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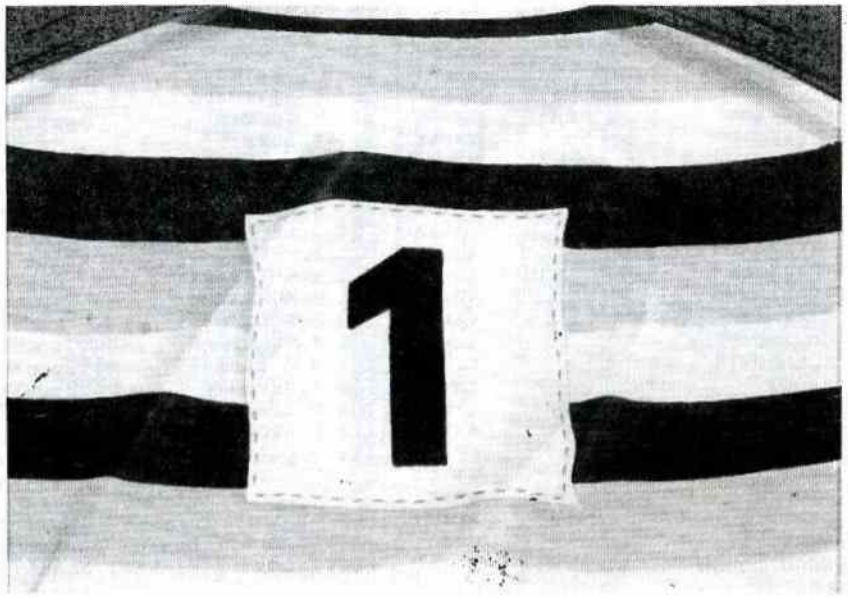

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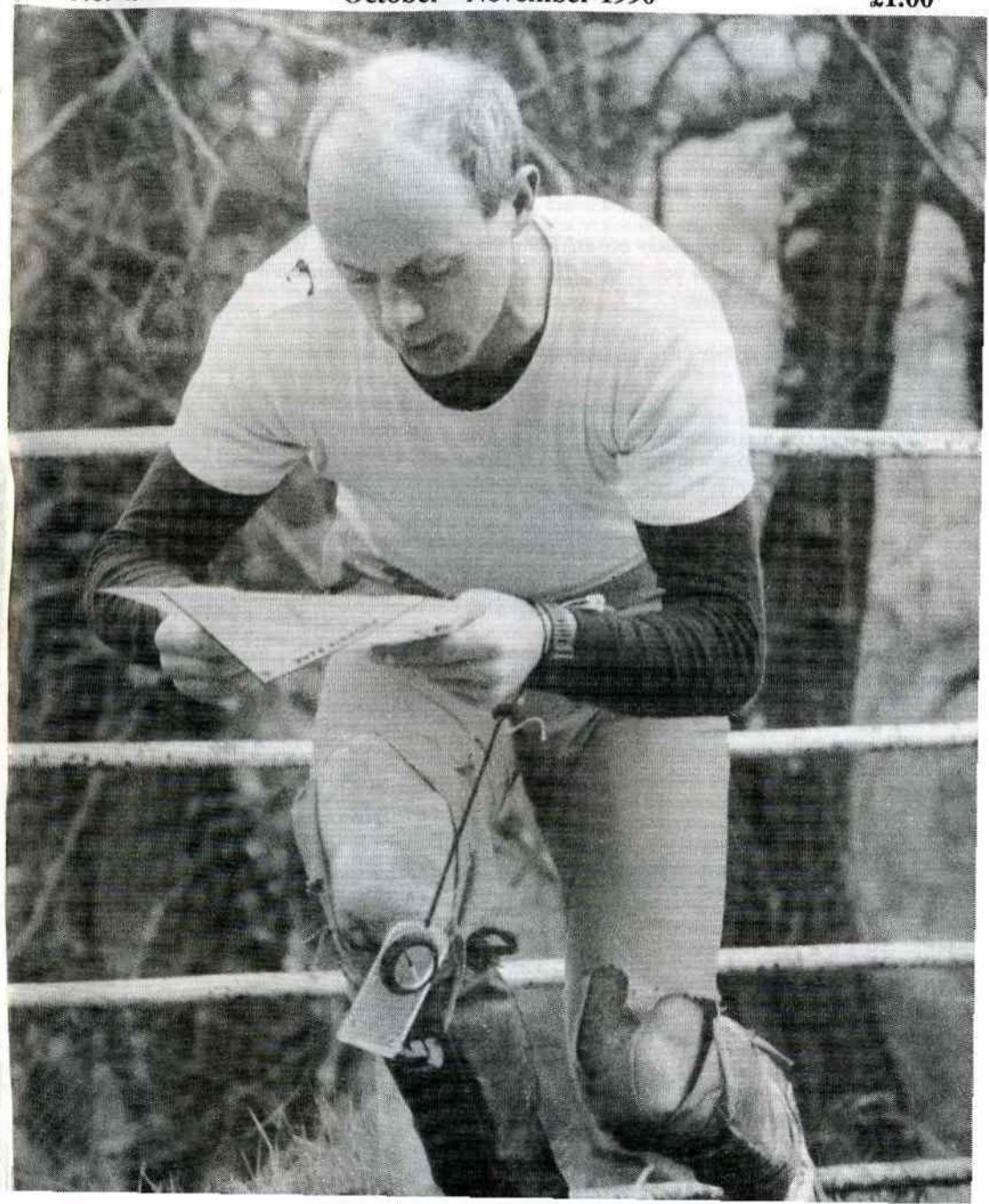

THE IRISH ORIENTEER

NO. 49 OCTOBER - NOVEMBER 1990 ISSN 0790-1194

The Irish Orienteer is published at two-monthly intervals and is available through all Irish orienteering clubs. All material concerning orienteering will be gratefully received by the editor, John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

The copy dates for the forthcoming issues are:

No. 50	December-January 1991	18 November
No. 51	February-March 1991	20 January
No. 52	April-May 1991	22 March

For further information on orienteering contact the Irish Orienteering Association, c/o AFAS, House of Sport, Long Mile Road, Dublin 12. (01-501633/569099 24 hours).

COVER PHOTO: Full body cover: Maurice O'Hara (AJAX) leaves the master maps. (J.McCullough) . £10 for you if your photo makes it to the front page! Black and white or colour, about 10"x8" please.

RESULTS: Cost £6 per page submitted.

FIXTURES: The fixtures list is the most recent available but experience has shown that changes can occur, frequently at short notice. If you are in any doubt, check with the organising club or the Sports Diary in the newspapers. Start times are generally from 11.00 am to 1.00 pm. Where possible an Ordnance Survey Grid Reference (GR) is given for the area.

SUBSCRIPTIONS: £6.50 per annum (six issues) or more cheaply through your club.

ENTRY FORMS: for events are distributed free of charge. Please supply at least 550 copies in good time.

ADVERTISING RATES: Full page £40, half page £25, quarter page £15. Reductions for multiple insertions and for O-adverts. Small ads free to IOA/NIOA club members (gear for sale, etc.)

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Why not write something for The Irish Orienteer? News from your club or your province, whatever strikes you as interesting? Do an event report! The sky's the limit. Mapping, planning, juniors, organisation, competition, controlling, equipment, techniques, gadgets, profiles of people or clubs...

Printed by Denton Print, Dundrum, Dublin 14. (01-988944)

LETTERS

Charleville Road,
Newmarket,
Co. Cork.

Dear John,

In your article on the World Championships (TIO 48) you correctly stated that our participation in the World Championships marks our membership of the International Orienteering Federation. I think that it is a disgrace that after fifteen years membership this country had no participants at this year's World Junior Championships in Sweden and last year in Austria.

The decision not to send a team is incomprehensible. Every year juniors and their parents pay out money for training, gear, entry fees, travelling, etc., and we even pay to represent our country at Home Internationals! As far as I know no juniors were asked of their wishes to attend and it was swept quietly under the carpet. Presumably it would have been the juniors themselves who would have borne the brunt of the expense, so I can't see why at least two representatives weren't sent.

Everyone agrees that juniors are the future elite and good elite runners would raise the profile of the sport (look what our top cyclists have done for cycling) so why don't we invest wisely for the future?

This reminds me of an international which was held in the south of England two years ago at which, according to a CompassSport editorial, Irish teams were expected. None attended. Was this just an editorial error or was it treated like the World junior Championships? Our top M/W21's are good enough for their World Championships, aren't our juniors good enough for theirs?

·_·· · _ _ · ·_· ··· ·__· ·_ __· ·

18 Manor Heath,
Marlay Grange,
Dublin 16.

Dear John,

We write to compliment the Cork orienteering clubs on the organisation and running of their recent training weekend based in West Cork.

For the younger members it was a worthwhile, hardworking weekend. The older, less fit were allowed to participate at their own pace and level, without any pressure. We appreciate the effort which went into making it an enjoyable weekend for us.

The O'Neill family.

SCIENTIFIC JOURNAL OF ORIENTEERING

The most recent issue of *Sci. J. Orienteering* has articles on the incidence of injury in orienteering, related to time spent on the course: 77,369 runs at the 1987 Swedish 5-Day gave rise to 658 injuries of which 137 were ankle sprains.

Heart rate measured during competition was used as an indication of physiological stress in a peper by Geoff Peck. He found that orienteering imposes more stress than road running, and that the stresses were more varied in intensity: most orienteers tested spent a proportion of the race near or above their anaerobic threshold.

The Journal also has a paper on map interpretation by experienced and inexperienced orienteers: the more experienced ones can read more into the map picture than it strictly shows by relating it to previously seen maps and terrains.

The Journal is available by subscription from the IOF Secretariat, P.O. Box 76, S-191 21 Sollentuna, Sweden, at 60 Swedish Crowns per annum (two issues).

NATURAL HISTORY

While on the subject of science (broadly speaking) orienteers may be interested in a course being run at St. Patrick's College, Maynooth from October 13th. An extra-mural Diploma in Natural History and Biological Field Studies is to run over 20 Saturdays from 10 am to 5 pm and costs £120. The prime movers behind the course are Declan Dooge and Setanta's Faith White.

"The course hopes to provide participants with an opportunity to improve their appreciation, knowledge and understanding of the flora and fauna of Ireland ... different habitats will be visited over the duration of the course. There will be an emphasis in species identification, collection and examination of material." It is not necessary to have any formal knowledge of biology, ecology or field studies.

Full details from 01-6286222 ext 442.

CHASING STARTS

Many readers will be familiar with the idea of a chasing start in a multi-day orienteering competition: the final day sees the leaders in each class starting first with the rest of the field starting behind according to how far they are behind the class leaders, perhaps only a matter of seconds before or behind fellow competitors.

The disadvantage of this system is that the slowest people often start very late and finish even later. For this reason it is usual to compress the start interval for those, say, more than an hour behind the leaders, so they start at one minute intervals. Frequently the problem is for the competitor to know how the start times are being calculated: what is the base time, what is the cut-off point, and is the leader to start at, say, 10.00 or to start at 8.00 plus his/her cumulative time?

A novel idea is that used at the Capricorn Mountain Marathon in Britain is a reverse chasing start: those up to an hour behind the leaders start in time order while those more than 60 minutes behind start in reverse order, the last shall be first and the first last.

INTERNATIONAL PARTICIPATION

Two events this summer to which no Irish representatives were sent were the World Junior Championships at Alvsbyn in Sweden and the Veteran World Cup at Kormend in Hungary, while a team did go to the World Student Championships in Estonia (a report appears elsewhere in this issue). A small contingent is taking in some of the World Cup events in North America and in Europe: in two years time the World Cup will be run in just two areas rather then three to reduce travel and cost.

Money is obviously needed to send teams abroad: the amount of time, effort and money expended by our international orienteers is considerable, and the neglected International Fund remains just that - neglected.

TRANSLATIONS

Evidently there is a lake near Leningrad called Lake Ozerijärvi on English maps. The cartographer, seeing "Ozerijärvi" on a Soviet map naturally assumed that this was the name of the lake. "Ozeri" is, however, the Russian word for lake so he should have called it Lake Järvi. On the other hand, when the Soviets annexed the eastern portion of Finland during World War II they called it "Ozeri Järvi" after hearing it referred to as "Järvi" by the natives. What *they* didn't know was that "Järvi" is the Finnish word for lake ... and you thought Barna Gap was bad! (Thanks to *SCOOP* for this information)

COMING SOON

In January the M21A and M21B courses in Britain will disappear, to be replaced by M21 Long and M21 Short courses of equal technical difficulty. Less experienced orienteers will be catered for by colour courses. Next year's Scottish Six-Day, Southern Uplands 91, in August will feature the L and S courses in all 21 to 55 year age classes.

INF-O-LINE LAUNCHED

The Irish Orienteering Association has just launched its new 24-Hour orienteering hotline with the latest fixtures information. The information will be updated weekly, at least, and can be obtained by ringing 01-569099. Details of courses, start times, exact location of events and so on can be included. Organisers should contact the IOA PRO, John McCullough (01-378819) with details at least 7 to 10 days in advance.

IRISH TWO-DAY

Entry forms for the Irish Two-Day in Co. Wicklow on November 17/18 are still available from GEN Secretary Andrew O'Mullane, 79 Glenbrook Park, Rathfarnham, Dublin 14 (01-933891). Entries will be available until early November. Club secretaries please note!

MAPPING COURSE

A few places are still available on the IOA Training Board mapping course on November 4/5 at Petersburg Outdoor Education Centre, Cong, Co. Galway. Entrants from outside the Dublin area will be most welcome- it was for you that the course was put on in the West! Details from Bill Hallowes at AFAS, House of Sport, Longmile Road, Dublin 12 (01-509845/501633, FAX 01-502805).

NATIONAL O-DAY

Preliminary reports indicate a generally good turnout of beginners for National O-Day events on October 7th. Two events not in the original list, at Watergrasshill, Co. Cork and at Monasterevan, Co. Kildare, spread the net further. The four Dublin events catered for about 600 people.

GOOD NEWS FOR JUNIOR SQUAD

There are two items of good news for this year's Junior Squad, both relating to sponsorship. Firstly, this year's squad will actually wear "Ireland" O-suits as opposed to the "allsorts" outfits of previous years. The team O-suits are being sponsored by Cork-based company Water Technology Ltd.

Secondly, a substantial sponsorship has been awarded by Allied Irish Banks PLC for training. Effectively, a full training weekend some weeks before the Ward Junior Home International will be heavily supported by AIB each year for the next three years. During that weekend, "Cashsaver" accounts for training will be represented to selected juniors who have demonstrated the greatest improvement and overall contribution to the sport. Six prizes are envisaged - one for each Ward Junior Home International class.

Thirdly, this year, substantial assistance may be provided by the IOA towards the trip to Scotland for the WJHI competition. We are still waiting to hear from Cospóir regarding assistance for this trip. (This information was provided by IOA Junior Affairs Officer Bernard Creedon).

SENIOR TEAM ANNOUNCED

The Irish team for the Ward Senior Home International in Yorkshire in November has been announced. The team is: M19- Peter O'Hara (NWOC), Andrew O'Mullane (GEN), Paul Nolan (GEN), John Feehan (BVOC); W19- Hilde Creagh (3ROC), Huala ni hUigín (Lee O), Darina Cunnane (Cork O); M21- Peter Kernan (AJAX), Aonghus OCléirigh (Curragh), Peter James (NWOC), James Logue (NWOC), Bill Edwards (Cork O); W21- Eileen Loughman (Naas), Una Creagh (3ROC), Deirdre ni Challanáin (AJAX), Julie Cleary (3ROC); M35- John McCullough (3ROC), Wally Young (Curragh), Pat Healy (Curragh), Kevin O'Dwyer (Southern Orienteers), Vince Joyce (3ROC); W35- Mary Healy (GEN), Jane Watt (GEN), Monica Nowlan (3ROC), Teresa Finlay (FermO). Team manager Colin Henderson (LVO).

The competition consists of a relay event at Brimham Rocks near Ripon in Yorkshire Saturday November 10th and an individual race at Malham Moor near Skipton next day. This is combined with a National event starting after all the Home International runners. This year for the first time the relay will count towards the overall points for the match: there will be three courses with a maximum of two scoring teams per country per course, eight teams in all. The winning team gets 16 points, second 14, third 12 and so on, down to 2 points for 8th place on each course.

In the individual race a similar system will apply, with 8 points for 1st in W19 and W35, 12 points in M19 and W21 and 16 points in M21 and M35, down to 1 point for the last counting runner in each class, hence 216 points for the relays and 516 for the individual. The maximum any country can score is 120 in the relay and 138 in the individual (258 total), the minimum (if there are enough finishers) is 18 in the relay and 18 in the individual (36 total).

HOLIDAY PLANS ALREADY?

Having read John Feehan's article on the Swedish O-Ringen (5-day event) in this issue, you may be tempted to travel to the event next year. Entry details are as follows: the closing date for the event is March 1st and the event is from July 22-26th. Late entries are subject to a surcharge of 50%. Entry fees are 430 SKr for seniors and SKr 200 for H/D 16 and below. (IR£1 = about SKr10). The event centre is an airport near Arboga. Accommodation ranges from camping (SKr 340) through dormitories and halls (SKr 210-390) to houses and apartments (up to SKr 3000). Bus transport is provided to all the events for SKr 190 (250 from March 1st). Entries should be made by your club rather than by yourself.

The address for entries is O-Ringen Västmanland 1991, Box 1991 ARBOGA, Sweden, phone 16-46-589-19910, FAX 16-46589-19911.

ENVIRONMENTAL INFORMATION

A new service has been inaugurated by the Government to promote knowledge of and care for the environment by providing access to information at a new drop-in centre in Dublin. The Environmental Information Service ("ENFO") is based at 17 St. Andrew Street, Dublin 2 (near Grafton St.) and is open from 10.00 to 17.00 Monday to Saturday. The phone number is 01-6793144 and FAX 01-6795204.

The Centre has a reference library with a special children's section, information leaflets and videos, public access to computer-based information and access to 100,000 US EPA reports on microfiche, among other things. There is also a national network for distributing ENFO material to libraries and public offices around the country, and there will be a contact person in each county council and county borough. Group visits of up to 50 people can be arranged.

HILL RUNNERS QUIET

The remaining hill running fixtures this year are the pre-dinner race on November 10th and the Bray Head Fancy-dress race on December 27th, not the Sugarloaf as in previous years. Details from Douglas Barry (01-868180). Unfortunately the promised reports on the years activities and the World Cup in Austria (or in France last year) haven't materialised.

Meanwhile "Up & Down", the new hill running magazine and sister publication to CompassSport has emergedwith excellent coverage of British fell races and mountain marathons, reports on the Northern Ireland Hill and Dale league, and the scurrilous but highly entertaiing "Fellternative" mag-within-a-mag. Subscriptions are STG£10 a year, to Up & Down, 25 The Hermitage, Eliot Hill, London SE13 7EH.

ORDNANCE SURVEY LATEST

The expected new maps, the revised Kenmare 1:50000 sheet and the 1:25000 maps of the Reeks and Killarney National Park are being delayed by an industrial dispute over the introduction of new technology. Meanwhile the new photogrammetry camera for installation in the aeroplane used for aerial photographic surveys has been fitted, but a black border is appearing around all the new photographs so the plane has to go for modification: to make the hole in the floor bigger.

THANKS

The usual thanks to all our contributors in this issue: Aileen Rice, Karen Convery, John Feehan, John O'Neill, Tara Horan, the letter-writers, club secretaries and all who got their material in on time (that one shouldn't take too long!). Thanks also to the selfless newsletter editors around the world who send me their products: Rod Jones in Wales, Ann Walder in Scotland, Roger Thetford and Caroline Mayes (Scoop), Hazelle Jackson (SENAV), Paul Street (Lokation), Sara Mae and Larry Berman (USA), Alan Gartside (Lagan Valley), to Hudson Valley Orienteers in the USA, Joss Lynam (Irish Mountain Log), Peter Gehrmann (O-World), Roland Seiler (Sci. J. of O) and anybody else I've forgotten.

That's filled up that embarrassing little space.

IOF CONGRESS AT CAMBRIDGE

July saw the International Orienteering Federation, the governing body for our sport, gathering at New Hall, Cambridge for their 15th Congress. This report has been gleaned from Orienteering North America and CompassSport ...

SPRINT-O

At the meeting it was decided to include a short-distance event in next year's World Championships in Czechoslovakia. The short race will come first in the programme, two days before the main Individual race, and all team members will be allowed to participate. Two heats will be held in the morning with the A and B finals in the afternoon. In the main Individual race each country will be guaranteed two men and two women in the event with the top countries getting more places as determined by their performances in previous World Championships and at this year's World Cup series.

WORLD CHAMPS RELAYS

Two days after the Individual event the relays will be held, with teams of four men and four women. The cut-off time for the women's race has been increased to 6 hours, from 5 hours. You will remember that at the last WOC in Sweden our last runner, Deirdre ni Challanáin, finished outside the time and the team (along with four others) was disqualified. At the previous WOC in France, if I remember aright, outr last leg runner wasn't even allowed to start her run. The new ruling should help the weaker countries at the competition.

MEMBERSHIP CHANGES

Romania was admitted as a new member and both Spain and Portugal were confirmed as full members. Estonia, Latvia and Lithuania requested membership but it was not granted because of the fluid political situation and the IOF ruling that only one federation represent each country, a function which the USSR O-Federation is doing at present. Singapore and India were dropped from associate membership because of lack of activity.

FUTURE EVENTS

It was decided to grant the 1995 WOC to Germany and to confirm the USA as hosts for the 1993 event. THE US O-Federation has requested grant aid from the US Olympic Committee in order to produce the maps needed. The IOF is keen for the US to run the event and has appointed a task force to help with fundraising and sponsorship.

The World Junior Championships will continue to be held every year with teams of 6 boys and 6 girls and will include a short-distance event although in next year's competition it will be unofficial so as to allow new rules to be formulated. The venues for the WJOC are Germany ('91), Finland ('92) and Italy ('93). Organisers were urged to keep the event cheap and simple. Britain was named as the host country for the 1994 Veteran World Cup, held this year in Hungary.

WORLD CUP

Complaints that the World Cup series was too spread out both in time and distance have led to the series being reduced from eight to six races in two groups of three within eight-day periods (or occasionally three sets of two). Ireland is interested in hosting a World Cup event, possibly with Britain and Belgium, in the mid-'90's.

Sue Harvey, of the Scottish-based mapping family, was honoured by the IOF by the presentation of the Silver Pin, the highest award the IOF can bestow. Sue was a past Secretary-General of the IOF and is now one of its three Vice Presidents. The next IOF Congress will be in Switzerland in 1992. J.McC.

4 JOURS DU MONT BLANC

7-13 July 1990

Blackwater Valley's **John O'Neill** reports on the Quatre Jours du Mont Blanc, his first taste of continental orienteering.

The big trick was making the decision to go. After that it was all easy- things fell into place. A few things helped us make up our minds:

1 We had often thought of orienteering *thar lear* and France seemed close.
2 We were attracted to visiting the Alps in summer (not that we had ever visited them in winter)
3 John Paul could practice his French - Our town (Newmarket, Co. Cork) is twinned with one in the heart of Brittany and we arranged for him to spend a week there with his pal after the event (he had got 42% in his summer test).

Getting there ...

We are a small group: my wife Terry, son John Paul and myself. We have an 11 foot caravan, ideal for three. Terry explored the ferry options and the Landbridge won. Rosslare-Pembroke and Portsmouth-Le Havre had more sailings than Cork-Roscoff and was £250 cheaper: we could buy much food and wine for £250! The downside was some extra driving.

We spent four days in Paris and then travelled south in little more than a day, using the Autoroute and stopping every two hours to help both car and driver. It was all comfort, bombing along unimpeded at 50 mph so that every two hours exactly 100 miles were covered. The event was centred at St. Jorioz on the shore of Lac d'Annecy, allegedly the cleanest and warmest in Europe. We took their word for the cleanliness and we found it pleasant to swim in.

The Events ...

The French Four Day is run over a week with training on Sunday and four competition days broken by a rest day on the Wednesday. The training day was on Semnoz, a hill overlooking the town of Annecy and about 10 km from the event centre. A lovely wood, firm underfoot and with many paths. We finished with clean shoes and erroneously thought this was a portent of things to come. All the events were in ski resorts located between 1300 and 1800 metres high- each day we were higher than Carrauntoohil.

Day 1, Thônes. *"Wide uncovered plateau and forest in slope with numerous swampy glades".* We all had reasonable runs: there were climbs early and late. The open was good runnable alpine meadows, high grass complemented by large brown cows with small heads, wearing bells. At first hearing it sounds like a din but after a time it becomes quite harmonious. We also found many of the swampy glades. Our courses were H15 5km/130m climb; H50 4.7km/195m and D50 3.1km/105m.

Day 2, Col des Glieres. *"Large pass, with a wooded part and slope with many small streams, many marsky areas".* Marsky areas indeed. A beautiful plateau with snow-covered mountains to the south and east. The orienteering was quite technical, we would even say difficult. Tha maps were spot on, the errors were our own (I'm not too hot on vegetation changes ...)

Rest Day, Tour de France. We journeyed about 80 miles to the Alpe d'Huez. Surprisingly no one interrupted us although the complete route was lined with people, in some places three deep, so that we drove to the summit. The exciyement was intense. The hype was unimaginable. The cavalcade preceding the race was unending.

John Paul nearly threw the head to be so close to Bugno, Alcala, Breukink, Kelly, Indurain, Le Mond, Delgado, Roche. After the race the traffic was too heavy to leave so we stayed and had our dinner there. Imagine J.P.'s joy when the gods of the PDM team came and occupied the table next to ours. I would add that the meal itself was splendid, not to mention the view. At this stage we were looking down on snow covered peaks, or so it seemed. We returned along the route the cyclists had conered that day, down the Alpe d'Huez and up and down the Col de Glandon. Frightening. They are mighty men.

Day 3, Les Carroz. *"Two Area, big slope wimany details, and small table-land half open".* This day we took a ski lift to the start, 575 metres. Oh great, says I, downhill all the way. I soon discovered that continuous downhill is no joke. The heat was intense, I made two genuine ten minute errors, John Paul took a bad route to the first control and missed the third, Terry also had her worst day, she couldn't find the one behind the tennis court. The last control or two on each course were in the village, most confusing having been out in the forest and open. The heat was such that I happily immersed myself in a freezing mountain stream: the simple pleasures of the poor.

Day 4, Le Somnoz. *"Very technic part in the forest with numerous ditches and one easy running part in uncovered terrain"* Thankfully my course was in the easy running part in the open. Dead simple. Had a great run. Total errors 5 minutes yet took only 47 minutes, but finished 35th. The winner did 33 minutes for 4.7 km.

French organisation ...

Each event was within one hour's drive of base camp. Each event was run very well, the maps were excellent and the courses weren't too long. Although technical, many controls were more or less adjacent to line features. The absence of heather was a dream. There was a helpful innovation at the starts- in the minus 2 minute box the blank maps showed the start triangle, in the -1 minute box you were shown your actual course. This reduced panic and allowed you to plan your early legs before the whistle.

Results ...

J.P. was 19th, Terry 23rd, self 23rd. About 2000 competed. The other Irish competitors were John and Huala Creagh with Hilde and Una of 3ROC and David and Jane Watt of GEN. Meeting fellow countrymen and women, not to say countrypersons, added to our enjoyment. Both the Creaghs and the Watts are veterans of about four French 4-Days.

It makes agreat hook on which to hang a holiday.

WORLD STUDENT CHAMPIONSHIPS

UCG's Michael Deasy reports on events in Latvia between July 28th and August 4th last...

The trip to Latvia to the World Student Orienteering Championships was a really worthwhile adventure. Apart from the orienteering the actual trip to this part of the USSR was really interesting in itself. There is ubiquitous talk of revolution among the Latvians and an air of optimism for what the future holds. This enthusiasm is mixed with a kind of old world innocence and genuine friendliness which altogether made this one of the best holidays I have had, so much so that I am already planning a return trip next summer.

For the seven who went from Shannon the trip began early with a 6.15 am flight to Moscow. This left us lots of time to see the Moscow sights by cheap taxi before catching our connection to Riga. We arrived late and were brought by coach to the event centre, about a two-hour drive towards the Russian border. We were two days early as this was the only flight we could get from Ireland. However there was still lots to do: extra training sessions, saunas, bargain shopping and parties in the evening.

Then the rest of the team arrived overland from Sweden. Tuesday July 31st was the official training day and this was followed by a wonderful opening ceremony. Geraint and I even managed to go to the habitual party which the organisers put on even if most of the competitors were off to bed early.

Race day, August 1st, was kind of a normal race day. The map was complicated with lots of small hills and depressions covered in mixed vegetation, rather like Inch (Co. Kerry) covered with trees and bushes. This made it more difficult to tell the difference between up and down. Lots of the light green areas would be white (runnable forest) in winter, I think. Our problem as a student team, and I am sure the same applies to the National team, is that we don't run under normal international (summer) conditions. I think that for us to have any chance of a respectable performance we have to send potential teams to multi-day events in Europe the year before the competition and to train as a team to learn how one would cope with such conditions i.e. running through undergrowth. Fitness is important of course, but mental attitude is also.

Getting back to the race, it was won by Johan Ivarsson (Sweden) in 91.20, 11 minutes outside the expected winning time. James Logue had a good run (130 mins) and the rest of us packed well in just over the 3-hour mark. The women's race produced a surprise winner in Yvette Hague (GBR) in 76 minutes, also 11 minutes over the predicted time with Deirdre ni Challanáin the best of the Irish ladies in just over 2 hours.

On the following day we were brought into Riga for a day out. It was a culturally stimulating day which we all enjoyed.

The relay was held next day on a continuation of the individual map. We produced better runs although some of us had to wait for the mass start at the end of the day (so what's new?).

Everyone of course thinks immediately of the expense of such a trip, but if Scandinavia is avoided a trip to Eastern Europe can be very cheap. Our group flight from Shannon to Riga was only (! - Ed.) £288 return. Once you are there money goes a long way. For the Soviet Union invitations are necessary to get visas and travel arrangements have to be made in advance. Things are less restricted in Hungary and Czechoslovakia. I think a trip for the hopefuls for the 1992 World Student Championships would be a great idea. We have the contacts in the Russian and Latvian federations. A trip including the public event at the 1991 World Championships in Czechoslovakia would cost £400-500 depending on the length of stay. With a bit of imagination, and if done in good time, sponsorship can be very fruitful. Frank Ryan did sterling work as a last minute team manager. He has great ideas regarding future trips. I think that we should get talking soon about future plans.

We were asked at one stage if Ireland would be interested in hosting the World Student Championships. Before any commitment is given the whole of the orienteering population would have to pledge support for any such event. As the organisers of CISM (the World Military Championships, held in Ireland in 1987) well know, you need a lot of people who know what orienteering is all about to organise such an event. We have the terrain and expertise to run it, so why not? We could run it in 1994 or 1996. It would be good fun and would certainly put us back on the international orienteering map.

TEAM MANAGER FRANK RYAN ALSO REPORTS:

With the exception of a win by Edinburgh University's Yvette Hague in the women's race the results were dominated by the Scandinavian and Eastern European countries. Ireland's best performance came from James Logue (Manchester University) in 56th place who finished ahead of three of the British team.

In general the Irish team of James Logue, Geraint Florida-James (Liverpool Poly.), Mike Deasy (UCG), John Casey (UCC), Martin Flynn (UCD), Una Creagh (Liverpool Poly.), Deirdre ní Challanáin (UCC), Hilde Greagh (COMAD), Darina Cunnane (UCC) and Jocelyn Cathalin (UCD) found the courses very physical and technical. (Caitríona and Rory Morrish although selected were unable to travel). The team as a whole lacks experience in summer competitions where ground vegetation is very high, and need more experience at major international events.

DONNER UND BLITZEN!

During the individual race on August 1st the weather changed dramatically from sunshine to rain, thunder and lightning, making conditions very difficult for late starters, which most of the Irish team were. The rain and darkness in the forest made map reading very difficult and eventually forced Martin Flynn and Jocelyn Cathalin to retire. The terrain was intricately contoured forest with indistinct vegetation changes and various shades of green, many with controls in them. Differentiating between hills and hollows on the map was difficult and the undergrowth made running tiring. The men's course was 13.2 km with 390 m climb and 24 controls, while the women's was 8.9 km with 265 m and 15 controls. Yvette Hague finished 33 seconds clear of 1988 champion Ede Iumarik (USSR) in a time of 76.25, while Johan Ivarsson (Sweden) had almost four minutes to spare over Jean Daniel Giroux (France) in the men's race..

RELAYS NEXT

The relay area was marshy and again featured dense vegetation but the planning was excellent and made following impossible, unlike the Individual competition. The weather was warm and sunny, again contrasting with the Individual event. Sweden, Switzerland and USSR took the first three places in the men's relay, and Finland, Great Britain and Czechoslovakia the women's. The Irish girls finished 13th after the rest day but a DNF by one of the men's team members meant that the team was disqualified. The women's courses were 6.6 to 6.8 km with 180 m climb and the men's 9.3 to 9.6 km with 250 m climb.

Apart from the two main races there was a training event, various opening ceremonies and social activities which were entered into fully by the team. The team was invited to take part in two events next year, one in Latvia in June and one in Russia in July.

RESULTS SUMMARY

Men				Women			
1	Johan Ivarsson	SWE	91.20	1	Yvette Hague	GBR	76.25
2	Jean Daniel Giroux	FRA	95.11	2	Ede Iumarik	USSR	76.58
3	Dominik Humbel	SUI	96.44	3	Brigitte Wolf	SUI	77.18
56	James Logue	IRL	129.40	62	D. ní Challanáin	IRL	122.40
86	G.Florida-James	IRL	184.52	66	Una Creagh	IRL	129.29
87	John Casey	IRL	190.11	70	Darina Cunnane	IRL	139.27
88	Michael Deasy	IRL	191.05	79	Hilde Creagh	IRL	206.57
	Martin Flynn	IRL	DNF		Jocelyn Cathalin	IRL	DNF

The next World Student Championships is likely to be in either USA or Poland, and Ireland has been mentioned as a venue for the future.

DISPATCH FROM AJAX INTERNATIONAL

Tara Horan reports on the Czech 5-Day, 5-Dnu OB:

The Scene: Jicin, Bohemia

The Occasion: Czech 5-Day, also known as AJAX International Tour 1990.

The Atmosphere: Friendly, enthusiastic, warm.

The Weather: Well, that's another story. Mainly the sun acshed the clouds away but the odd downpour kept the temperature cool and thus the weather perfect for running.

The Beer: Talk about other stories! Locally, and now internationally, known as 'pivo', it was cheap (I mean a round for a pound cheap), it was generally tasty - we're talking about the birthplace of Pilsner and Budweiser, both of which lose in travelling to an extent similar to Guinness outside Ireland.

The Company: If AJAX wants a twin club there are lots to choose from: ALCO in France, Snattringe (ie Orla's other club) in Sweden and of course Sarn Helen in Wales. Has anyone heard of quadrupling?

The Terrain: A lot better than at the White Rose in North Yorkshire to which Catherine (Lyons) and I went the weekend after returning to England. The maps were of good quality. Days three and four were on an area featuring sandstone pillars and cliffs. The sudden climb just before controls was generally a case of mind over matter for me (Ah sure, never mind, it doesn't matter, you'll get up there eventually).

The Performance: Orla (Cooke) outshone us as always, Michele (Coleman) proved Edinburgh was doing her good, Catherine and I had our ups and downs. Mine started with a relative up on day 1 and went downhill until a short redemption on the last day. Perhaps the wild boar on day one had a part to play in getting me to the finish fast. Catherine's performance improved daily, bringing her in only slightly in Michele's wake at the chasing finish on day five. Brendan (O'Connor) ran down the run-in on day one in a manner not befitting the flashy new AJAX suit. After the threat of repossession he got a bit of life into his finishes.

The Après-O: Plenty of pork, schnitzel, steak, a bit short of the veggies, olé, olé, olé, olé, pivo, pivo. Songs with the Norwegians. How do you fit 100 orienteers into a hut built to sleep six?

The Après-Event: Walking in Prachovski Scala, the sandstone pillar area. Featuring long walks late at night after long walks all day (apparently the buses weren't due until September).

And Après-That: Prague by day and by night, finishing with the Rolling Stones concert on the last night. Then back to Heathrow. A fire on the tube, forced bus journey through heavy Sunday afternoon traffic, and yet I choose to stay here for another while. But don't worry, we get out of London most weekends, orienteering (Lake District, New Forest, Pembrey and the somrtimes-sloping south east).

The Future: AJAX International hopes to tour Lithuania next July. Anyone interested?

THE ULTIMATE EVENT

Blackwater Valley's John Feehan, one of our rising junior stars, reports on the 1990 Swedish O-Ringen.

The opening ceremony for the Swedish O-Ringen (5 day orienteering event) took place at Ullevi Stadium in the city of Gothenburg and provided a splendid opening to an outstanding week of orienteering. In Olympic style, representatives of each nation paraded in front of the crowd and the week was officially opened with the raising of the event flag. It as a tremendous scene, one which is surely unique in our sport.

Day 1 of the O-Ringen left no illusions about orienteering ability and cruelly penalised every flaw in technique and concentration. I was running in H18 Elite and I finished twenty minutes down on the leaders in 67th position. The course was straightforward for the first 6 km and only small errors were recorded, but then the last 1.3 km entered the most complex area I ever ran on. It reminded me of the Australian WOC video - massive granite boulders with poor visibility - and mistakes inevitably occurred. Still, I did manage to beat the 10 minutes per km barrier but the leaders were depressingly fast: most people were just aiming to get into the chasing start on the last day, which had a cut-off point at -120 minutes.

The event centre consisted of two squares surrounded by a historic-looking building and it was here most people gathered each evening. Meals were provided for an excellent £4 and food stalls abounded. The event supermarket was also here with thirty minute queues forming regularly, and the choice of O-gear in the retailers' tents was extensive. Map reclaim meant getting a completely new map (42,000 maps of each area!) and winners' routes were also on view.

Day 2 and another trip on the bus which most competitors were obliged to take, which meant that there seemed to be about a hundred buses ferrying people back and forth. One of the unusual features was a clothing check on the way to the start where spikes were removed and torn O-gear was taped. I heard of some who deliberately tore their gear so one of the beautiful attendants would have to tape it up!!

Another 25 minutes lost and I was moving down the board along with all the other non-Scandinavians, but at least it was the same in every other class. Notable performances from Neil Conway and Jason Inman from Britain (1st and 3rd at the Shamrock O-Ringen) meant they were in the top ten for a few days, but unfortunately not on the last day.

To emphasise the "Sport for All" aspect, handicap-O was taking place simultaneously and it was great to see the wheelchair athletes enjoying themselves so much.

Day 3 found me making all those mistakes you've read about, namely overshooting and parallel errors. They were classics, and left me with no trust whatsoever in my map, compass or instincts. Apart from the orienteering many entertainments were laid on, including nightly disco's, live music, dancing etc., but with money running low restrictions were in operation. One indulgence I did allow myself was Liseberg funpark to which everyone received free entry. It was very enjoyable, with the roller coaster being the highlight. Everyone also received various discounts at shops and restaurants in Gothenburg although many, such as clothing and jewellry, were worthless to orienteers.

Day 4 was another killer, 8 km in cruel heat (the temperature was above 25C for the last three days) and the Irish were praising the refreshment stations. (One guy from the west took a route which meant he could fill up at four drink stations on the way to the next control: and I thought Connaughtmen were made of sterner stuff!) Only one day left so an early night was called for. I was staying in florr-space, sharing a gym with a host of other nationalities about 1 km from the event centre. Breakfast was served for £2 each morning and it was very good value as buying it elsewhere would have cost almost double.

Lying in 77th position 96 minutes down I just wanted to finish on Day 5 and possibly pick up a place or two. I was 6 minutes down on a Hungarian and 3 ahead of a Swiss. I was neither of them, but due to disqualifications etc. I finished in 72nd place, a result that I was fairly pleased with. It really was a super experience running up to the finish with thousands of orienteers looking on at the eight finish lanes and cheering for every winner. Momentoes were given to all who finished, and anyone who finished deserved it because this was top-class orienteering.

It would be impossible to write about everything that goes on at the O-Ringen, it has to be experienced to be aware of its uniqueness and it will always be an unforgettable event. Next year's O-Ringen will be held in Arboga, west of Stockholm, and entry forms are available from O-Ringen Västmanland 1991, Box 1991, S-73224 Arboga, Sweden.

It is quite expensive but the organisers make everything as reasonable as possible. My budget was something like this:

To London	*£64 return*
To Harwich	*£11.50 each way by train*
To Gothemburg	*£90 return*
Bus ticket	*£13*
Entry fee	*£41*
Accommodation	*£20*
Food etc	*£80*
Total	***£331 approximately.***

There are obviously ways of reducing this cost or making the trip more worthwhile by extending your stay for training. Assistance from the IOA and Chadwicks Building Materials Ltd. was gratefully received.

EASTINGS

At a recent Leinster council meeting event entry fees have been standardised for local events in Leinster, reports Brian Power. The suggested fees are:

	Club members	*Non-members*
Senior	*£2*	*£3*
Junior	*£1*	*£1*
Student	*£1.50*	*£1.50*
Family (2 adults and under 19's).	*£5*	*£5*

From January 27th next proof of membership of an affiliated O-club will be requested at events in order to avail of the discount for seniors.

Club membership will be available on request at events: the club running the event is the only one who should recruit members that day: this should provide clubs with additional incentive to run events. Other clubs may display notices for their own members' information but may not recruit new members.

Incentives should be offered at events for people to join clubs: for instance, a free run if you join on the spot! Higher rates for juniors and families who are not club members would be a disincentive to them, it was felt.

MORE FIXTURE

The presence of representatives of more clubs at the October fixtures meeting meant that the fixture list for Leinster in the coming season has been fleshed out. A rejuvenated Eastern Command Orienteers, with John de Lacy at the helm, is running an event on a new map of Coronation Plantation near the Sally Gap in January, and new maps of Brockagh, Clara, Malahide Castle and Corkagh Park are in the offing.

LOOKING EAST

Recent political developments in Eastern Europe have introduced major social changes, but how will they affect orienteering?

A new orienteering federation in Romania affiliated to the International Orienteering Federation (IOF) at the July Congress in Cambridge although the requests for membership from Latvia, Estonia and Lithuania were not granted because of the present IOF rules and the fluid political situation. Freer movement of orienteers will mean that eastern European runners will need hard currency to run in the west so the IOF is considering holding meetings in eastern Europe to help fund development there. Visits from orienteers from other countries will help to foster links between east and west, and the World Championships in Czechoslovakia next year should go further to open up the orienteering world.

In Estonia, where the recent World Student Championships were to be held, orienteering has been going on for over sixty years, so they are no strangers to the game while the USSR team has been making an international impact since their first appearance at a World Championships in Sweden last year.

In the GDR ("East Germany") an independent orienteering federation was formed last March: prior to that, orienteers had been members of the Walking and Climbing Association. In West Germany the orienteers have no independent federation but are affiliated to the Deutsche Turnerbund.

In Hungary, which was a founder member of the IOF in 1961, the Hungarian League of Orienteering became independent in 1970. Hungary, hosts to the 1983 World Championships, has long been at the forefront of international orienteering, their most famous orienteer being Sarolta Monspart who won the gold medal in the women's race in 1972. Katalin Olah, an up-and-coming Hungarian orienteer won the women's race at the last World Student Championships, if I remember correctly. She was recently selected as orienteering sportswoman of the year in Hungary. Her male counterpart, Zoltan Lantos, has run a 2.14 marathon but could only manage 2.16 last year. In winter he trains 35km per day: not a bad base for your competition year!

How much and how soon things will change remains to be seen: I well remember being followed up the run-in at the last day of the 1982 Czech 5-Day by spectators wanting to buy my shoes, compass or O-suit, none of which were in great shape after the season.

Looking further east (much further) globetrotters will be glad to hear that orienteering has taken root in Malaysia, following a visit there by Swedes Peo Bengtsson and Jorgen Martensson early this year. The group ran at events in Singapore, Malaysia and Australia. The Malaysian event was run on a small island called Pulau Manukan of the coast of Kalimantan (Borneo) - table quiz freaks take note.

J.McCullough.

ORIENTEERING FIXTURES

NOVEMBER 1990

2 **WARRENSCOURT** near Macroom, Co. Cork. UCCO grade 3 night event. GR W38 67.
3-4 WARD JUNIOR HOME INTERNATIONAL Happendon Wood, Douglas and Corehouse, Hamilton, Glasgow.
4 **BELFIELD** Dublin 4. UCDO grade 3 event. GR O 18 29.
3 **HOLLYWOOD** Blessington, Co. Wicklow. O-Naas training event. 10-12.00 start. GR N 94 06.
4 **BALLYGAR** Co. Galway. Western Eagles colour event. GR M 78 53.
4 **BELFIELD** Dublin 4. UCDO grade 3 event. GR O 18 29.
4 **CHIMNEYFIELD** Glenville, Co. Cork. Cork O grade 2 Cork league event. GR W 90 85.
4 **PORTLAW** Co. Waterford. WATO League event. GR S 44 15. Venue changed from Colligan Wood.
9 **ROSSBEIGH** Co. Kerry. UCCO night event on sandhills. GR V 65 92.
10 **CAPPANALEA** Killorglin, Co. Kerry. UCCO grade 3 training event. GR V 72 88.
10-11 WARD SENIOR HOME INTERNATIONAL **Harrogate** and **Skipton,** Yorkshire
11 **CURRAGH WOOD** Midleton, Co. Cork. Cork O grade 2 Cork league event.
11 **KNOCKANANNIG** Fermoy, Co. Cork. LeeO grade 3 event. GR W 77 96.
11 **MUCKROSS WOOD** Killarney, Co. Kerry. UCCO grade 3 training event. GR V 97 85.
11 **SAGGART WOOD** Saggart, Co. Dublin. AJAX Colour event. Leinster League 3. GR O 02 23.
17-18 **IRISH TWO-DAY** **Brockagh,** Laragh , GR T 12 97, and **Carrick,** Ashford, GR T 23 93, Co. Wicklow. GEN and SET.
24 **NORTHERN IRELAND NIGHT CHAMPIONSHIPS Barnetts Park,** Belfast. LVO. GR J 31 68. Start 7pm.
25 **CLONBUR** near Cong, Co. Galway. Galway RTCO grade 2 colour event. GR M 11 57.
25 **WARRENSCOURT** near Macroom, Co. Cork. Cork O grade 2 Cork league event. GR W 38 67.

DECEMBER 1990

1 **CASTLE ARCHDALE** Co. Fermanagh. NI Colour Series 9. FermO. GR H 17 58. Start 11.30-1.00.
2 **BALLYNOE FOREST** Clonmult, Midleton, Co. Cork. Cork O grade 2 Cork Champs and Schools Champs event.
2 **KILSHEELAN** near Clonmel, Co. Tipperary. WATO Waterford league event. GR S 27 22.
2 **UNION WOOD** Collooney, Co. Sligo. LKO grade 2 colour event. GR G 68 28.
9 **GALTY WOOD** near Mitchelstown, Co. Cork. UCCO grade 2 Cork league event. GR R 88 18.
9 **CARNAGH** near Athlone, Co. Westmeath. Athlone RTC grade 2 colour event. GR M 99 50.
9 **PHOENIX PARK** Dublin. Fingal score event. GR O 09 34.
16 **BELFIELD** Dublin 4. UCDO grade 3 event. GR O 18 29.
26 **THREE ROCK WOOD** Christmas Score Event. 3ROC. 11.00-13.00. GR O 17 23. Fancy dress recommended.
27 **RIVERSTICK WOOD** near Kinsale, Co. Cork. Cork O Xmas fun event. GR W 66 58.
30 **TRAMORE** Co. Waterford. WATO grade 2 event. Sand dunes. GR S 59 01.

JANUARY 1991

6 **CORONATION PLANTATION** Co. Wicklow. West of Sally Gap. ECO colour LL4 event. New map. GR O 08 13 approx.
13 **KILLAKEE** alias Hellfire Wood, Co. Dublin. UCDO Colour event. LL5. GR O 12 22.
20 **SAGGART** Co. Dublin. DLSO/3ROC mass start event. GR O 02 23.
20 **WOODLAWN** Athenry, Co. Galway. UCGO grade 2 colour event. GR M 67 30.
27 **CORKAGH PARK** Clondalkin, Co. Dublin. GEN grade 3 event. New map. GR O 05 30.
27 **GARRETTSTOWN** near Kinsale, Co. Cork. Cork O tenth anniversary (badge) event. GR W 58 44.

FEBRUARY 1991

3 **FANORE** Co. Clare. Burren OEC grade 2 colour event. GR M 14 07.
9 **IRISH STUDENT CHAMPIONSHIPS** Slish Wood, Collooney, Co. Sligo. GR G 75 31. Entries to Frank Ryan, Galway RTC, Dublin Rd., Galway, by 19.1.91.
10 **PHOENIX PARK** Dublin. 3ROC colour event. LL6. GR O 09 34.

17 **UMMRA WOOD** near Macroom, Co. Cork. Cork O grade 3 Norwegian event. GR W 37 72.
23-24 **CONNACHT CHAMPIONSHIPS Union Wood,** Collooney, Co. Sligo. GR G 68 28. Entries to Frank Ryan, Galway RTC, Dublin Rd., Galway by 1.2.91.

MARCH 1991

1 **PHOENIX PARK** Dublin. 3ROC Night-O. GR O 09 34.
3 **CLARINBRIDGE** Co. Galway. WEO grade 2 colour event. GR M 43 20.
3 **SUGARLOAF** Co. Wicklow. UCDO colour event. Leinster League final (LL7). GR O 23 13.
23-24 **LEINSTER CHAMPIONSHIPS and Interprovincial match.** Co. Wicklow. 3ROC and SET.
24 **PORTUMNA** Co. Galway. Custume-WEO grade 2 colour event. GR M 85 04.
29-31 JAN KJELLSTROM TROPHY 91 Chesterfield, Derbyshire. Training, two-day individual, relay.

APRIL 1991

7 **KILLARY** Co. Galway. LKAC grade 2 colour event. GR L 77 65.
14 **CORINBEG** near Newport, Co. Mayo. SORCO grade 2 colour event.
14 **KNOCKANAFFRIN** Co. Waterford, near Clonmel. WATO grade 1 Munster League event. GR S 28 17.
21 **MULLAGHMEEN** Co. Westmeath, near Oldcastle. SET colour event. Great area. GR N 47 78.
27-28 **IRISH CHAMPIONSHIPS Glen of Aherlow,** Co. Tipperary. Cork OC.

MAY 1991

12 **LEINSTER SCHOOLS CHAMPIONSHIPS Carrick Mountain,** Glenealy, Co. Wicklow. GR T 23 93.
19 **TROOPERSTOWN** Laragh, Co. Wicklow. GEN. Leinster Score Championships. GR T 16 97.
25 **BROCKAGH** Laragh, Co. Wicklow. Leinster 2-Day. ECO. GR T 12 97.
26 **CLARA** Laragh, Co. Wicklow. Leinster 2-Day. 3ROC. GR T 16 93.

JUNE 1991

2 **BRANDON HILL** Graiguenamanagh, Co. Kilkenny. WATO grade 1 event. GR S 70 40. New area.
8-9 SCOTTISH CHAMPIONSHIPS **Pitlochry,** Perthshire.
16 **COUMSHINGAUN** Comeragh Mountains, Co. Waterford. WATO grade 1 event. GR S 33 10.
28-30 **SHAMROCK O-RINGEN** West Cork/Kerry. Cork Orienteers.

JULY 1991

8-14 WORLD JUNIOR CHAMPIONSHIPS Germany.
19-22 WORLD MASTERS CHAMPIONSHIPS Denmark.

AUGUST 1991

4-10 SCOTTISH 6-DAY Southern Uplands '91. Dumfries area.
20-24 WORLD CHAMPIONSHIPS Marianske Lazne, Czechoslovakia.

SEPTEMBER 1991

8 **THREE ROCK WOOD** Dundrum, Co. Dublin. 3ROC colour event. Leinster League (LL)1. GR O 17 23.
22 **NATIONAL TRY ORIENTEERING DAY.**
29 **KILAKEE** Hellfire Wood, Rathfarnham, Co. Dublin. SET Sprint-O. GR O 12 22.
28-29 **WARD JUNIOR HOME INTERNATIONAL** West Cork. Cork OC.

OCTOBER 1991

12-13 **MUNSTER CHAMPIONSHIPS** Lee Orienteers.
20 **MALAHIDE CASTLE** Co. Dublin. UCDO grade 3 event. New map. GR O 22 45.
27 **MAHON FALLS** Comeragh Mountains, Co. Waterford. WATO grade 1 event. GR S 32 07.

NOVEMBER 1991

3 **CLARA** Laragh, Co. Wicklow. 3ROC colour event. LL2. GR T 16 93.
10 **BROCKAGH** Laragh, Co. Wicklow. GEN colour event. LL3. GR T 12 97.
16-17 WARD SENIOR HOME INTERNATIONAL Wales

NOTE: Events in italics are for information only and do not form part of the Irish fixture list. Only registered events run by clubs affiliated to the Irish Orienteering Association, with competent officials, are covered by insurance. Always check with the organising club or the Sports Diary in the newspapers if you are in any doubt that an event is going ahead as advertised or ring the IOA inf-O-line at 01-569099.

Irish Orienteering Association

IOA BULLETIN : OCTOBER 1990

MACTIRE TROPHY

Nominations are invited for the 1990 Mactire Trophy for outstanding services to orienteering in the year 1990. The areas of excellence suggested are: competition; mapping, planning, controlling or organising events; administration; other activities which the IOA may consider meritable.

WORLD CUP RACES

The Irish Orienteering Association nominated the following Irish orienteers to run in World Cup races this summer: Eileen Loughman, Caitriona nic Mhuiris, Aideen Morrish, Julie Cleary, Bill Edwards and Colm O'Halloran.

ORIENTEERING TELEPHONE LINE

The IOA has acquired a telephone line specifically for orienteering. It will be in the telephone directory under "Orienteering" and also under "Irish Orienteering Association". It is hoped to use it as an information line, giving a recorded message of forthcoming events. The number is 01-569099. Please contact the IOA PRO, John McCullough, with event details for inclusion on the inf-O-line.

FIOA

The IOA has nominated the following people to the Federation of Irish Orienteering Associations senior Selection Committee: Bob Pinker (Munster), Trina Cleary (Leinster), Frank Ryan (Connacht).

IOA EXECUTIVE SECRETARY

Pat Redmond, 18 Orchardstown Avenue, Rathfarnham, Dublin 14.
Phone 01-947385.

inf-O-line

THE NEW 24-hour ORIENTEERING INFORMATION SERVICE FROM THE IOA.

PHONE 01-569099

TRAINING WEEKEND

BALLINGEARY, CO. CORK, AUGUST 24-27TH.

Aileen de Rís reports:

As it was the last weekend in August it was once again time for the annual O-training weekend down in West Cork. On this weekend juniors and seniors come to run, navigate, eat, swim, play, talk and (afterwards) ache. When we arrived we were given a timetable outlining the weekend's exercises and activities. As we scanned it we realised that this weekend was going to be a long and intense one.

Saturday - Tír na Spideoige.

We were briefed at Scoil Mhuire by Bernard Creedon and Bob Pinker. Then with cars packed with not less than five people we drove to Inchigeelagh and up a narrow winding road, stopping at the side of the track. We started off with a terrain walk in different groups according to age and ability. This was a line course and most groups, including ours, ended up on the wrong hill. "Easy O" was the next exercise, which involved choosing choosing attack points, aiming off and helping us to hit our controls correctly. Then the Marsh Football began. Most orienteers had "experienced" this game at last year's training weekend and so, as the teams were shouted out, we discussed our tactics: get the opposing team into the marsh. In the middle of the supposed "pitch" there was a rather deep, boggy drain, and I had the privilege of being the first in, with the help of Steven and Declan.

Preceeding the dreaded 2km time trial was lunch (where we had time to dry off). I don't think anybody had looked forward to the 2k but most people were pleased with their results. The fastest time recorded was approximately 5 mins 20 secs by a visiting road runner but I think the quickest orienteer was Brian Creedon with 6.02. When we recovered we set about doing a "Short-O". I enjoyed this exercise and had the added pleasure, while passing, of seeing Karen Convery land face-first into a marsh. Then Map Memory. Afterwards the defeated Marsh Football teams had the pleasure of watching another two manic games of extremely marshy football: Noel Bogle was henceforth called the Bulldozer.

At around 4.30 we had a medley relay where every team got a map with twelve control sites on it: each team had four members who had to get three controls each. After this fast relay we broke up for swimming, etc. That night there was a table quiz in the school, with questions ranging from "How many sides has a septagon?" to "What country is Casablanca in?". Bob's team won, our team (Sheila and Karen Convery, David Ryan, Pauline Teague and myself) didn't do so badly but Team 10 (Charlie Reid, Peter "any-middle-name-will-do" O'Hara, Michelle Cooke and others were a thundering disgrace.

Sunday - Tír na Spideoige

As we opened our eyes on Sunday morning they were met with rain - that sort of rain that orienteers are so used to - DRIZZLE! We warmed up and then started off on a "Shad-O" course. The complex terrain made this difficut. We had the added disadvantage that there were no controls so you had to be confident enough to lead your partner to where you thought the "control "was. Then the timed "Tech-O" was awaiting us. The long (3.5km) course had times ranging from 26 minutes to over an hour. The semi-finals of the marsh football were held

before lunch with the victorious teams to go forward to the finals at 2.30. "Hills and Holl-O's" was next, then the exciting Marsh Football Final.

"Marathon Relay" - even the name made us feel tired! Winner Brian Corbett, Peter O'Hara, John Feehan, Marcus Pinker and others were subjected to an 8km course and the rain poured throughout most people's runs. 5.30 pm and we broke up. We had just enough time to shower, eat, dress and relax when the remaining orienteers came to Scoil Mhuire and played a few too many games of basketball out in the playground (the smart ones didn't join in). Later that evening a strange epidemic broke out: rather large, round, bright pink spots erupted on the stallers, the "You got?" and the "I have no pink spots" when thay had around 8 or 9. More and more appeared, to the horror of the infected lot, but thankfully Sheila and I were immune to these spots. After this game we all went our separate ways ...

Monday - Rathgaskig.

We started off this day with a warm-up walk on the terrain, then we had another timed exercise, following a taped 1.5km forest run to check on our fitness: you had to run this 1.5km in the forest within 125% of your time for the 2km time trial: this meant that you were fit. I didn't hear of anybody who wasn't. Straight away we went on a corridor-O run. I enjoyed this and, thank God, I didn't stray off the half-inch piece of map we each received to do this exercise. The rain was easing off and the Novelty Relay, the so-called "Hit and Miss-O" was abandoned. We started the "new" relay at around 12.00: it was a fast race and many had good runs. My shoe fell apart out on my run. After a well-deserved lunch Bob gave a debriefing and then the long and relaxing journey home.

IRISH JUNIOR TEAM ANNOUNCED

The Irish team for the Ward Junior Home International against England, Scotland and Wales has been announced. The competition will be run near Glasgow on the weekend of November 3/4 1990. The team, in alphabetical order by class, is:

W13 Treasa Connolly (Cork OC), Ruth Hollinger (LVO), Joanne Mein (NWOC), Mary O'Connor (Cork OC). Substitutes: 1st Marianne Hutchinson (Cork OC), 2nd Eunice Cinnamon (LVO).

W15 Miriam Feehan (BVOC), Bríd Higgins (Lee O), Faye Pinker (Cork OC), Aileen Rice (AJAX). Substitutes: 1st Michelle Cooke (NWOC), 2nd Ailbhe Creedon (Cork OC).

W17 Karen Convery (3ROC), Emma Glanville (3ROC), Julie Graham (NWOC), Jane Wilson (LVO). Substitute: Tara McLenaghan (NWOC).

M13 Patrick Feehan (BVOC), David O'Connor (Cork OC), Shane O'Neill (DLSO), Jamed Reed (Ferm O). Substitutes: 1st Conor Creedon (Cork OC), 2nd Cian Chandler (Cork OC).

M15 Brian Creedon (Cork OC), Finan Dooley (Curragh), John P. O'Neill (BVOC), Marcus Pinker (Cork OC). Substitutes: 1st David Hollinger (LVO), 2nd Aidan Kelleher (Cork OC).

M17 Gavan Doherty (GEN), John Feehan (BVOC), Gareth James (NWOC), David Ryan (BVOC). Substitutes: 1st Mark O'Neill (DLSO), 2nd Leonard Floyd (FIN).

For the record the Junior selectors are; Bobby Buckley (Leinster), Seán Cotter (Munster) and Charles Reid (N.I.). Next year's selection events are: Irish Championships, Shamrock O-Ringen, Connacht Championships, Leinster Championships and Interprovincial Championships, assuming the above events take place before October.

Great Eastern Navigators Orienteering Club

Enquiries: Andrew O'Mullane
79 Glenbrook Park,
Rathfarnham,
Dublin 14.
Phone: 933891

Claravale opened the orienteering season with the first league event. Over 130 orienteered their way through a pleasant Sunday afternoon. Thanks to Michael Hewson for organising this event and to everybody who helped.

National O-Day on October 7th at Killiney Hill attracted over one hundred people, mostly beginners. Thanks again to all the helpers.

On November 17th GEN will be running Day 1 of the **Irish Two-Day 1990.** This is by far the largest event the club has run in recent years. The Club has been preparing for this event for the last year. Now we need the help of all the club members, young and old. To make the running of this event as easy as possible it is vital that all club members attend the social night in the Deerpark, Roebuck Road, Clonskeagh at 8.00 pm on Wednesday 24th october '90. If you cannot attend this meeting please ring Andrew o'Mullane (933891).

Mapping:

Corkagh is in an advanced stage of survey and should be finished in the near future. Hopefully there will be an event there in the new year.

Well done to all the members of GEN who were out hill running over the summer. Congratulations to Paul Nolan for qualifying for the World Championships as a member of the Junior Squad.

Dates to remember:

24th October Club social, 8.00 pm, Deerpark.
7th December AGM/Dinner party.

Happy Navigating.
Andrew O'Mullane.

setanta orienteers

SETANTA NOTES

MULLAGHMEEN EVENT: On September 23rd last, Setanta organised a very successful grade 1 event at Mullaghmeen. Nearly 200 people took part and this number would have been higher had there not been a clash of dates with the Mournes Walk and a Schools event at 3ROC. Jocelyn Cathalin planned the challenging courses, Brian Heeney was controller and we had a fine Autumn day! We were pleased to see Wilsons Hospital School and Loreto College, Mullingar, both turn up in strength. Again, thanks to Faith for the hospitality at the Lake House.

Irish 2-Day 1990: This year Leinster runs the event on November 17/18. Setanta is organising Day 2 at Carrick Mountain while Day 1 is GEN's event at Brockagh. This is a major Irish event and all available help is required on the day and before for certain jobs such as pre-marking. The Secretary will contact people in this regard shortly but volunteers would be appreciated. So perhaps members might sacrifice a Day-2 Run.

Try Orienteering Day: On October 7th, Setanta organised an introductory event at the Hell-Fire Wood, Killakee. About 100 interested people tried the Sport, most for the first time. On the following Tuesday morning, a number of membership applications arrived in the post, which indicated that at least some new people took to the Sport with enthusiasm. We hope all new members will make themselves known at events when they see the Club Notice Board or the distinctive green and yellow O-Suits.

MEMBERSHIP CARDS: All Setanta members receive membership cards on receipt of their annual subscription. From January next, it will be worth bringing your card to events as Senior members will receive a £1 discount on the non-member rate. The Leinster fixtures Committee have decided that proof of membership will be sought at all Leinster events starting on January 27th. So you know what to do to get yours.

setanta orienteers

MEMBERSHIP CARD

Name .....

Class .....

Year .....

Issued By .....

Card No. .....

setanta orienteers

Affiliated to the Irish Orienteering Association

ENQUIRIES: Applications for Club membership and other information concerning Setanta Orienteers may be addressed to:

Setanta Orienteers,
c/o Brian Power,
15, Templeroan Avenue,
Dublin 16.

Tel. (01) 941378

Affiliated to the Irish Orienteering Association

3ROC

THREE ROCK ORIENTEERING CLUB

Club Secretary: Vera Murtagh, 19 The Cloisters, Harold's Cross, Dublin 6W, Phone 908237.

The Season is now in full swing with some very good events in the offing. The Northern Ireland Championships were held in Gortin at the end of September. Congratulations to class winners Nuala and Hilde Creagh, Shiela Convery and Monican Nowlan. Well done to Una Creagh, Trina Cleary and Peter O'Neill who took part in the Mourne Mountain Marathon, also in September.

WARD HOME INTERNATIONALS

3ROC will be well represented at all three Ward Home Internationals this year - Nuala Creagh, Hazel Convery, Anne May and Monica Nowlan have been selected for the Veterans; Hilde and Una Creagh, Julie Cleary, Monica Nowlan, Vince Joyce and John McCullough for the Senior, and Karen Convery and Emma Glanville for the Junior. Trina Cleary is team mananger for the Veterans Team. Good Luck to you all.

FIRST FRIDAYS

A change of venue for our next First Friday on 2nd November. We are going Bowling in Stillorgan. Brian Hollinshead has offered to organise the evening. Give Brian at ring at 881456 so he will have an idea of numbers. So all you demon bowlers, now is your chance to show off your skills and those who have never bowled before - beginners' luck has caused many an upset. Future FFs will include swimming, slide shows as well as orienteering subjects. Have you any suggestions to make - let us know your ideas.

AND SATURDAYS

Back to the woods as usual on 3rd November. 11 a.m. In the Tibradden Car Park, Pine(less) Forest. Despite rumours, there are still a few trees left which combined with the open will provide good technical training.

EVENTS

Approximately 150 people Came and Tried orienteering in the Phoenix Park on National 'O' Day and a good time was had by all. John McCullough thanks all those who helped out on the day. The follow-up Event is on 14th October on 3Rock. If you haven't volunteered to help you are too late but you will be needed on 26th December again on 3Rock for the Fancy Dress Event. You should of course by now be working on your fancy dress costume.

MAPPING

David Rowe hopes you are out there completing your bit of map,he is anxious that the fieldwork is finished as soon as possible. Many thanks to David for his excellent workshop on mapping on 10th September.

ODDS & ENDS

A party of 16 LOK members are travelling to Ireland for the Irish 2-Day. We will need accommodation for them and lifts to the Event. Ifyou can offer either or both contact Trina Cleary (936187). Good running to all our members taking part in the 2-Day and we hope to see you at the Bowling on 2nd November and the Pine Forest on 3rd November.

WATERFORD ORIENTEERS NOTES

Club Secretary: Michael Grant, Grange, Mooncoin, Co. Kilkenny (051-95295)

League

The club is running a league for the South-East region. There will be four courses with prizes for the first three on each course. All juniors who complete three courses will receive a certificate and a badge.

The four events are:

Tower Hill, Portlaw on September 30th
Sandhills, Tramore on 14th October
Portlaw on 4th November and
Kilsheelan on 2nd December.

Veteran Home International

Congratulations to Alan Pim on being selected for the Irish team to compete at Pembrey on 21st October. Alan has had a great year, winning the Irish Championships M50 class and now being selected for the National team. A group of ten people is travelling from the Club.

AGM

This year's main event was held at Pat O'Connor's house on October 4th, with a video and slide show before retiring to a local watering hole. Hugh Dobbs is the new Chairman, Mick Grant remains on as Secretary, Pat O'Connor as Treasurer. Alan Pim is another committee member and a new development/promotion group has been set up with Billy Fox in the Clonmel area, Pat O'Connor in Waterford and Tom O'Sullivan in New Ross.

Mapping

Brandon Hill and Coumshingaun are in progress. Collegan Wood had to be abandoned due to the most horrific brambles Pat O'Connor had witnesses in any forest. A club mapping day at Brandon Hill, with instruction by experienced mappers, is being organised on November 25th. Details from Pat O'Connor (051-79708).

Bits'n'Pieces

Congratulations to Ann Sinnott (Gleeson) and her husband Ian who got married during the summer. Michael Grant spent a couple of weeks at an event in Norway. Andrew Pim was also up north in Finland. Welcome to all our new members.

Around 100 came to the club's two come-and-try-it's on National O-Day, October 7th, at Ballyscanlan and Kilsheelan, mostly newcomers.

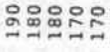
WatO hope to run the first Irish Sprint-O Championships at Curracloe next Spring: that'll be worth travelling for!

RESULTS OF THE G.E.N. MIDSUMMER MADNESS AT NEWBRIDGE House

	'O' points	Quiz points	penalty	Total		'O' points	Quiz points	Penalty	Total
. May	600	260		860	Gully Gang	300	110	30	380
. McCullough	600	180	80	700	C.Gilligan	300	100	40	360
.Smyth	560	150	10	700	A.O'Leary	230	130	10	350
.Dunlop	500	180	10	670	a.Lennon	320	140	120	340
.Crawford	470	170		640	Sandra/Trish	250	110	20	340
.Stanley	520	190	80	630	Michelle	240	90		330
.McCormack	500	170	40	630	V.Mutagh	250	100	30	320
.Rock	480	150		630	H.Coghlan	240	110	40	320
.Fitzsimons	430	200		630	J.Butler Mrs	200	100		300
.McCormack	580	200	160	620	L.Ryan	310	120	150	280
.Watt	450	180	10	620	C.Cullen	230	70	30	270
.McCann	450	210	40	620	M.Murphy	220	100	50	270
.McNeill	600	240	249	600	D.Smyth	190	150	70	270
.O'Mullane	440	150		590	F.Rogers	230	110	80	260
.Hollinshead	410	180		590	L.Nagle	300	110	160	250
.Higgins	440	130	10	580	J.Large	150	100		250
.Jones	390	190		580	F.Murphy	170	70		240
.Watt	390	200	20	570	R.O'Mullane	210	110	90	230
.Nolan	560	-		560	S.& E Bradshaw	200	100	70	230
.Omalley	450	190	80	560	D.Healy	170	60		230
.McCormack	420	140		560	J.Mullen	140	70	10	200
.Brooks	390	170		560	M.Walsh	160	100	70	190
.Butler	410	140		550	S.& J.Lee	110	80		190
.Healy	370	150		520	E.Fitzsimons	130	50		180
.O'Neill	360	160		520	Jen Lee	110	70		180
.Heeney	470	170	160	480	S.Healy	120	50		170
.Worrall	460	200	180	480	C.Fitzsimons	110	60		170
.Murray	330	130		460	M.Godden	180	80	110	150
.Sheridan	420	100	70	450	D.Nagle	110	40		150
.Cleary	340	110		450	McCormack/Fortu	80	60		140
.McNeill	330	120		450	A.Best	150	70	90	130
.Fitzsimons	310	120		430	S.McCormack	90	40		130
.Kenny	310	130	10	430	L.Crawford M8	110		10	100
.Maguire	320	130	30	420	J.Fairbrother	50	50		100
.Young	310	100		410	M.Parker	210	90	220	80
.Butler	270	140		410	E+S O'Neill	40	10		50
.Daly	370	130	110	390	o'Reagan	200	90	270	20

Questions of the Quiz T rue or F alse

Maradonna wore No 10 in Italia 90	T
New York is the capital of USA	F
1972 Olympics were held in Munich	T
1990 = MCMXC in Roman numerals	T
69713 + 21402 + 3715 = 9371426	F
6937 x 4042 = 318217	F
The quick brown fox jumped over the lazy dog.Every letterin the Alphabet?	T
It is possible to make.43p with 10coins	T
The battle of Clontarf was in 1014	T
Bassanio was a character in Hamlet	F
Sean Haughy is the Lord Mayor of Dublin	F
There are 25 countries in the E.C.	F
The battle of the Boyne was in 1690	T
4 Counties in Ireland begin with W	T
Canberra is the capital of Australia	T
Abraham was the father of Issac	T
Brit Isles only place driving on Lhs	F
Pythagoras was a famous painter.	F
Van Gogh, the painter died 180 yrs ago	F
African elephants have smaller ears than Indian	F
Coronation St. is on Mon.Wed & Friday	T
One metre is longer than one yard	T
Bloomsday is July 7th	F
Bryan Robson managed the English World Cup 90 team.	F
Becker is the current Wimb don champ.	F
Ireland was in group F in Italia '90	T
One Kilogram is heavier than one pound	T
Monaghan is one of the 'Six' Counties	F



Flag of Scotland F

There are approx 120 seats on a d/d bus F

We always said it was Midsummer madness, particularly if you try to run an event at Newbridge Demesne.

Attempt No 1. We got the red light about four weeks before the arranged date - the reason nesting birds - most inconsiderate I would say! However we were fairly happy about getting the news around as there were events at which we could advertise and of course there was a new edition of the TIO. So we changed the date to 1 month later, July 19th. What we didn't reckon with was the press and a maverick PRO?!? The original date appeared in the Independent on the Sat. prior to the event and in the Irish Times on the day itself. So out I went to Newbridge and sat and waited. In all 35 people turned up of whom about 7 were club orienteers. They all went home appeased (I hope) and ready for the next time - in fact I got one lapsed family sub voluntarily given to me.

Attempt No 2. One week before the newly- arranged event I went out to finalise details and to check on the walled garden for the barbecue. To my horror I found that Dublin County Council, in their wisdom and with 365 days in the year to choose from, had decided on July 19 for a 'shindig'- the excuse being the opening of the courtyard, farm and walled garden. This involved several hundred of their people + the Minister for Justice. We couldn't therefore hold our event. It would cause traffic problems we were told. In vain did we point out that all their visitors would be long gone by 7 pm when we would be starting and, despite our pulling every string we could, the DCC were unequivocal in their unwillingness to accomodate us. In spite of warning club secs., the papers, Pat Kenny and Uncle Tom Cobley and all, 14 people turned up: three 3Roc by car, three Fingals by bike, four non-orienteers and four hot and sweaty outdoor pursuit chaps, who had walked goodness knows how far in the heat and of course a partridge in a pear tree. Yet once again I escaped unscathed though inwardly seething as, needless to say, the car park at that time was practically empty. How I would have loved to have got the person responsible for the refusal and rubbed his nose on the empty tarmac (figuratively of course).

So, wisely or unwisely, we tried to salvage the situation with a third time lucky attempt.In true GEN spirit we adhered to our club motto 'Bunglabimus Per' and we did just that. The weather held and abut 100 turned up and enjoyed themselves on a beautiful balmy summer evening. Controls were found,questions answered and we finished up with a barbecue beside the car park which proved a very handy place. A special 'thank you' is due to Paedar Dempsey our 'Chef in Chief' who, in spite of falling off Snowdon in the weekend before's hill run, miraculously appeared with his travelling kitchen. I would like to thank all my helpers: mastermind Magnus Eager, Michael Hewson, Brenda Hynes, Brian Heeney, the Watts, McCormacks and all those who went out to collect controls later in the evening.

Apologies to those who could not be there, due to holidays etc, but we hope to see you all next year.

Diana Large

GEN Colour Event Claravale 8 Sept 1990

Blue Course 6.7KM 200M climb

| | | |

3ROC COLOUR EVENT - THREE ROCK MOUNTAIN - 14/10/90

Blue Course - 6.8km 290m

1	A.O'CLEIRIGH	CURR	M21	62:02
2	J.MAY	3ROC	M21	63:04
3	J.MCCULLOUGH	3ROC	M35	73:39
4	B.BELL	GEN	M35	74:54
5	P.SMYTH		M21	75:14
6	A.O'MULLANE	GEN	M19	78:30
7	M.HATLEN	TSK	W21	83:43
8	C.MCCANN	LVO	M21	86:53
9	S.O'BOYLE	CURR	M21	87:32
10	M.O'KEEFE	FIN	M21B	88:45
11	D.DEASY	SET	M21	90:26
12	P.O'BRIEN	AJAX	M40	90:54
13	R.BUCKLEY		M45	92:02
14	J.DE LACY	ECO	M35	93:38
15	F.LAFFERTY	FIN	M21	95:18
16	P.REDMOND	SET	M35	99:25
17	J.RYAN	CURR	M21B	100:13
18	B.MCBURNEY	LVO	M21	104:22
19	G.ELLIOTT	3ROC	M19	104:55
20	D.KELLETT	GEN	M17	114:15
21	D.KELLY	UCDO	M21	115:51
22	J.GRAY	3ROC	M40	118:48
23	D.BROOKS	3ROC	M45	122:29
24	A.MURPHY		M35	128:47
25	G.MARTINDALE	3ROC	M21	130:32
26	A.HALLOWES	3ROC	W35	143:32
27	J.CATHALIN	UCDO	W21	163:33
28	B.HALLOWES	3ROC	M40	178:54
29	T.RUSSELL	ECO	M40	DISQ
30	H.CREAGH	3ROC	W19	DISQ
31	M.BEARY	ECO	M21	DISQ
32	M.O'HARA	AJAX	M40	DNF
33	U.COGHLAN	3ROC	W19	DNF
34	M.MACPHERSON	3ROC	W21	DNF
35	M.LOUGHNAN			DNF
36	D.PHILPOTT			DNF

Green Course - 4.km 175m

1	P.NOLAN	GEN	M19	57:39
2	D.QUINN	GEN		60:09
3	N.CRAWFORD	3ROC	M45	61:05
4	M.MEEHAN	ECO	M21	63:50
5	D.CORRIE	FIN	M21B	64:22
6	B.CRYAN	3ROC	M21	65:34
7	E.JONES	FIN	W21	66:30
8	A.BONAR-LAW	GEN	M55	66:34
9	M.SOMERS	DLSO	M17	86:44
10	M.THORNHILL	GEN	W35	69:05
11	M.DAVEY	3ROC	M17	69:30
12	J.WATT	GEN	W35	71:28
13	M.WALSH	3ROC	W40	72:00
14	G.SMITH	FIN	M35	72:23
15	A.YOUNG	SET	M21	73:02
16	D.DOYLE		M21	73:53
17	MURRAY	SET	M40	74:54

Green Course (cont'd)

18	N.BUTTERFIELD	UCDO	M21B	74:56
19	E.MCBURNEY	LVO	W21	75:06
20	D.KEANE	TRIM	M21	75:45
21	D.BERMAN	WO	M15	75:51
22	M HEALY	GEN	W35	76:32
23	S.DEMPSEY	DLSO	M15	77:03
24	P.O'NEILL	3ROC	M45	77:19
25	J.BENT	SET	M50	78:51
26	D.HICKEY	DLSO	M15	79:24
27	S.KULLDORFF	SET	M60	80:25
28	S.DEANE	WO	M15	81:33
29	M.KAVANAGH		M35	83:17
30	R.LYNAM			83:21
31	N.BRADY	DLSO	M13	87:10
32	P.BUTLER	3ROC	M40	87:33
33	K.MCDONALD	ECO	M35	91:18
34	B MCGRATH	3ROC	M40	92:34
35	B.FLANAGAN	3ROC	W40	92:41
36	W.MCCORMACK	GEN	W40	92:57
37	T.CONNEFF	DLSO	M15	94:31
38	D LARGE	GEN	W50	96:31
39	B.LAWLESS			97:06
40	C.O'MARA	3ROC		100:42
41	M.SMYTH			104:54
42	J.O'NEILL	FIN	W40	106:29
43	F.MCCANN	LVO	M50	119:43
44	A.MCCORMACK	GEN	W40	121:20
45	J KEARNS			122:07
46	W.O'NEILL	SET	M45	136:15
47	F.O'NEILL	SET	W40	136:17
48	A.COOKE	AJAX	W17	140:29
49	M.HIGGINS	SET	W45	145:39
50	P COOKE	AJAX	M55	153:23
51	R.MERRIMAN			DISQ
52	T.BARRY			DISQ
53	R.NORTON	3ROC	M50	DISQ
54	J.ROWE	TRIM	M21	DISQ
55	C.RYAN	DLSO	M13	DISQ
56	?.CONNAUGHTON	ECO	M21B	DISQ
57	H.BOYLE		M35	DISQ
58	S.CONVERY	3ROC	W15	DISQ
59	C.O HALMHAIN	SET	M15	DNF
60	T.CLEARY	3ROC	W45	DNF
61	B.DOHERTY	GEN	W45	DNF
62	N.CREAGH	3ROC		DNF
63	E.HICKEY			DNF
64	L.QUILL	FIN		DNF
65	T.MCCORMACK	GEN		DNF
66	J.CONWAY			DNF
67	E.O'NEILL			DNF
68	E.O'NEILL			DNF
69	J.DOWNEY	3ROC	M35	DNF
70	?.EGAN			DNF
71	A.EGAN			DNF
72	J.FARRELLY			DNF

3ROC COLOUR EVENT - 14/10/90 (cont'd)

Orange Course - 2.9km 115m

1	H.COBURN	WO	M15	29:33
2	A.DE LACY	ECO	M11	32:24
3	J.BUTLER	3ROC	M13	34:10
4	O'SUILLEABHAI	3ROC		37:52
5	C.MCGRATH	3ROC	W40	44:06
6	D.BUCKLEY	DLSO	M13	44:35
7	L.O'HARA	AJAX	M11	44:35
8	D.BROCK	GEN		45:40
9	M.O'ROURKE	GEN	W15	48:23
10	KELDA	WO	W15	49:58
11	SARA	WO	W15	49:58
12	C.WILSON	WO		50:57
13	S.DOYLE	WO		50:57
14	B.O'ROURKE		M17	51:34
15	C.MOLLOY			54:06
16	C.MOLLOY			54:08
17	T.MOLLOY			54:08
18	D.CLARKE	DLSO	M13	55:26
19	M.O'NEILL	SET	W11	56:58
20	A.NISHUILLEAB	3ROC		56:59
21	A.KEANE		W11	57:00
22	L.MURPHY		W11	57:01
23	G.KELLY			58:54
24	J.DIEL		M15	61:34
25	C.CAFFREY			66:01
26	C.CARROLL	3ROC	M55	66:13
27	THE LALORS	GEN		69:05
28	J.CREAGH	3ROC	M55	70:14
29	J.DALTON			72:12
30	R.DEVLIN	FIN	W11	72:15
31	S.DEVLIN	FIN		72:48
32	M.DEVLIN	FIN		73:53
33	A&F.LILLIS			73:53
34	T.DEVLIN	FIN	M35	73:54
35	J.WATT	WO	M13	74:02
36	D.KEOGH			75:21
37	E.O'REILLY			75:21
38	J.JOYCE			75:33
39	W.JOYCE			75:33
40	J.JOYCE			75:34
41	S.MACGOWAN			76:30
42	F.OMHUIRGHEAS			77:01
43	C.HAYDEN	WO		79:04
44	P.HYNES			80:47
45	THE HICKEYS	GEN		82:07
46	M.MORRISSEY	3ROC		82:38
47	THE BIDDULPHS			82:40
48	C.O'DWYER	UCDO	W21	83:17
49	C.WOODS	FIN		84:38
50	C.LEE	3ROC		85:07
51	A-M.WOODS	FIN		85:24
52	M.BERMINGHAM			85:31
53	C.RYAN			85:33
54	J.HYNES			86:03
55	C.HYNES			86:11
56	E.OWENS	GEN	W11	86:47

Orange Course (cont'd)

57	N.LEE	3ROC		86:47
58	G.MCBRIDE			87:28
59	O.KEIGH			87:28
60	J.LEE	3ROC		87:51
61	Z.WOODS	FIN		89:37
62	S.DOWNEY			90:00
63	C.FLOOD			90:08
64	K.MCCANN			90:09
65	W.GORDAN	3ROC		90:21
66	D.KENNEDY			90:25
67	S.DEIGNAN			90:31
68	F.MCGRATH			90:53
69	NASON/CORCORAN		M13	92:33
70	K.DEIGNAN			95:24
71	L.DEIGNAN			95:30
72	J.MATTHEWS	WO	M17	97:51
73	E.MURRAY			106:21
74	F.MURRAY			106:21
75	J.MURRAY			106:21
76	J.MURRAY			106:23
77	E.MURRAY			106:24
78	L.RYAN			107:05
79	C.RYAN			107:43
80	J&M.DOLAN			122:28
81	R&N.DOLAN			124:56
82	J.RYAN			128:10
83	S.VAUGHAN			130:30
84	?.O'NEILL			136:18
85	M.DOWNEY			156:06
86	G.HARRINGTON			DISQ
87	N.HARRINGTON			DISQ
88	EMMET ?			DISQ
89	K.THORNHILL	GEN	W13	DISQ
90	R.CRONIN	GEN	W13	DISQ
91	I.BENNETT			DISQ
92	T.GREY			DISQ
93	J.GRIMES			DISQ
94	S.SWEETMAN			DISQ
95	J.SWAN			DISQ
96	J.SWAN			DISQ
97	J.THOMPSON			DISQ
98	D.MARRIAN	DLSO	M13	DNF
99	J.QUINN	DLSO	M13	DNF
100	K.CARROLL	3ROC	M13	DNF
101	M.BROOM			DNF
102	D.O'GORMAN			DNF
103	F.O'GORMAN			DNF
104	L.O'NEILL			DNF
105	B.WALSH	3ROC		DNF
106	J.WALSH	3ROC		DNF
107	L.WALSH			DNF
108	M.NYLK			DNF
109	C&E.DUGGAN			DNF
110	P.DUGGAN			DNF
111	V.DUGGAN			DNF
112	T.HYNES			DNF
113	T.MEEHAN	ECO		DNF

3ROC COLOUR EVENT - 14/10/90 (cont'd)

Red Course - 4.5km 140m

1	S.WALSH	UCDO		43:21
2	C.ROTHERY		M21	44:02
3	A.MCBRIDE	GEN	W35	61:24
4	N.VAUGHAN			65:09
5	C.OWENS	GEN	M17	65:13
6	G.EGAN			66:51
7	J.CLARKE	GEN	M45	68:49
8	F.RYAN			70:22
9	G.POWER	3ROC	W35	80:55
10	Y.FITZSIMONS	3ROC	W35	81:07
11	C.MCLOUGHLIN	3ROC	M35	82:50
12	M.HOWETT			83:02
13	N.O'BRIEN	3ROC		83:05
14	A.OWENS	GEN		85:06
15	E.DUNNE	3ROC		88:52
16	D.LYONS	FIN	M17	89:50
17	A.M.DOWLING	UCDO	W21B	89:50
18	A.O'DONNELL	UCDO		89:53
19	L.CLARKE	WO	W15	91:27
20	N.LALOR	GEN		91:49
21	D.O'BRIEN			96:37
22	J.KELLY			96:39
23	M.KELLY	UCDO		96:40
24	P.COMATY		M35	110:01
25	K.MCKENNA			111:17
26	A.DOYLE			111:30
27	S.MCNABB	FIN	M17	115:08
28	E.VAUGHAN			119:15
29	J.ORIORDAN			121:42
30	D.MULLIGAN			121:43
31	M.O'REGAN			121:46
32	N.DOYLE			139:13
33	?.BRENNAN			141:58
34	A.BRENNAN			142:02
35	?.BRENNAN			142:03
36	L.CRIMIN			142:55
37	L.O'REGAN			142:59
38	S.MCHUGH			143:03
39	A.CRIMIN			143:34
40	N.CRIMIN			143:34
41	P.KINSELLA			146:54
42	S.HORGAN			DISQ
43	B.HEYCOCK			DISQ
44	E.CRIMIN			DISQ
45	J.MCNABB	FIN	M15	DISQ
46	J.DUNLOP	3ROC	M45	DISQ
47	C.BYRNE			DNF
48	C.SHERIDAN			DNF
49	H.KENNEDY			DNF
50	J.HAZLETT	SET	W21	DNF
51	H.MAHONY			DNF
52	E.BRESLIN			DNF
53	E.KEANE			DNF
54	H.SCULLY	3ROC		DNF
55	T.BIRCHALL			DNF
56	N.ROY			DNF

Red Course (cont'd)

57	S.DUNNE			DNF
58	N.CONWAY			DNF
59	B.CONWAY			DNF
60	S.DUNLON			DNF
61	A.CORKE	GEN		DNF
62	N.DALTON			DNF
63	G.O'DWYER	UCDO	W19	DNF
64	V.MURTAGH	3ROC		DNF

White Course - 1.2km

1	NISHUILLEABHA	3ROC		16:20
2	A.RUSSELL	ECO	M10	17:57
3	H&S.NOWLAN	3ROC		25:04
4	C&E.FITZSIMON	3ROC		28:22
5	P.O'HARA	AJAX	M10	35:16
6	R.LYNAM			38:32
7	S&E.LAWN			42:53
8	A.BELL	GEN	M10	49:11
9	JOYCE			DNF

Yellow Course - 2.km 70m

1	OSUILLEABHAIN	3ROC		19:10
2	G O'MURCHU	WO	M13	22:34
3	A.WARNER	WO		23:56
4	D.WILSON	WO		23:56
5	RUTH			24:24
6	MICHAEL+PAUL			25:46
7	P.O'BRIEN	AJAX	M10	25:51
8	C.FLYNN	AJAX	M10	25:58
9	D.DUFFY			25:59
10	A.GALLEN	AJAX	M10	26:01
11	D.O'BRIEN			26:24
12	J.MALONE			27:00
13	D.MURPHY			27:14
14	OSUILLEABHAIN	3ROC		29:57
15	C.CONNEFF	DLSO		32:23
16	BESSLERS			33:18
17	RALPH B.	WO		33:18
18	G.CLEGG			33:19
19	V BESSLER			33:20
20	?.FARRELL			33:26
21	B.CLARKE			33:57
22	P BASTABLE			33:57
23	P.ROCHE			33:59
24	W.MCGRATH			34:02
25	P.MORIARTY			34:04
26	L.HIGGINS	DLSO		34:29
27	MAUREEN			34:30
28	G.MURPHY		M10	34:34
29	G.WHITAKER	AJAX	M10	34:59
30	H.NAUGHTON	FIN	W40	35:03
31	P.O'BROIN			35:08
32	?.O'CONNELL			35:11
33	A.WHITAKER	AJAX	M10	35:14

3ROC COLOUR EVENT - 14/10/90 (cont'd)

Yellow Course (cont'd)

34	C CAFFREY			35:20
35	S.HIGGINS	DLSO	M13	35:20
36	L.HARDIMAN	AJAX	M10	35:20
37	P.MURRAY	SET	M13	35:53
38	A.O'ROURKE	DLSO	M13	37:21
39	P.BEHAN	DLSO	M13	37:21
40	T.KAVANAGH	DLSO	M13	37:21
41	G.MORRIS			37:44
42	N.MORRIS			37:44
43	C.WALSH	3ROC	M9	38:37
44	M.WINTERS	GEN	W21	38:37
45	P.MCDONALD			40:33
46	A.WALSH	3ROC		40:44
47	P.FLANAGAN	3ROC	W10	40:44
48	C.BERMAN			42:26
49	V BERMAN?			42:26
50	F.OMUIRGHEASA			42:45
51	J&R.MCGRATH	3ROC		43:44
52	?.BROCK	GEN		43:44
53	D&S.CONATY			43:48
54	K.O'BRIEN			44:05
55	B.GREENE			47:11
56	C.BROPHY			47:13
57	N.NOWLAN	3ROC	W9	48:27
58	E.O'BYRNE		W10	48:27
59	J.SKERRITT	WO	M11	51:05
60	M.MCCULLOUGH	WO	M11	51:05
61	B.MURPHY			51:17
62	D.KEAVENEY			53:41
63	M.KEAVENEY			53:52
64	G.TUCHER			56:07
65	P.LONG			56:20
66	M.O'BRIEN		W40	56:34
67	C.DOWLING			56:40
68	K.LEBOV			56:43
69	H.O'BRIEN			57:05
70	N.REDMOND	SET		57:09
71	T.O'BRIEN			57:23
72	P.O'BRIEN			57:24
73	B.CLARKE			58:55
74	D.PENDER			58:55
75	M.MCCRORY			60:33
76	B.MARREYS			60:35
77	?.WEBB			61:13
78	?.O'DONOGHUE			61:14
79	?.EGAN			62:21
80	C.O'BRIEN			64:37
81	M.DONNELLY			64:38
82	R.O'BRIEN			64:41
83	O.O'LOINSIGH			67:14
84	R.STEWART			67:14
85	S.STEWART			67:28
86	C.STEWART			67:31
87	S.MCCORMACK	GEN	W11	69:42
88	CH CAFFREY			69:51
89	K RIGBY		W11	70:59

Yellow Course (cont'd)

90	D.RIGBY			71:52
91	E.RIGBY			71:52
92	CONNAUGHTONS			74:20
93	C.MOORE			78:02
94	G.TRACEY			79:28
95	C.REYNOLDS		M15	80:51
96	M.GREENE			99:51
97	E.DUFFY			DISQ
98	G.WALSH			DISQ
99	E.BARRETT			DISQ
100	S.KIRWAN			DISQ
101	B.LEONARD			DISQ
102	F.MURRAY			DISQ
103	H.WHEARITY			DISQ
104	O.MURRAY			DISQ
105	S.SCOTT			DISQ
106	K.MULLIGAN	DLSO	M13	DNF
107	S.O'RAFFERTY	DLSO	M13	DNF
108	J.DERMODY	DLSO	M13	DNF
109	N.LENEHAN	DLSO	M13	DNF
110	L.BROADHEAD			DNF
111	U.COLLINS			DNF

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Planner : Monica Nowlan
Assistant : Michael McAuliffe

Controller : Ger Cunningham

Organiser : Brian Hollinshead
Assistant : Vera Murtagh

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In view of the big turnout a big thank you to the members who inconvenienced their own run or did without one to help guide and encourage many of the new-comers - a job well done.

Our thanks to A.Bonar-Law for the apples at the finish.

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Lost property :

A white scarf
A 'Praktica' camera pouch.

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