V.Casey	31
2	D.Cunnane	34
3	D.O'Driscoll	40
4	M.Ronayne	41
5	M.O'Mahony	41
6	N.Creedon	43
7	C.Morrish/ C.Scanlon	53

RESULTS OF BALLINCOLLIG PARK EVENT - CORK O 17 October 1982

A Course 6.4km

1	D.Burke	64.40
2	R.Morrish	65
3	C.O'Halloran	65
4	P.Long	68
5	T.Christie	68.20
6	C.McCarthy	70
7	J.Riordan	71
8	B.Gregor	73
9	N.Morrish	73.15
10	J.Meagher	73.55
11	C.Nuttall	78
12	P.Cadogan	81
13	R.Costello	84
14	J.Murphy	86
15	F.Calnan	97
16	J.Riordan	104.40
17	M.Greene	108
18	D.Ryan	115.30
19	T.Mulcahy	115,30
20	R.O'Callaghan	

B Course 4.5km

1	J.Calnan	57
2	M.Cronin	88
3	D.Cronin	90
4	J.Dwyer	95
5	C.McCarthy	97
6	B.O'Brien	100
7	P.Layton	103
8	P.Scally	114
9	S.O'Connor	115
10	J.Lynch	116
11	M.O'Neill	116
12	C.Manian	119
13	D.Quirke	149

A Cont.

21	I.OSeasnain	119
22	P.Byrne	160

C Course 2.9km

1	C.Higgins	41
2	A.OHuigin	45
3	G.McCallagh	51
4	D.Musgrave	51
5	K.Musgrave	51
6	MT.OHuigin	55
7	C.Burke	79
8	P.Greene	79
9	D.Ahern	79
10	J.O'Connor	81
11	C.Twomey	81
12	N.O'Donnell	106
	M.Browne	106

C Course (Cont...)

21.	R. Earley	-	39.21
22.	A. Farley	3ROC	40.06
23.	P. Cullen	-	42.55
24.	J. Lumley	WO	43.28
	C. Bradley	WO	43.28
	A. Burns	WO	43.28
27.	Walsh	-	50.00
28.	P. Moran	-	50.13
29.	J. Keane	3ROC	52.15
30.	Butler	-	52.48
31.	T. Culhane	-	54.11
32.	Clackin	-	54.43
33.	R. Long	-	56.10
	A. Long	-	56.10
35.	M. Murphy	-	57.25
36.	Roche	-	59.21
37.	K. Malone	DLSO	92.57
38.	M. Carew	DLSO	93.07

Results of Ajax Orienteers Event Larch Hill

26th SEPTEMBER 1982

Yellow

I.	M.Humpreys	CBSI	I7.50	
2.	P.Quinlan	CBSI	I7.55	
3.	R.Humpreys	CBSI	I8.0I	
4.	P.Curran	CBSI	I8.06	
5.	H.MvLinton	WO	I9.04	
6.	G.McKenna		20.30	
7.	F.Connon	AJAX	23.23	
	M.O'Donoghue	"	23.23	
9.	A.Preston	CBSI	24.40	
IO.	A.McKernan	CBSI	24.4I	
II.	R.Leonard		27.40	
I2.	N.Weber	C.I.	28.02	
I3.	C.McCullagh		29.25	
I4.	A.Roche	AJAX	30.02	
I5.	D.Roche	AJAX	30.06	
I6.	N.Roche	AJAX	3I.06	
I7.	G.Coughlan	AJAX	3I.08	
I8.	T.Farley	3ROC	3I.30	
I9.	A.Blackmore		32.4I	
20.	Y.Farley	3ROC	33.40	
2I.	B.Blackmore	HSD	34.3I	
22.	A.Bright	CBSI	35.40	
23.	B.Murray	CBSI	35.47	
24.	M.Murphy		57.30	
25.	E.Niland (M8)	AJAX	82.50	

White

I.	F.Connan	AJAX	II.50	
	M.ODonoghue	AJAX	II.50	
3.	H.Creagh	3ROC	II.56	
4.	C.Whittle		I4.47	
5.	N.Roche	AJAX	I5.30	
6.	G.Coughlan	AJAX	I5.50	
7.	A.Roche	AJAX	I5.52	
8.	O.Coughlan	AJAX	I5.54	
9.	D.Roche	AJAX	I6.03	
IO.	J.Cremin	3ROC	I7.37	
	D.cremin	"	I7.37	
I2.	V.Crowe	WO	I8.00	
I3.	A.Burns	WO	I8.04	
I4.	B.Blackmore		I9.05	
I5.	G.Burns	WO	20.02	
I6.	H.Fyffe	WO	20.I2	
I7.	G.leybowne	WO	20.I3	
I8.	D.Tyner	3ROC	22.50	
I9.	E.Niland	M8 AJAX	27.I3	
20.	C.McIrevy	WO	29.59	
	M.Allen	WO	29.59	
22.	R.Sherriff	WO	30.20	
23.	D.O'Riordan	DLSO	39.I4	
24.	B.Roberts	DLSO	39.23	
25.	Eg.Niland	AJAX	53.52	
26.	T.Russell	ECO	55.50	

Red

I.	D.Larkin	3ROC	I5.46	
2.	U.Creagh	3ROC	I6.54	
3.	A.McCormack	GEN	22.30	
4.	J.Byrne	DLSO	22.48	
5.	A.Blackmore		23.50	
6.	R.Roche	GEN	24.30	
7.	J.Flegg	SET	24.5I	
8.	J.OFreill	GEN	25.22	
9.	P.Murphy	3ROC	25.45	
IO.	G.May	3ROC	26.40	
II.	P.McManus	3ROC	3I.04	
I2.	E.Walsh	3ROC	33.34	
I3.	I.Masterson		35.30	
I4.	G.Walsh	DLSO	36.40	
I5.	J.Creagh	3ROC	37.40	
I6.	C.O'Freill	GEN	39.26	
I7.	D.Roche	GEN	39.27	
I8.	P.Keane	3ROC	40.42	
I9.	B.Killgalon		4I.33	
20.	B.Hamilton	DLSO	43.30	
	P.Lee	DLSO	43.30	
disq	M.Brazil & N.Creagh			

Orange

I.	J.Walsh	AJAX	I8.30	
2.	J.Walsh	DLSO	I8.52	
3.	F.Connan	AJAX	22.23	
	M.O'Donoghue	"	22.23	
5.	R.Flynn	SET	22.44	
6.	M.Brazil	THO	23.30	
7.	M.Healy	GEN	23.56	
8.	N.Webber	C.I.	25.27	
9.	D.O'Neill	DLSO	26.48	
IO.	A.Blackmore		28.26	
II.	E.Griffin	DLSO	3I.20	
I2.	C.Wann	SET	32.28	
I3.	D.McCarthy	DLSO	34.55	
I4.	D.Rally	DLSO	36.47	
I5.	J.Quinn	DLSO	4I.I5	
I6.	M.Higgins	SET	47.50	

Blue

I.	AO Cleirigh	CO	24.I3	
2.	J.Kehoe	SET	24.40	
3.	P.Flanagan	3ROC	24.4I	
4.	P.McCormack	GEN	25.I7	
5.	M.Thornhill	GEN	26.02	
6.	F.Barry	3ROC	26.I8	
7.	P.Smyth		27.25	
8.	T.Russell	ECO	27.27	
9.	B.Cryan	DLSO	29.02	
IO.	A.Tyrner	WO	29.03	
II.	M.Meehan	ECO	29.I5	
I2.	D.Stokes	3ROC	29.I6	
I3.	D.Kennedy	3ROC	29.28	
I4.	M.MCauliffe	3ROC	29.42	
I5.	I.MacNeill	3ROC	29.47	
I6.	A.Balmaine	3ROC	30.29	
I7.	J.DELucy	ECO	3I.C2	
I8.	P.Macneill		3I.C7	
I9.	J.Bent	SET	3I.I2	
20.	S.Rothery	3ROC	32.C5	
2I.	T.Turner	3ROC	32.I3	
22.	U.Creagh	3ROC	32.I8	
23.	H.Creagh	3ROC	32.I9	
24.	B.O'Connor	DLSO	32.54	
25.	E.Flegg	SET	36.C4	
26.	J.Fox	ECO	36.I0	
27.	S.Murray	SET	36.23	
28.	B.Flanagan	3ROC	37.C4	
29.	K.Bent	SET	37.44	
30.	A.Sloane	3ROC	38.C4	
3I.	B.OBrien	DLSO	39.I8	
32.	P.Lally	ECO	40.52	
33.	M.Dee	ECO	4I.30	
34.	B.Farley	3ROC	43.0I	
35.	M.Crowe	WO	52.26	
36.	A.Coppinger	DLSO	6I.03	
37.	Walsh		I03.40	
	McCormack		I03.40	

Our thanks to Eoin for organising (at last)

RESULTS OF PHOENIX PARK, 16 OCTOBER 1982. Bolton Street Orienteers.

10 Mile

1	J.May	M21	3ROC	58.43
2	D.Murphy	M21	ECO	64.00
3	A.OCleirigh	M21	CO	65.10
4	H.Boyle	M21	GEN	100.15
5	R.Thompson	M50	-	148.00

Blue Course 9km

1	W.Young	CO	M21	44.50
2	R.Monks	ECO	M19	61.23
3	T.Corrigan	BSO	M19	74.13
4	Keogh	Harrow		81.55
5	S.Dooley	BSO	M19	99.15

Red Course 6km

1	P. van Rooyen	M56	SET	66.21
2	S.Graham	M19	-	68.47

Orange Course 4.2km

1	E.Niland	M35	AJAX 24.20
2	B.Keogh	Harrow	35.45
3	T.Keegan		47.23
4	P.Keegan/S.Donoghue	Harrow	70.40
5	Delaney/Lally		94.00

White Course 2.4km

1	Hughes/Kavanagh/Keane		33.55
2	E.Niland	M8	AJAX 41.05

RESULTS OF CASTLEFREKE, CO.CORK, LEE ORIENTEERS, 26.9.1982. League.

A Course 7.8km, 120m. M21A

1	S.Cotter	Cork O	63.38
2	C.O'Halloran	LEE O	79.52
3	J.McCullough	3ROC	83.20
4	S.Cunnane	Cork O	85.54
5	R.Cleary	3ROC	89.42
6	R.Good	CRTCO	93.28
7	C.McCarthy	Cork O	122.39
8	D.O'Reilly	LEE O	124.50
9	T.Christie	Cork O	142.57
	3 N/F		

M35

1	A.Shaw	ThO	75.42
2	P.Long	LEE O	92.04
3	P.Walsh	LEE O	127.46
4	D.Cronin& J.V.O'Donovan	Cork O	129.39
5	J.Meagher	LEE O	131.54
6	S.Kelly	-	225.58
	2 N/F		

M19

1	S.Morrish	LEE O	84.19
2	P.Cadogan	Cork O	86.47

M15 cont.

3	T.Meagher	Lee	67.16
4	C.Walsh	Lee	80.35
5	A.Walsh	Lee	83.42
6	C.Higgins	Lee	107.30

D Course 4.2km, 50m

W43

1	M.Morrish	Lee	88.10
2	P.Cunnane	Cork	127.13
W13 1.	A.Morrish	Lee	58.28
W11 1.	D.Cunnane	Cork	71.38
2.	N.Shaw	ThO	209.55

B Course 6.8km, 90m

W19A

1	C.Murtagh	SET	91.35
2	M.Rohan	LEE	114.53
3	E.Deane	Cork	142.33
	2 N/F		

M43

1	N.Morrish	Lee	86.06
2	F.Calnan	Cork	100.03
3	J.Riordan	Lee	123.01
4	J.C.Riordan	Lee	165.42
	J.Calnan,F.Cunnane ret'd		
	J.Ryan disq		

M17

1	J.Riordan	Lee	78.19
	M.Greene disq.		

C.Course 4.7km, 70m

M50

1	T.O'Brien	Lee	124.28
2	P.O'Reilly	Lee	181.28

W35

1	A.Walsh	Lee	81.02

W17

1	M.Ryan	Cork	87.04
2	C.McCarthy& B.Coughlan	Cork	153.16

W15

1	Una Morrish	Lee	64.13
2	Urs. Morrish	Lee	87.55

M15

1	R.Morrish	Lee	52.27
2	J.Calnan	Cork	61.58

D: M13: 1.A.OHuigin Lee 85.04

IRISH FIXTURES — November '82 - March '83

November	7	Ballinahinch & Kilmurry, near Newtownmountkennedy, Co. Wicklow. DUO Grade 2 event.
	7	Coole Park, Gort, Co. Galway. GRTCO.
	13	Tardree, Co. Antrim. (NIOA Night Championships) (Entries close 30/10/82)
	14	Leinster Relay Championships: Massey's Estate, Co. Dublin. (Entries close 31/10/82) - Setanta O.C.
	14	Watergrasshill, Co. Cork. LEE O. Grade 2.
	20	Fermoyle, Co. Derry. NWOC Championships.
	21	Three Rock Wood, Co. Dublin. WO Grade 2.
	21	Glenbower Wood, Killeagh, Co. Cork. CORK O Grade 3.
	27	Leinster 2-Day: Curracloe, Co. Wexford. - 3ROC) Entries close 23/10/82
	28	Leinster 2-Day: Cronybyrne, Co. Wicklow. - AJAX)
December	5	Clara, near Laragh, Co. Wicklow. GEN Grade 2.
	5	Saleen & Rostellan, near Midleton, Co. Cork. CRTCO Grade 2.
	5	Cornagh, Athlone. Custume O.C.
	11	NIOA Championships: Tollymore, Co. Down. LVO. (Entries close 27/11/82)
	12	Phoenix Park, Cublin. LSOA.
	26	Christmas Score Event: Three Rock Wood, Dublin. 3ROC Grade 3.
	27	Bangor Castle, Co. Down.
	28	Ballincollig Park, Co. Cork. CRTCO Grade 3.
1983		
January	9	Clonleagh, Co. Wicklow. AJAX Colour event.
	9	Farran Wood, Co. Cork. CORK O Colour event.
	16	Ballinascorney, near Tallaght, Co. Dublin. LSOA.
	16	Castle Bernard, Kinnitty, Co. Offaly. ECO Grade 2.
	23	Little Killary, Co. Galway. LKAC Grade 3.
	23	Phoenix Park, Dublin. Setanta Colour Event.
	23	Drumleagh, Glen of Aherlow, Co. Tipperary. TIPP O Grade 2.
	29	NWOC Galloppen, N. Ireland.
	30	Massey's Estate, Co. Dublin. Setanta Colour Event.
February	6	Clara, near Laragh, Co. Wicklow. Setanta Colour Event.
	6	Shippool Wood, Co. Cork. CORK O Grade 3.
	12	NI Score Championships: Tollymore, Co. Down. LVO.
	13	Kylebrack, Co. Galway. UCGO Grade 2.
	13	DUO event. venue undecided.
	20	Seefin, near Fermoy, Co. Cork. LEE O Grade 2.
	20	UCDO event. venue undecided.
	27	Ballinahinch & Kilmurry, near Newtownmountkennedy, Co. Wicklow. 3ROC Grade 2.
	27	Glenbower Wood, Killeagh, Co. Cork. CORK O Grade 2.
March	5	Connaught Relays: Mountbellew, Co. Galway. Western Eagles .
	6	Interprovincial Match, and Connaught Championships: Kylebrack, Co. Galway. Western Eagles.
	13	LSOA Championships: venue undecided.
	13	Castlefreke, near Clonakilty, Co. Cork. LEE O.
	20	Leinster Championships: Brockagh, Co. Wicklow. GEN.
	26	Spring Badge & Galloppen event, N. Ireland. NWOC.
	27	Clara, near Laragh, Co. Wicklow. 3ROC Grade 2.
	27	Shippool Wood, Co. Cork. CORK O Grade 3.

IOA ANNUAL GENERAL MEETING:- March 5th, after Mountbellew Relays, Co. Galway.