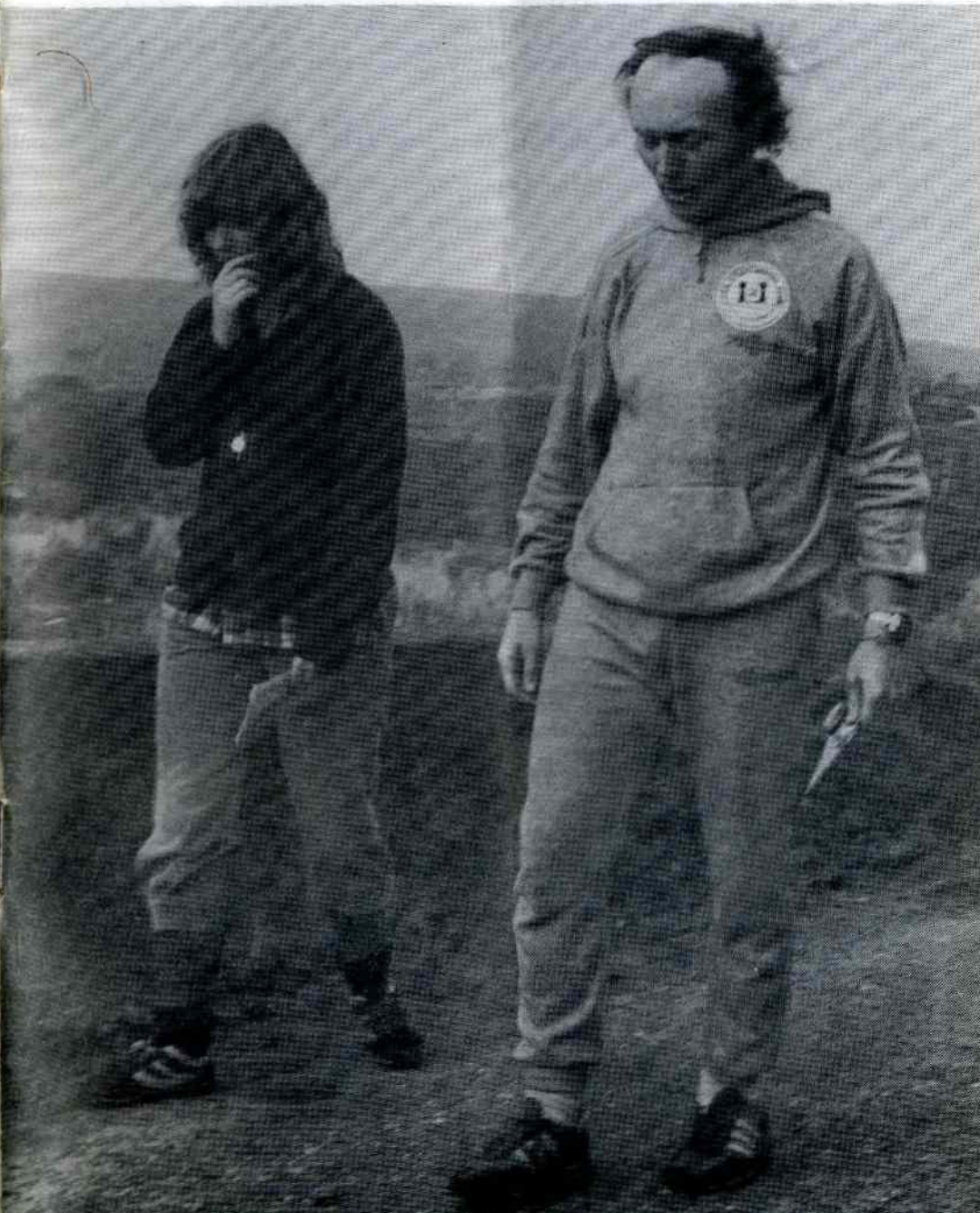
M. McAuliffe

the Irish Orienteer

NUMBER 4 MARCH 1983



THE IRISH ORIENTEER NO.4 MARCH 1983

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, Sandyford Road, Dublin 14.

The next issue of the "Irish Orienteer" will be published in early May 1983. Copy should reach the editor BEFORE APRIL 22nd.

The copy dates for the remaining issues for 1983 are shown below:

ISSUE NO.	COPY DATE	ISSUE NO.	COPY DATE
5	22 April	8	28 October
6	24 June	9	23 December
7	19 August		

The copy date is the LATEST DATE for the receipt of camera-ready copy.
Advertising rates are: £25.00/full page, £15.00/half page and £8.00/quarter page.
Results are printed subject to £5.00 per page being paid by the club for their inclusion.

The cover photograph shows Sean Cotter (Cork Orienteers) at the O-map making course in Cappanalea, Co. Kerry.

JK '83 SCOOP

Part of
High Dam
SCALE 1:15000
CONTOURS 7 metres

The IRISH ORIENTEER is in the unique position of being able to give you a preview of the JK '83 Individual area, and an insight into the area to be used for the Relay. The JK is to be run on two areas just north-west of Newby Bridge at the south end of Windermere in the English Lake District at Easter.

The Individual race will be run on the Saturday and Sunday on a steep area of mixed open moorland and typical Lakeland deciduous forest using a 1:10 000 scale map. The Relay race on Monday is to be run on a nearby area which is believed to be rougher and steeper. The Individual area is quite small by JK standards, and is bounded by the existing O-maps of High Dam and Bethecar Moor.

A section of the High Dam map is shown on the left. The JK area adjoins it to the south and west.

THE EDITOR

"I certainly would not recommend any individual orienteer in Munster to take out a subscription (to The Irish Orienteer)"

This extraordinary statement was included in the address of the Chairman of the Munster Orienteering Association to the MOA's Annual General Meeting recently.

The reasons stated were as follows:
"The Irish Orienteer is still basically a Leinster magazine, with Leinster control, Leinster photographs and Leinster results. Munster results, even the last three league results, did not get published in the magazine. As the "Irish Orienteer" stands at the moment I certainly would not recommend any individual orienteer in Munster to take out a subscription for that magazine - unless, of course, they are interested in knowing what is happening in Leinster."

These statements make one wonder whether Sean Cotter has been reading the same Irish Orienteer as everybody else. The Irish Orienteer has so far appeared three times. Undoubtedly the editor is a member of a Leinster club. The cover photograph of the first issue was taken by a Munster club member, the cover photo of the second issue was taken at the Munster Championships, and the cover photo of the present issue was taken at a Munster course. In every issue there has been an appeal for photographs, but they are very slow coming in, yet none have been refused.

Leinster results are not published anywhere else, and at present the clubs pay towards their inclusion. Munster results, on the other hand, are routinely published in the Regional newsletter, thus achieving the desired circulation.

Looking back over the first three issues of TIO after reading Sean Cotter's remarks, I was struck by the amount of coverage which Munster gets: remember, the most important factor governing the amount of material appearing from a particular source is how much is sent to me. If little or nothing is submitted, then little or nothing appears. This is true of every club, every region.

Finally, why any orienteer should be ridiculed for wanting to know what is going on somewhere else is beyond me. Surely it is natural to want to know what is happening in the other provinces? Perhaps we should all take a leaf from the Skibbereen Eagle's book, so to speak? Sean is evidently keeping an eye on goings-on outside Munster himself, as he has noticed that a relay or team championships is included in regional championships in all the other provinces.

As I see it, one of the principal roles of TIO is educational, which is why articles from Canada, Europe and elsewhere appear in the magazine, and will continue to so appear.

IRISH ORIENTEERING CHAMPIONSHIPS 16/17 APRIL 1983

The most important item in the organisation of any event is the map. This is particularly so in the case of the National Championships where all orienteers hope to have one of those rare flawless runs and win the title "Champion".

The map of Ballyhourigan Wood has been printed, and looks very good. It is drawn to the IOF Specifications revised in August 1982. Most of the changes made in this revision of the original specifications will already be familiar. Briefly, the changes as they affect the IOC map are as follows:

The brown caterpillar (earthbank) symbol has gone. An earth wall or earth bank is now the same symbol as a stone wall except that it is brown. For a small or broken wall (black) the symbol is as for a wall, but with gaps in it (see sketch). Similarly for a small or broken earth wall (brown).

: wall/bank

: broken wall

Open fields and rough open are the usual full and 50% yellow, respectively. The feasibility of both is "Run". Where open ground is slower the yellow is overlaid with vertical green stripes: close together for walk, further apart for slow run.

Storm-damage is now the same as fight (i.e. full green). There is no separate symbol. Thus there will be occasional vegetation-change dots in the middle of fight which will probably denote a boundary between thick impassable trees and a storm-damaged area.

One old symbol has been retained: some of the narrow rides in Ballyhourigan are appreciably more runnable than the surrounding forest, while others are not. The former have been drawn with a yellow background to the long black dashes.

The map was based on a photogrammetric plot by David Laverty. Photography and plates were by Tony Bennett of Lithographic Plate Plan Ltd., Lad Lane, Dublin, and printing by Omega Print Services of Clonturk Avenue, Drumcondra, Dublin. The map's scale is 1:15 000 and the vertical interval 5 metres.

LETTERS

Sir,

With reference to the O'ld Lag's article in the last "Irish Orienteer" on training rates, most Elite orienteers (male) train at 7-8 minutes per mile pace for 90% of the time. So do Pat Healy and myself. Wally Young and Denis Murphy sometimes train a little faster, but it obviously suits them,

A.OCleirigh
Curragh Orienteers.

EUROPEAN NOTEBOOK

Most sports are going through some kind of change in recent years as playing styles continue to evolve due to more scientific training, wider participation, more leisure time and increasing international contact. Orienteering is no exception. Even over the past six years Elite winning times in Scandinavia have been lowered by one minute per kilometre. Egil Johansson, who once dominated world orienteering, now has difficulty making the top ten in Norway (and he's not running any slower- he recently ran 2hrs 16mins for a marathon).

Maps are becoming so detailed and accurate that the compass is playing a less significant role. We have come a long way since weather-beaten navigators dangled lodestones between thumb and index to reckon angular displacement. Exact bearings, painfully and meticulously taken, are now almost obsolete, belonging to the era of black and white maps, but with the following particular exceptions: (a) Legs in featureless terrain, and (b) Legs in extraordinarily detailed terrain.

Now with the advent of the thumb-compass (there are a number on the market) Elite orienteering is going through another metamorphosis. Continual map contact has now taken a front seat. No more can runners, head down, stick blindly to a bearing through hail, rain or sleet. The thumb-compass engenders no such mental laziness. It is almost impossible to follow a bearing using such a compass unless one knows fairly precisely where one is. By the same reasoning, pace counting no longer plays a significant role in Elite orienteering (again with certain exceptions).

Simplicity is the name of the game! Simple routes, uncomplicated use of the needle, plain mapreading into the control circle, a clear step-by-step routine when moving through the control (Oyvin Thon calls this "rhythm"), with plenty of self-restraint when moving well. Kent Olsson, current Swedish Champion, advocates a continual-contact, safety-first approach to the sport. Thon, twice World Champion, preaches running at the "optimum speed", i.e.the running speed at which you can orienteer safely and finish the race: "The first mistake occurs because you don't adjust your speed to the conditions", he says, and adds " Some people have said that the recent WM (World Championship) courses have been too easy. That is not possible, because even street-orienteering can be difficult if you are running fast enough". Thon's philosophy is that one should be a "That's where I'm going" orienteer, rather than a "That's where I am" orienteer. With the former, the map reading precedes the running, with the latter they coincide. Obviously, both of these are preferable to the other, more commonly found orienteer, whom Thon neglects to mention: the "Where the hell am I" type, where the running precedes the map reading. Those charged with spreading the O-gospel would do well to bear this in mind. Most published O-material discourses on a sport which bears little resemblance to Elite orienteering. Even Wilf Holloway's "Modern Orienteering Training" is becoming somewhat dated.

Some of the greatest exponents of the thumb-compass., Morten Berglia, Jorgen Martensson, Kent Olsson Paddy Lalor and Thon himself emphasise the race in its entirity from whistle to tape, not as a collection of leg splits. Nine brilliantly run legs with optimal roune choice and then a miss on the tenth will notbetter the same ten legs taken smoothly and safely. And safely does not mean slowly. It may mean running fast on path route choices, or running hard to a hill summit in order to get a good attack point, or it may mean reducing speed to a walk in order to read every boulder. In the "big race" orienteering problems should be reduced to a minimum, the routes taken being as technically easy as possible. It should not, if at all possible, really be necessary to think, let alone grapple with mindbending route-choice problems. "Boring",some might say. "Quite so" would be the reply. But what is being discussed here is big race tactics, to be used when running near the anaerobic threshold for 90 minutes. In training and in other events it is good to run legs using the most technically difficult route choices available. One would not be running so fast in any case.

Aonghus OCleirigh (Curragh Orienteers)

THE LEINSTER CHAMPIONSHIPS

This year's Leinster Championships will take place on March 20th at Brockagh, which is a short distance from Laragh, Co. Wicklow.

There is plenty of variety to be found in the area, which is 50% open and 50% forested. The open is mainly runnable, the forest varies but is also mostly runnable with many point features. The open can be quite exposed in parts, depending on the mercurial weather conditions.

The views from the mountain are quite breathtaking, and badger sets are common. Some of the mapped area is private land and care should be taken with fences, damage to which should be reported to the organisers.
There was a village in Brockagh, and some evidence still remains in the form of old ruined buildings. Up to twenty families lived in a sheep-farming community before the planting of trees. Towards the 1930's it became depopulated and the Department of Forestry bought the land. The last person to live in Brockagh village was Mickey Byrne, known as "Mickey Rustick" who left in 1961. Andy Nolan, now living in Laragh, recalls the days when the village was alive. The settlement dates from before the famine period.

There is an impressive gorge on the map, and nearby in summer one can find a beautiful field of bluebells known as the "Blue field".

David Quinn (GEN)

Read All About It In....

COMPASS SPORT
the ORIENTEER

COMPASSSPORT IS BRITAIN'S NATIONAL ORIENTEERING MAGAZINE AND IS PROFESSIONALLY PRODUCED IN FULL COLOUR. THE MAGAZINE APPEARS SIX TIMES EACH YEAR AND PROVIDES ENTERTAINING READING AND INTERESTING COVERAGE OF ORIENTEERING, FELL-RUNNING, SKI-ORIENTEERING AND MOUNTAIN MARATHONING BOTH IN BRITAIN AND WORLDWIDE.

MATERIAL OF IRISH INTEREST IS ALSO CARRIED, TOGETHER WITH ARTICLES TRANSLATED FROM SCANDINAVIAN O-MAGAZINES.

SINCE LAST YEAR THE MAGAZINE HAS INCORPORATED THE BOF MAGAZINE "THE ORIENTEER".

COMPASSSPORT IS AVAILABLE TO MEMBERS OF IOA REGISTERED CLUBS AT IR£5.00 PER YEAR, THROUGH "THE IRISH ORIENTEER".

SUBSCRIPTIONS SHOULD BE SENT TO:

RONAN CLEARY
16 DODDER PARK ROAD,
RATHFARNHAM,
DUBLIN 14.

Promotion, Marketing and Sponsorship

Ted Wester
Ted Wester is the President of the Australian Orienteering Association and was elected to the IOF Council at the Congress in Belgium in August.

I was told once 'Orienteering is a sport: not a business'. However, most of the aims seem to be the same: we want people to take part, we want to operate efficiently, we want to grow, we need money to do so etc. It makes sense therefore to use as many business principles and tactics as possible in Orienteering. Use whatever benefits orienteering. I have proven that this can be done.

Promotion, marketing and sponsorship can be achieved by anyone or a small team without great cost or even a large amount of work. Hereunder are some ideas you can use. These ideas are valid everywhere but may have to be adapted or changed for some regions.

If you have a problem you must clearly identify the problem and then work out a plan to solve it.

If you have something to sell — either a product or an idea — it makes sense to advertise this product before you put it on the market. If the promotion is very good, people will even demand the product before it appears on the market.

Orienteering is a product and it has to compete in the market just like any other product. There is more and more leisure time and many businesses and organisations want you to spend your leisure time with their product e.g. tennis, travelling etc. Orienteering faces a strong competition in getting a share of this leisure market. This is one of the major factors forcing us to work in an organised and businesslike manner.

It is necessary to inform people about our product and to present out product in an attractive manner. You must make people want your product. HOW CAN THIS BE DONE?

Firstly identify the people who are going to help you. Only a small group of three or four people are required. It is amazing in orienteering how little we know about our clubmembers. Only the more famous may be wellknown. If we took the time however to find out within our clubs and therefore within the region what work our members do for a living and the hobbies they have we would find a wealth of experience. We are not using this asset effectively. It is no good advertising for helpers in your orienteering magazine. You must identify the people concerned and then talk to them, explain the problem and that you desperately need their help. The people you will find may be advertising men, media specialists, businessmen etc.

Secondly you must identify your market so that your work and money will get the most benefit. Orienteering is a sport for all but promotion on that basis is very expensive and unsuccessful. It is better to promote market segment by market segment. The people which are most likely to respond to promotion are the types of people you will find in orienteering today: mainly people with a clerical occupation. People who are concerned about health and fitness. Once you have built up a strong Federation with these people you will be able to promote orienteering to other groups of people.

In promotion use your money and manpower on those people most likely to respond. Divide the market and conquer.

Thirdly promote orienteering in one area (eg city or small region) where you have the manpower and facilities (maps) to take care of the response to your promotion. You must be ready for demonstration events or come-and-try-it events of a very simple nature.

Don't waste your time with a promotion campaign for the whole country or all schools. Just select a city and selected schools at first.

We have now defined the essential elements in marketing and promotion: The workers, the market segment and the area. The details will be set up in your plan.

What work has to be done now? You need maps near your promotion region: either existing maps or new maps and preferably of uncomplicated areas with good facilities. Long travel must be avoided. You also need to plan events for the duration of the promotional campaign. There is really nothing more frustrating for people who have read about orienteering to be told there is no event for the next four weeks.

Your greatest promotion will always be an actual orienteering event. Your next step is to market the word orienteering, what it is, how people can take part in it and whom they can contact. The manner in which to handle this will vary strongly from countrey to country and you would have to use the opportunities and facilities available. Here again, concentrate your work on those places which are frequented by the market segment you are after.

Photo: Remy Steinegger (SUI)

Some examples:
- Orienteering stickers and T shirts
- Promotion leaflets and list of coming events (leave them at Libraries together with unused orienteering magazines) leave leaflets at work or hand out after funruns.
- use free advertising space on community notice boards or in health food shops
- use free listing services in sports directories.
- listing in phone book under Orienteering.
- offer to give talks to YMCA etc. and to schools and support your talk with an orienteering film.

Prepare a proper article on orienteering — neatly typed and copied with contact address and phone no. Send this article and some maps and event information to the newspapers in your promotion area. But first phone and find out who to send the article to. Follow up with phone calls. Better still go to the newspaper and introduce yourself and hand over the information.

There is a certain way to prepare infomation for newspapers. Find out what this is and comply with it.
- Contact scouts and schools and offer to conduct events for them on the days you have already listed in your event calendar. They will usually take advantage of this and it means that you already have some people at your event. Other people are then more inclined to come as well.

These ideas on marketing and promotion are not going to work immediately and the newspapers will probably not print your information. However they will file it and eventually use it. It will take some time and the workers on the promotion committee will be doing seemingly useless work but it will pay off.

If there are no funds to pay for some of the costs, you will recoup it later through event entry. I believe that people do not appreciate free evets. They will think it cheap. So try to make a small charge for the events.

Most importantly keep a list of names and address of all people coming to your events and follow up by sending them more information and new lists of coming events.

The second most important point to remember is: do not hold your events in the same area and on the same map all the time. This is the best way to turn people away from the sport. Your list of events should cater for change of maps and also give the opportunity for people to go to more difficult areas once they have found out about orienteering.

We now come to SPONSORSHIP.

Recently I read an orienteering article where one of the orienteers complained that orienteering remained unknown even though a lot of effort had been put into promotion. The reason for the non-growth was given as 'a lack of support from the country's sportsleaders and commercial sponsors'.

The situation is reversed. Nobody owes you anything and they will not assist until there is a worthwhile propostion. Sportsleaders and business and Government have their own budgets and priorities and they are compelled to get the most value out of their funds. You have to change their attitude by giving them a good reason.

Sponsorship will not happen if you have not properly promoted and marketed orienteering. Nobody is going to assist orienteering if they do not know it exists. During the early stages of establishing a sport it will be very difficult to get any assistance. It takes time and promotion to overcome this stage.

The sponsor is most likely to be interested in the same market segment either for reasons of profit or for reasons of image and/or status. You must make an honest and businesslike approach to prospective sponsors. TELL THE SPONSOR WHAT YOU CAN DO FOR HIM INSTEAD OF TELLING HIM WHAT HE SHOULD DO FOR YOU.

Some of the requirements for a sponsorship submission:
- define the project you need money for. Pick the best project and take into account that it mst have appeal to the sponsor. (if you already have money for that project, divert it to another area of need.) For instance if you have the funds to make a map but no funds to cover the cost of your administration, divert the map money to administration and obtain sponsorship for the map. It is very unlikely that you would get sponsorship for administration.
- define possible sponsors e.g. firms that would benefit from your offer.
- try to become informed about this firm.
- draw up a budget for the project with the amount required from the sponsor as a balancing figure.
- make a sponsorship submission which would include the budget, details on the project, estimated benefits for the sponsor etc. All very neatly typed and well presented in a folder.
- find out the person to send it to or deliver it yourself. Do not just mail it: follow up by phone.
- tell the sponsor that you will use part of the sponsorship money to advertise his involvement and product.
- when you draw up the sponsorship submission place yourself in the position of the sponsor and think how you would react if you received such a submission.
- do not let any other member except you and your committee handle this sponsorship as good work may be destroyed.

AGAIN KNOW WHAT YOUR MEMBERS DO. MANY OF THEM WORK FOR VERY INFLUENTIAL FIRMS AND THEY WOULD BE IN A GOOD POSITION TO SUBMIT A SPONSORSHIP APPLICATION. FIND OUT THESE MEMBERS AND DISCUSS IT WITH THEM.

Be honest with your sponsor and follow the sponsorship through to ensure he gets what you promised. It takes time and effort to get sponsorship. I have a well researched article on orienteering available for anyone who needs it and will answer any questions on problems you may find. Just write to me care of the OFA P.O. Box 16 Abbotsford 3067 Australia.

GEN NEWS

The club is at the moment gearing itself up to the Leinster Championships on March 20th. If you had not heard about it before, you will, as all club members are being asked to help. Do enter the event, though, as we will arrange that most helpers can have a run. Let's hope the weather will be kind. It will probably be one of the most comfortable events for organisers as Event H.Q. is the Royal Hotel, Glendalough, and the bar and pub-grub will be available all day. Philip Ryan's father is making the prizes in pottery.

Eileen Loughman has had a bad season. Back at the Two-Day in November she injured her knee and it still has not cleared up. If you see her pottering around the forest at a tenth her usual speed , don't be surprised.

The club's list of controllers is increasing as James Shulmeister and Ciaran Fletcher have done the recent controllers course.

Diana Large's map of the Lead Mines is coming to fruition after many years. It will be a very useful area for orienteering in the post-budget days ofpetrol prices. It is close to bus routes, and Shank's mare might be possible for some.

Ann McBride gave an excellent talk on training techniques in Glenalbyn on February 16th. She geared it both for beginners and for those already in training. Many thanks to Ann and to David (or is it Philip?) for being her guineapig.

CONNACHT REGION NEWS

from Eagle Eye.
(Frank Ryan !)

CONNACHT LEAGUE AND CHAMPIONSHIPS

Orienteers in Connacht are getting more competition than ever before with the inauguration of the Connacht Winter Orienteering League. The League started in November and will continue to May. There are five league events with three to score and each club in the region is responsible for the organisation of one event.

The first event organised by Galway R.T.C. was held in November in Coole Park, Gort, on a new 1:15,000 colour map. Custome Orienteers ran an event near Atlone on a black and white map in December. Little Killary was the venue for the third League event in January and U.C.G. Orienteers organised the February event. The fifth leg will be held on Sunday, 8th May, in Mountbellew.

With the Connacht Championships been held in March and the National Championships in April, this gives orienteers at least one event a month from November to May. The necessity to travel long distances to events outside the province is greatly reduced allowing a much greater developement of the sport in the area.

A very good and seemingly sucessfulinovation in the running of an inter-club men's team competition in conjunction with the league. The men run on the 'A' course with the best four to score. Best three legs to count. The team competition, so far, has been a great help in keeping weaker orienteers involved and has also promoted a friendly rivalry amongst the clubs. It may interest out army orienteers in the other provinces to know that another similar type orienteering league is been run in the Western Command Area, confined to members of the P.D.F.

CLUB NEWS

WESTERN EAGLES

In addition to the league outings, a good number of club members travelled to events outside the province, "Where Eagles Dare". The Glen of Aherlow for the Munster Championships. Some members camped out, others were thrown out!

"The Eagles landed" in Cronybyrne, for the second day of the International (or was it for the barn dance) and, of course, another sleepless night on a hard floor.

Weatherglaze collapsed on New Years Eve and Bob 'Concorde' Cahalan took flight to Amsterdam. Padraic Higgins moved his nest down south to Limerick around this time too.

25th Bn., Club members competed in Kinnity, organised by E.C.O. and good performances were had by the Western Command F.C.A., senior team members.

Club members are at present busy preparing for the 'Connacht Two Day Orienteering Championships'- Saturday 5th and Sunday 6th March. Accomodation is available in Loughrea on Friday and Saturday night, not Sunday, as stated on entry form. Enquiries to Frank Ryan, Tel.091-62029.

GALWAY R.T.C.

Club teams are been selected at the moment to contest the H.E.S.F. Orienteering Championships in Cork, on 26th February and the Intervarsity Championships on Sunday 6th March. This year it is hoped to have a full ladies team for both events.

Men Panel: Michael Cahalan, Alan Prendergast, Seamus Cahalan, Gerry Summerville, Michael Healy, and Colm O'Flaherty.

Ladies Panel: Cepta O'Reilly, Noreena Ruane, Patrica Hughes and Anne Kirwan.

Custome Orienteers

Noel Donagh and P.J. Harris are still doing Trojanwork to get the club on the move again. Longford members are doing well in the league.

U.C.G. ORIENTEERS

Big increase in club members this year. The best social outing todate was the League event in Little Killary. The hot showers and the hospitality at the centre was great. The crack and 'Sally O'Brien' in Keanes Pub, Maam Bridge, rounded off the evening. Hope Rag Week, Sunday 27th February to Sunday 6th March, does not interfere with plans to win the Intervarsity.

LITTLE KILLARY ADVENTURE CENTRE ORIENTEERS

A very sucessful league event took place at the centre on Sunday, 23rd January, despite non-stop rain and cold winds. The black and white map of this open area with much contour detail, was very well received. Best Wishes to Jamie Young for a speedy recovery, from his unfortunate accident.

IRISH HILL RUNNERS ASSOCIATION FIXTURES

March	27	Seahan Loop, Stone Cross, Ballinascorney, Co. Dublin. 5 mls/1600 ft. Record 38.42 (S.Costello 1981)
April	10	Glenasoulan Circuit, Djouce Woods, Co. Wicklow. 8 mls/2000 ft.(New race)
	24	Luggala Hill Race, Lough Tay Gates, Co. Wicklow. 12.5 mls/3500 ft. Record 108.22 (W.Young 1982)
May	5*	Seahan, Ballinascorney, Co.Dublin. 7.00pm. 4.3 mls/1200 ft. Record 31.24 (A.OCleirigh 1980)
	12*	Scalp, Enniskerry Rd., Co.Dublin. 7.00pm. 4.0 mls/700 ft. Record 24.13 (S.Meaney 1982)
	19*	Kippure,Co.Dublin. 7.00pm. Start on Featherbed road. 5.5 mls/800 ft. Record 40.52 (R.Bryson 1982)
	29	Ballybraid Horseshoe, Laragh-Glenmalure road, Co.Wicklow. 10 mls/2000 ft. Record 65.14 (A.OCleirigh 1982)

Further information on IHRA activities may be obtained from:
Douglas Barry (01-868180), Paddy O'Brien (01-905059) or
Eoin Rothery (01-941183).
Races start at 13.30 hrs at weekends, 19.00 hrs weekdays (Marked *)

CORK ORIENTEERING CLUB NEWS

Forthcoming events : Training at 11.00 a.m. as follows - March 12 Shippool
March 26 Rostellan
Organiser - Pat Cadogan

Weekend training April 30/May 1 at Kinsale Outdoor Centre. Organiser is Pat Cadogan (Phone 44504). Day visitors will be welcome.

The second AGM was held at Moore's Hotel in January and the following officers elected :

Chairperson -	Frank Cunnane
Honorary Secretary -	Sean Cotter
Honorary Treasurer -	Liz Deane
Training Officer -	Pat Cadogan
P.R.Officer -	Dermot Cronin
Entertainment Officer -	Colette Cotter
Committee Members -	P.Layton and T.Walsh

The Shippool map was launched by Brian McCarthy of Inishannon House on 6th February. Brian gave us a rundown on the history of the surrounding area and the woods in the vicinity. After the presentation of prizes, tea and coffee were served free of charge courtesy of Inishannon House Hotel.

* * * * *

IRISH ORIENTEERING SQUAD

Following a selection meeting on January 21 1983 the following squad, from which the Irish team for the World Orienteering Championships in Hungary in September will be selected, was named. The list is alphabetical.

MEN		WOMEN	
R.Bryson	DUO	C.Bonar-Law	GEN
P.Healy	Curragh	O.Cooke	AJAX
P.James	NWOC	B.Flanagan	3ROC
P.Kernan	3ROC	T.Horan	AJAX
P.Lalor	Curragh	E.Loughman	GEN
J.May	3ROC	J.Martindale	TIPP
J.McCullough	3ROC	C.Murtagh	SET
P.Nash	Southern	C.Nuttall	LEE
A.OCleirigh	Curragh	D.niChallanain	AJAX
D.Reidy	ECO	A.Savage	LVO
E.Rothery	AJAX	A.Sloane	3ROC
P.Thompson	AJAX	M.Thornhill	GEN
J.Warde	Fermanagh	R.White	SET
W.Young	Curragh		

DRAWING AN ORIENTEERING MAP (ENCORE)

Since the article on drawing was written, Ajax have had some experience with scribing, so I thought I would list some of the advantages and disadvantages of the method. The map, Cloghleagh, is a rushed first attempt at scribing, so it is not a very good example of the art. Briefly, scribing involves scraping lines in a two layer plastic film. The lower layer is hard and transparent and the upper is red (usually - in order to be photo opaque) and softer. A scribing tool is used to cut into the upper layer. The tool is hand sized , three legged and made of thick clear plastic. One of the legs interchanges with a set of cutters. These have different sized points for different sized lines. Easy so far isn't it? Well the best bit is yet to come - Register.

Yes register, the big problem, is at least half solved by scribing. That is , assuming that you can draw each colour so that it lines up with the next. If you can take the time to ensure this (We couldn't for Cloghleagh) then your map will be 100% registered until it gets to the printer who has the final say on whether or not your map is a shambles. The secret is that the scribing film is of such a quality that it allows register studs to be used. These are small circular metal studs, cylinders with a flat head. They are machined to precise dimensions. An appropriately sized punch is used to punch two holes along one edge of your map, at either end. The further apart the holes, the better. Every sheet you use should be registered. This includes Scribing film, any positives (see you later), compilation map and you should even consider getting some survey sheets of permatrace done. And now, you can't go wrong. Well,I suppose some people could find a way, but this should prove beyond the capabilities of most of us. Every time you want to draw a sheet or compare maps the two studs are inserted into the two holes in each sheet and they just sit there while you draw.

As with pen and ink, it takes a while to master the use of the scribing tool. Some will take longer than others, and one map may not be enough to get it right. The trick is in applying the right amount of pressure to the cutting point. Too hard and the point bites into the lower part of the film and stops. Too light and the point stops or jumps. The right amount and the line flows from the point smoothly.

Now for some of the advantages; There is no ink so it is a much cleaner process. You draw at final scale, so there is no need for reduction. This saves money and time and cuts out a possible source of error. There is a special cutter for a double parallel line for roads. And now for the bad news- Crags and other point features are difficult to draw with the scribing tool. Dots are completely unsatisfacory and have to be drawn separately with a drawing pen on permatrace (this is called a positive - the result of scribing is a negative). So vegetation changes and the dots on walls have to be done separately and drawn carefully so that the dots fall on the centre of the walls- sit on the fence as it were. Lettering as well has to be done separately and because we are at final scale letraset, stencilling and typesetting are not so satisfactory. Lettering may be photoset - ask your photographer.

Much more detail on scribing and also more on pen and ink is to be found in Robin Harvey's book on mapmaking. Harvey Map Services also supply scribing equipment, sheets of symbols and you should also purchase some of their orienteering and mountain recreation maps to see the state of the art at the moment. Nobody should contemplate undertaking a quality map without seeing Harveys book in full. I should correct one mistake in "Drawing" Part 2. I said that you should register each individual sheet to the compilation sheet in turn. This is wrong - it is better to take the 'Black' sheet as standard and register everything to this.

Eoin Rothery

L.O.A.NEWS.

The current L.O.A.Committee is as follows:
Chairman: Ted McGrath (3 ROC)
Secretary: Philip Ryan (GEN)
Treasurer: Carl Brady (DUO)
Fixtures Secretary: Bernard Phelan(3ROC)
Junior Affairs Officer: Larry Roe (3ROC)
Mapping Co-ordinator: Dermot O'Beirne(3ROC)
Newsletter Correspondent: Justin May (3ROC)

1983 Leinster Championships.

GEN are staging this year's Championships on March 20th at Brockagh (near Glendalough),Co.Wicklow. Late entries will be accepted up until a couple of days before the event.

COLOUR EVENTS.

The recent series of Colour Events proved to be extremely popular, but it has become apparent that the Badge times are often badly misjudged, resulting in too many,or more frequently, too few people being awarded Badges. It should always be possible for a reasonable number of people to attain "the Time". Either the times or the course lengths should be standardised so that people have an idea of what to expect at each Colour Event. Either way, a lot of thought is required on the part of the Planner and Controller to get it right. Obviously there will always be an element of luck involved, but at present, too much is left to chance.

LEINSTER RELAY CHAMPIONSHIPS.

After Setanta's successful first staging of the Leinster Relay Championships in Massey's Estate last November, the LOA hopes this will now become an Annual Event and are therefore looking for a Club willing to organise this year's Championships. The LOA has a venue in mind, so if your Club would like to take on the event and is currently mapless, contact LOA Fixtures Secretary, B.Phelan (phone: 886282)

LOC v LOK.

The return trip to London that was to havetaken place on February 19/20th was postponed until next Autumn, due to almost total lack of interest. Possibly the main cause for the poor response was the relative proximity of the JK (also 3ROC are tied up with a trip to Scotland in March in pursuit of the Compass Sport Cup). Travel is expensive these days but it would be a shame if such an enjoyable weekend were to be lost from the calender.

1983 INTERPROVINCIAL MATCH.

Following last year's Interprovincial Match that was held at Clandeboye in Co.Down and which resulted in a victory for Leinster, this year's match took place at Kylebrack, Co.Galway, the teams having been selected by Diana Large and Liam Convery(senior) and Larry Roe (junior). The team manager was Aubrey Flegg. Future Leinster selectors will be elected at the L.O.A. A.G.M.

LEINSTER RANKINGS for 1982

A complete ranking list may be obtained from club secretaries. Only competitors achieving Gold Standard (i.e. Winner's points less 25%) are listed here. These are Leinster, not Irish rankings.

The events used were: Curragh (Grade 2), Three Rock (1), Curracloe LOC (1), Trooperstown (2), Ballinderry (1), Rockmarshall (1), Ballinahinch (2), Three Rock (2), Curracloe 2-Day (1), Croneybyrne (1), Clara (2).

Grade 1 events can be used twice. 12 different venues, 18 events.

M11 (Best 5 Results)

1	G.Walsh	DLSO	613
2	B.O'Brien	DLSO	579

M13 (Best 5)

1	A.Tyner	WO	548
2	D.McAuliffe	DLSO	472
3	C.Walsh	3ROC	461

M15 (Best 5)

1	M.Malone	3ROC	505
2	F.Barry	3ROC	474
3	D.Stokes	3ROC	458

M17 (Best 5)

1	O.Creagh	3ROC	546
2	B.O'Connor	DLSO	446
3	R.Bonar-Law	GEN	410

M19 (Best 6)

1	W.McAuliffe	UCDO	525
2	B.Delaney	ECO	471
3	J.Shulmeister	GEN	399

M21A (Best 7)

1	A.OCleirigh	CO	751
2	J.May	3ROC	728
3	P.Kernan	3ROC	668
4	J.McCullough	3ROC	655
	D.Reidy	ECO	655
6	W.Young	CO	591

M21B (Best 6)

1	D.Larkin	3ROC	610
2	K.Walsh	SET	572
3	G.Smith	3ROC	531
4	E.Corcoran	UCDO	494
5	B.Power	SET	489

M35 (Best7)

1	P.McCormack	GEN	728
2	A.Flegg	SET	709
3	P.Flanagan	3ROC	679
4	G.Byrne	CO	628
5	T.McGrath	3ROC	620

M50 (Best 6)

1	S.Kulldorff	SET	674

W11 (Best 5 Results)

1	K.Convery	3ROC	533
2	H.Creagh	3ROC	469

W13 (Best 5)

1	U.Creagh	3ROC	743
2	S.O'Friel	GEN	731

W15 (Best 5)

1	E.Flegg	SET	680
2	M.Convery	3ROC	510

W17 (Best 5)

1	D.ni Challanain	AJAX	591
2	C.Bonar-Law	GEN	584
3	J.Martindale	DUO	551

W19A (Best 7)

1	M.Thornhill	GEN	811
2	E.Loughman	GEN	745
3	B.Flanagan	3ROC	704

W19B (Best 5)

1	H.Wood	DUO	480
2	L.Payne	DUO	467
3	E.Walsh	DLSO	455
4	R.Roche	GEN	442
5	J.Morrissey	GEN	416

W35 (Best 7)

1	D.Large	GEN	832
2	J.Flegg	SET	829
3	A.McCormack	GEN	682

W43 (Best 7)

1	D.Large	GEN	868
2	F.White	SET	758
3	N.Creagh	3ROC	727

W50 (Best 5)

1	H.Newman	GEN	527
2	V.Rowe	3ROC	433

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M43 (Best 7)

1	H.Quirke	CO	725
2	A.Bonar-Law	GEN	706
3	F.McCormack	CO	647
4	C.Dunlop	SET	638
5	J.Bent	SET	562

THREE ROCK ORIENTEERING CLUB

3ROC

The seventh AGM of 3ROC was held on January 20th at Wesley College, Ballinteer. The following Committee was elected: Chairman-John McCullough, Treasurer-Ronan Cleary, Secretary-Michael McAuliffe, Meets Sec.-Pat Flanagan, Training Officer-Pat McManus, Juniors Officer-Larry Roe, Mapping Officer-Barry Dalby. Ted McGrath was returned as Equipment Officer on condition we tidy up his garage.

The new 3ROC address is: Michael McAuliffe, 154 Braemor Road. Dublin 14.

An order for club tracksuits is at present being assembled. If you would like a 3ROC tracksuit, contact Brigid Flanagan (980928). The cost of tracksuits is about £15.00. O-suits are also available from Eileen Loughman (GEN) at events.

3ROC have booked floor space accommodation at the JK-contact the club Secretary for details.

CompassSport Cup: The semi-final takes place in South-West Scotland on March 13th. All club members are invited to attend- travel costs will be about £27 for seniors, £15 or less for juniors. Contact John McCullough (981556), Ronan Cleary (904177) or Peter Kernan (941183) for latest details. Floor space type accommodation has been arranged. The NIOA Relay Championships take place at Fermoyle, near Coleraine, on Saturday March 12th and several 3ROC teams are expected to take part en route for Scotland. The opposition in Scotland will consist of Forth Valley Orienteers, Inverness and Grampian Orienteers. It is important that as many people as possible travel to the event to ensure that we have competitors on each course. If you want to travel to this event you must contact one of the above IMMEDIATELY.

Training continues as usual on Wednesday evenings at Oatlands College, Stillorgan, at 6.30 pm. Showers are, of course, available: 3ROC members are noted for their fastidiousness!

Social evenings on the last Thursday of each month have commenced- the venue is Revels pub, upper part, at the south-east corner of Rathfarnham Village, at 20.30 hrs. The March session will, however, be on the 24th, as many people will be on their way to the JK on the last Thursday.

The club training event on Three Rock on February 19th was a great success- it's good to see some new faces at these sessions. Future such events will be publicised to members soon. Our eagle-eyed Training Officer McManus has his eye on you.

Congratulations to all the 3ROC members selected for the Leinster team for the Interprovincial at Kylebrack: Peter Kernan and John McCullough in M21A, Sean Rothery in M50, Joss Lynam in M56, Nuala Creagh in W43, and Veronica Rowe and Nora Lynam in W50. Congratulations also to Peter Kernan, Justin May, John McCullough, Brigid Flanagan and Avril Sloane who were selected for the World Championship Squad.

Mapping continues- contact Barry Dalby (974994) before he contacts you!

NEXT EVENTS CLARA MARCH 27th and PINE FOREST MAY 15th. DON'T WAIT TO BE ASKED TO HELP.

AJAX ORIENTEERS

AJAX NEWS

-Tara Horan.

For all aspiring new members (and also for all you non-paid up subscribers) the current membership fees of AJAX is:-

Seinors / Families :- £5.00.
Juinors / Students:- £2.00.

All interesting in joining, please remember that AJAX is not just a flash of "blue-whiteness", we also offer the best training facilities, of both athletic and 'O' technique type. We meet regularly on Tuesdays and Thursdays in Balally Community School, Sandyford Road; there are also club runs in Belfield and the Phoenix Park at the weekends. Orienteering technique training sessions are held periodically. A most successful session was held in Massey's Estate on Jan. 12th, for example. There were two very basic courses for our beginners - courtesy of Robin our training officer. Eoin, our expert, set up a pacing triangle on which we all wearied ourselves in an effort to get a most accurate pacing scale. We then attacked a short, but intense, course whilst being shadowed by the "sculking scribblers" who took notes in an effort to identify, and later rectify, our mistakes.

The day proved to be very enjoyable and profitable and was rounded off nicely by a big surprise -Eoin had actually brought some food with him so we all tucked into his rather sweet coffee and banana sandwiches in the dimming light of one of those pre-snow, fine January days. (Makes a lovely picture, doesn't it?).

We all further imposed on Eoin's hospitality by retiring to his humble abode to watch two of the 3roc tribe dining in style(?). (Eat poached eggs and plenty of brussel sprouts for bigger muscles). The "up-and-coming Pete" eats somewhat better - a tip for aspiring M21A chart climbers, Pete shops at Superquinn (a remarkable discovery made by two of our not so undercover agents).

AJAX SUMMIT RUN will be held on March 13th. It is a 7½ mile road racebeginning and ending at Ballinteer Shopping Centre. For further details of this history making event, see a separate noticein this newsletter.

All those travelling to the JK should inform the committee and so receive a subsidy towards travel expenses. Good Luck to you all over there, - may the AJAX warrior look over you.

The grand number of 6 AJAX members have made it on to the Irish Seinor Squad, congrats to allan' may they be successful in their quests for Hungary in September.

Congratulations are also extended to Carey May for her "rapid run" in Japan. My God Man, is there any stopping her?

It is certainly noteworthy that many orienteers have been competing successfully in crosscountry running.Here are some results of the Dublin Cross Country BLOE Championships :-

U/10Boys	U/11 Boys	U/12 Boys	U/13 Boys
1. Eamonn Fennelly	3. Jeremy O'Friel	4. Jeremy O'Friel	45. Dermot Clarke
13.James O'Friel		23.Cormac Llewellyn	48.craig Nethercott
28.Edward Niland			

U/14 Boys	U/15 Boys	U/16 Boys
45. John Casey	3. Eoin McDerrmott	3.Eoin McDermott
62. Craig Nethercott		

U/11 Girls	U/13 Girls	U/14 Girls	U/15 Girls
1. LOuise Dollard	25.Michele Madden	25.Michelle Madden	20.Geraldine Dollard
	59.Michele Larkin	35.Denise Madden	22.Sarah O'Friel
		36.Una Creagh	
		40.Niamh Ring	

All these are members of AJAX A.C. and have conpeted in orienteering.

Correspondence toAJAX :- Hilary McCutcheon
2, Dargle Road,
Blackrock,
Co. Dublin.
Ph. 895970.
(Secretary)

Subs., Bills etc. to:-
Ann Masterson
234, Captains Road,
Kimmage,
Dublin 12.
(Treasurer)

AJAX SUMMIT RUN

AJAX ATHLETIC CLUB

(B.L.E. PERMIT)

Sunday March 13th at 3.15 p.m., starting from Ballinteer Shopping Centre. Combined Mens' and Womens' race to the top of Three Rock Mountain. 7.5 miles. Entry fee is £2.00. Team entries close March 10. Individual entries taken up to one hour before race. 1.5 mile races for under-15's at 2.30 p.m., entry fee 50p. Entries to Audrey Nolan, 20 Fonthill Park, Rathfarnham, Dublin 14.

* * * * * * *

At the Wicklow Open Cross-Country on January 30th Ajax won the Senior Mens' race with orienteers to the fore, Robin Bryson 2nd, Eoin Rothery 4th, Willie McAuliffe 9th and Paul Nolan 20th. Jean Folan finished 2nd in the Women's event, Eoin McDermott 2nd in the Junior and Ajax also did well in the other age groups.

Robin Bryson beat Wally Young to win the hill race at Tibradden on January 9th, obviously intent on retaining his unofficial title as hill running champion again in 1983.

INTERNATIONAL ORIENTEERING FEDERATION CONGRESS 1984

Due to the efforts of the IOA delegate to the IOF, Faith White of Setanta Orienteers, the biennial Congress of the International Orienteering Federation will be held in Ireland during 10-15 July 1984. The venue will be St. Patrick's College, Maynooth, Co.Kildare, and about 120 delegates fron over 20 countries are expected to attend.
The theme of the Congress will be Junior Orienteering-a subject which is very appropriate to Irish orienteering at this stage in our development.

Under the leadership of Faith White a working-group with the title "IOA Congress Committee" began serious preparation at the end of January. Other members are Ted McGrath, Larry Roe, Bernard Phelan and Donal O'Brolchain. At this stage the idea is for this group to plan and organise the Congress. However, many others will certainly be asked to help in various ways. Therefore we would ask anybody with ideas or relevant experience (direct involvement in organising an international conference in Ireland, for instance) to contact any of the above. Ideas are needed on the contents of a presentation pack and also a small gift (costing not more than IR£2.00) for each of the participants in the Congress.

The Congress will be preceded by a meeting of the IOF Council which will take place in the Dublin area over the weekend of 3-4 December 1983. About 20 people will attend this more informal meeting which is also being handled by the Congress working-group. All work is being done under the aegis of the IOA Executive Committee which is well represented on the O-Congress '84 Committee.

setanta orienteers

SETANTA NOTES

COLOUR EVENTS

Well, our "3-in-a-row" was foiled by the weather on January 30th when we were forced to cancel the Massey's Estate event due to snow. Fortunately, a slot in the calendar was available for a repeat of this venue on February 20th. Conditions looked excellent the day before the event, but the next morning a transformation took place. Rain in the city gave way to sleet and snow about half a mile from the wood. It looked like a second cancellation at one stage, but we went ahead, basing ourselves at the lower car-park. Nearly 100 people took part in conditions which varied from spectacular on the Hell Fire side to wet and muddy in Massey's Estate. The other two events, at the Phoenix Park and at Clara went very well and attracted large numbers of competitors. Badge times were achieved by a very high percentage of competitors at the Phoenix Park, but the performance was not maintained at the other two events. Any comments on the system of awards used would be appreciated. A notable feature of these events was that they involved most of our members, with key functions given to people who had not been involved at these levels before.

MAPPING

On March 23rd next, we will be giving an illustrated lecture on Orienteering Map-Making and a display of foreign maps at the Rathgar Presbyterian Hall at 8 p.m. This is intended as a launching for our new programme of mapping which will require participation by as many members as possible. Non Club members are also welcome to attend.

MASSEY'S ESTATE/HELLFIRE WOOD

This area is now available to other clubs for event or training purposes (please contact Brian Power at 941378). We plan to set up a permanent course here, similar to the one at Ballinascorney Wood which proved enormously successful.

TRAINING

We plan to organise training events at short notice prior to major events. These training events will be held in either Massey's Estate or Ballinascorney. Members will be contacted. We will be emphasising this aspect of club participation more than has been in the past.

SUBSCRIPTIONS

We would appreciate if members who have not done so already would renew their annual subscriptions, fill in the attached form and return it to C. Murtagh, 111 Haddington Road, Ballsbridge, Dublin 4. (Cheques payable to "Setanta Orienteers".)

Eastern Command Orienteers - Ted Russell.

They're at it again - Curragh are trying to poach more elite runners from E.C.O. At a recent selection-committee meeting in McDonagh NCO's Mess (we know - because of a certain "device" planted under Yonkee's pint) the Curragh decided to try to bribe our top man to run with them in the JK Relay Trophy. Well! 'twill take more than the free pair of long-johns offered from the clothing stores to buy our man. We also know Paddy L didn't buy his round!

Congratulations to Mick Meehan our faithful treasurer. Sheila and he are the proud owners of a new club member (M1). Mick also has a new job - good luck to all three. He swears he is going to get into training soon - "what he misses about orienteering is the pint at the end, and Faith White and the way she might look at you".

E.C.O. entries to JK are at an all-time record, 31 members are travelling, from M10 to W35. We're booked into a School Hall in Kendal - contact any committee member for details.

News from the Sections.

Dundalk at last are activated - with a bit of effort they could be runners-up in the All Army in 1990.
We now have the results of the Cavan/Monaghan Jury
Boozing - 15, Orienteering - NIL.
Hello Cavan/Monaghan! Hello one, Hello one, Hello any one; Denis Murphy has started the Rossmore Park map. The mapping committee plan to get it and Cootehill well under way on the mapping course to be held in Monaghan in early May.

North Dublin are still represented by the Medicos but Tom Clear promises mingy members from his unit by 20 Feb.

South Dublin still remain the strongest bunch. John Picard could do something about the "gingerbeers" though - come on John, less vegetable eating and more encouraging of new members.

Baldonnel John Murphy has got some fliers down to earth and they are making good progress at local events.

Apologies to the runners at the Kinnity event. There is NO truth whatsoever in the rumour that Murph got lost with the van load of officials - they really did have a breakdown - though whether it was the van or the Murphy we're still not sure. Anyway sorry about the delayed start.

Finally we regret to announce that the event at Fauna must be cancelled due to difficulties with the "printers". A Grade 2 event will be held instead at AUGHAVANNAGH.

STOP PRESS.....STOP PRESS.....STOP PRESS.....STOP PRESS.....STOP PRESS

FERMANAGH MOUNTAIN RACE, Saturday 9 April 1983 - 14 miles

Entries and parking: Florencecourt Primary School (grid ref. 187352) Entries, on the day, before 11.40a.m.: Fee - £1.00

Map: 1" Ordnance Survey, Sheet 7 (Enniskillen) is essential. These may be ordered in advance from Fermanagh District Council.

Start: 12.00noon - bus departsFlorencecourt School Race starts 12.15p.m. from Doohatty Forest Road, (grid ref. 198316)

Results of Christmas Score Event, Three Rock Mountain, Co. Dublin
3ROC Grade 3 Event, December 26 1982. Time 65 mins; Penalty 10/min.

	MEN					WOMEN			
1	J.May	3ROC	64.42	200	1	E.Flegg	SET	64.11	115
2	L.Roe	3ROC	61.46	175	2	P.Murphy	3ROC	50.10	100
3	G.Smith	3ROC	63.11	165		D.Large	GEN	64.59	100
4	A.B-Law	GEN	59.00	155	4	S.Dempsey	BSO	62.28	85
	P.Walsh	SET	64.24	155		D.niChallanain	AJAX	69.41	85
6	J.Lacy	ECO	63.00	150	6	S.O'Friel	GEN	53.12	75
	A.Flegg	SET	63.07	150		P.May	3ROC	63.53	75
	R.Cleary	3ROC	63.37	150	8	A.Sweetman	UCDO	60.52	70
	B.Kilgallon	-	65.00	150		D.niC.	-	62.52	70
10	J.Shulmeister	GEN	58.00	130		D.Kennedy	-	62.53	70
11	P.McCormack	GEN	61.38	125		C.McNeill	3ROC	63.47	70
	A.Balmaine	3ROC	61.45	125		Convery/Brady	3ROC	64.52	70
	P.Redmond	SET	63.10	125	13	R.Roche	GEN	60.16	60
14	F.Barry	3ROC	53.20	120		A.McCarthy	UCDO	64.50	60
	J.McCullough	3ROC	67.49	120	15	M.Browne	CORK	62.22	55
16	C.Tyner	3ROC	65.20	115	16	E.O'Friel	GEN	54.12	50
17	S.Rothery	3ROC	63.28	110		M.McCarthy	3ROC	54.35	50
	P.Martin	-	69.00	110	18	T.Murphy	DUO	39.15	45
19	P.Smyth	UCDO	65.52	105		F.Rothery	3ROC	61.04	45
	M.Sweeney	3ROC	67.52	105		U.Creagh	3ROC	68.55	45
21	P.McManus	3ROC	56.01	100	21	Mullen/ Hollinshead	3ROC	58.02	40
	D.Kennedy	3ROC	64.36	100	22	N.Lynam	3ROC	63.08	35
23	I.McNeill	3ROC	65.20	95	23	C.O'Friel	GEN	62.57	30
	D.Larkin	3ROC	66.59	95	24	F.McNeill	-	37.59	20
25	J.Newman	GEN	57.36	75	25	C.Bonar-Law	GEN	70.59	15
	J.Kehoe	SET	60.33	75	26	B.ni Mhuiri	-	65.00	5
27	C.Galloway	3ROC	43.51	70					
	R.B-Law	GEN	57.22	70		C.Quinn	-	Disq.	
	J.Creagh	3ROC	60.50	70		K.&S.Convery	3ROC	Disq.	
	M.McDonald	UCDO	60.52	70		J.Morrissey	GEN	Disq.	
	D.Grace	-	62.52	70		C.Lynam	3ROC	Disq.	
32	Kilgallon	-	63.00	65					
	G.May	3ROC	65.00	65		1 non-finisher			
34	R.Rigney	3ROC	60.55	55					
35	P.Brennan	-	61.52	50					
	C.Carroll	3ROC	66.01	50					
37	R.Flynn	SET	55.02	45					
	M.Brennan	3ROC	58.32	45					
	Convery/ Brady	3ROC	63.12	45					
40	R.Balmaine	3ROC	49.03	40					
41	R.Hunt	3ROC	58.05	35					
42	P.McCarthy	DUO	70.10	20					
43	S.Walsh	SET	70.10	-15					
44	D.P.P.M.	ECO	84.57	-115					
45	J.Murray	ECO	84.57	-130					
46	K.Keogh/ D.Ryan	-	89.15	-175					
47	Cassidy/ Cogan	-	103.22	-380					
	J.Lynam	3ROC	Disq.						
	T.Rigney	3ROC	Disq.						
	3 non-finishers.								

Total Points Available 380
Average points (men) 70
Average points (women) 50

Organiser: Oisin Creagh
Planner : Martin Malone

It was great to see so many people turn out for the event, especially on such a miserable day. Sorry about the maps which were pre-marked with courses from a previous event. Overall the event was a great success. Many thanks to the Creagh family, Francis and Fergal Malone, Larry Roe and Peter Kernan who came along and helped at the event.

Martin Malone.

SETANTA ORIENTEERS Colour/Badge event held in Phoenix Park, on 23/1/83. Only results of badge winners shown here; full results available from SETANTA, and also displayed at events. Setanta Badges are awarded to people completing their course within a specified time. Badges can be collected at events or from the Organiser: Bobby Buckley, 1 Wesley Road, Rathgar, Dublin 6.

BLUE COURSE 9 km

Men Badge time 55 mins

1.	J. May	3ROC	39.22
2.	J. McCullough	3ROC	39.50
3.	B. Delaney	CURR	41.12
4.	B. Corbett	DUO	44.13
5.	L. Roe	3ROC	45.59
6.	B. Phelan	3ROC	46.30
7.	R. Cleary	3ROC	47.25
8.	P. Lalor	CURR	47.43
9.	B. O'Neill	CURR	48.25
10.	M. Malone	3ROC	48.31
11.	N. Finlay	AJAX	48.40
12.	J. McElhinney	SET	49.50
13.	I. MacNeill	3ROC	49.56
14.	D. Stokes	3ROC	49.58
15.	H. Quirke	CURR	50.30
16.	T. Sweeney	CURR	51.20
17.	A. Balmaine	3ROC	51.30
18.	C. Tyner	3ROC	51.50
19.	P. MacNeill	3ROC	52.24
20.	B. O'Connor	DLSO	53.50
21.	O. Creagh	3ROC	53.57
22.	P. McManus	3ROC	55.00

+ 9 others.

BLUE COURSE 9 km

Women Badge time 70 mins

1.	D. NiChallanain	AJAX	55.04
2.	M. Thornhill	GEN	56.18
3.	J. Folan	AJAX	60.40
4.	M. McElhinney	SET	65.30
5.	T. Horan	AJAX	66.02
6.	B. Flanagan	3ROC	66.13

ORANGE COURSE 5 km

Women Badge time 60 mins

1.	S. Clarke	WO	38.36
2.	N. Creagh	3ROC	39.56
3.	U. Creagh	3ROC	40.20
4.	T. Eakin	WO	41.51
5.	B. Brown	-	44.40
6.	S. Burns	GEN	47.10
7.	M. Moran	GEN	47.58
8.	H. Wood	DUO	48.30
9.	A. Ryan	-	48.56
10.	A. Hope-Ross	DUO	49.00
11.	M. J. O'Sullivan	CURR	49.05
12.	J. Morrissey	GEN	49.10
13.	S. & N. Carroll	3ROC	53.20
14.	P. May	3ROC	55.18
15.	B. Dockrell	-	55.56
16.	J. Walsh	3ROC	56.30
17.	R. Doorly	GEN	58.46

+ 7 others.

RED COURSE 7 km

Men Badge time 50 mins

1.	D. Kennedy	3ROC	40.58
2.	C. Fletcher	UCDO	41.26
3.	S. O'Se	CURR	43.09
4.	N. Carroll	3ROC	43.13
5.	M. Dee	ECO	44.00
6.	L. Donovan	3ROC	44.33
7.	Francis Malone	3ROC	44.50
8.	G. Smith	3ROC	44.58
9.	Fergal Malone	3ROC	45.15
10.	C. Carroll	3ROC	46.20
11.	J. Shulmeister	DUO	46.20
12.	A. Tyner	3ROC	46.25
13.	N. Bohan	CURR	47.20
14.	R. Hogg	WO	47.35
15.	K. Mahon	-	47.45
16.	J. Murray	-	47.50
17.	M. Crowe	3ROC	48.20
18.	B. Dalby	3ROC	48.50
19.	M. McAuliffe	3ROC	48.59
20.	A. Bonar Law	GEN	49.09
21.	J. Flood	ECO	49.10
22.	E. Davis	DLSO	49.10
23.	D. Larkin	3ROC	49.20
24.	G. Gartland	ECO	49.25

+ 35 others.

RED COURSE 7 km

Women Badge time 70 mins

1.	K. Bent	SET	51.30
2.	O. Cooke	AJAX	53.07
3.	P. Murphy	3ROC	56.20
4.	J. Flanagan	BSO	58.45
5.	M. O'Brien	CURR	59.55
6.	C. Bonar Law	DUO	62.01

+ 2 others.

ORANGE COURSE 5 km

Men Badge time 40 mins

1.	K. Parker	CURR	29.05
2.	M. Ryan	CURR	29.10
3.	R. Duggan	CURR	33.00
4.	N. McCarthy	CURR	34.21
5.	J. Pim	CURR	34.34
6.	R. Wall	-	36.12
7.	C. O'Connor	-	36.20
8.	J. O'Sullivan	CURR	37.08
9.	R. Balmaine	3ROC	37.10
10.	B. McGuinness	CURR	37.20
11.	C. Mescall	-	37.28
12.	A. Murphy	CURR	37.32
13.	H. Moody	CURR	39.12
14.	D. Kavanagh	CURR	39.12
15.	G. Flanagan	CURR	39.20
16.	G. McKeon	CURR	39.22

+ 43 others.

RESULTS of Phoenix Park event 23/1/83 continued...

YELLOW COURSE 3.5 km

Men Badge time 35 mins

1.	J. McCarthy	CURR	20.33
2.	M. Duffy	CURR	21.37
3.	G. Taaffe	ECO	22.58
4.	S. McNamara	CURR	23.09
5.	R. Hunt	3ROC	24.23
6.	N. Kennedy	CURR	24.35
7.	D. Forde	ECO	24.58
8.	J. Daly	ECO	25.05
9.	J. Finnegan	CURR	25.50
10.	J. Brophy	CURR	26.47
11.	J. Hogan	CURR	27.20
12.	D. Corrie	SET	27.25
13.	R. Coffey	CURR	27.33
14.	T. Roche	CURR	27.35
15.	P. Twomey	CURR	27.35
16.	J. Gray	3ROC	27.36
17.	J. Mulvanny	CURR	28.25
18.	R. Sheerin	CURR	28.40
19.	A. Young	Drimna	28.53
20.	R. Kelleghar	9 FAR	29.00
21.	K. Friel	CURR	29.45
22.	R. Finegan	CURR	30.07
23.	J. Bradley	OAT	30.50
24.	M. Thornton	OAT	30.55
25.	L. Keena	CURR	31.04
26.	B. Carroll	CURR	32.52
27.	P. Doherty	CURR	33.52
28.	F. Barry	3ROC	34.00

+ 25 others.

YELLOW COURSE 3.5 km

Women badge time 40 mins

1.	S. O'Friel	GEN	22.10
2.	C. MacNeill	3ROC	25.21
3.	H. & S. O'Friel	GEN	30.10
4.	T. Dooley	BSO	30.30
5.	J. Keane	3ROC	31.13
6.	C. & J. O'Friel	GEN	31.40
7.	C. Malone	3ROC	32.00
8.	J. Dawson	SET	32.50
9.	S. Dawson	SET	32.53
10.	R. Sloane	3ROC	33.30
11.	W. Thornton	3ROC	34.00
12.	H. Creagh	3ROC	35.40
13.	C. Brennan	BSO	36.00

+ 6 others.

WHITE COURSE 2 km

Men & Women Badge time 35 mins

1.	J. O'Friel	GEN	20.31
2.	H. Keane	3ROC	24.21
3.	C. Carroll	3ROC	25.41
4.	J. Rutledge	WO	25.52
5.	Power Family	SET	29.15
6.	W. Thornton	3ROC	29.50
7.	K. Stokes	3ROC	29.51
8.	M. Murray	9 FAR	30.13
9.	D. Walsh	SET	30.27
10.	P. O'Riordan	CURR	32.32
11.	D. Donnelly	CURR	32.38
12.	P. Corcoran	9 FAR	32.46
13.	P. Conway	-	34.23

+ 10 others.

The Tiglin Adventure Centre's Annual Report for 1982 has this to say about orienteering:

" This remains the most disappointing area of our work. Tiglin was once at the very core of orienteering training and development. Our staff need (1) Training, (2) Time to participate in weekend competition; only then will we be able to offer the service of which we were capable some years ago.

During 1982 we included basic orienteering instruction in almost all our school and introductory courses, we ran one intermediate course and hosted a training weekend run by the IOA. It is hoped that the IOA will use Tiglin as a base for more courses, particularly map-making and intermediate training weekends. "

AFAS/IOA are running a number of O-courses in 1983:

March 26/27 Intermediate Orienteering Personal Performance Course at Tiglin, incorporating event at Clara.

April 23/24 Map-making Course at Tiglin.

Details of these courses may be obtained from IOA or AFAS.

FIXTURES LIST

DATE		VENUE/DETAILS	GRADE	ORGANISERS
March	5	IOA ANNUAL GENERAL MEETING Arch Bar, Loughrea, Co. Galway. (7 p.m.)		
	5	Connaught Relay Championships, Mountbellew, Co. Galway.		WE
	6	Connaught Individual Championships & Interprovincial Match, Kylebrack, Co. Galway. (Closing date: 11/2/83)		WE
	12	NIOA Relay Championships, Fermoyle, Coleraine. (Closing date: 4/3/83)		NWOC
	13	LSOA Championships, Cronybyrne, Co. Wicklow.	Closed	LSOA
	13	Castlefreke, Co. Cork.	2	LEE
	16	Waterford City, Night Event. Start: Clock Tower on Quay. 18.15 - 19.30	3	WPO
	20	Leinster Championships, Brockagh, Co. Wicklow. (Closing date: 27/2/83)		GEN
	20	Bishopstown, Co. Cork.	3	CRTCO
	26	Moydamlaght, N.I.(Spring Badge & Galloppen event)		NWOC
	26-27	AFAS Orienteering Course		Tiglin
	27	Clara, near Laragh, Co. Wicklow.	2	3ROC
	27	Ballincollig, Co. Cork.	3	CORK
	27	Shippool, Co. Cork.	3	CRTCO
April	1-4	J.K. Trophy Weekend, Cumbria, England. (entries closed)		
	10	Aughavannagh, Co. Wicklow.	2	ECO
	10	Currabinny, Co. Cork.	3	CORK
	16-17	IRISH CHAMPIONSHIPS, Keeper Hill, Co. Tipperary.		ThO
	23-24	AFAS/IOA Orienteering Map-Making Conference		Tiglin
	24	Clara, near Laragh, Co. Wicklow.	2	WO
	24	Farran Wood, Co. Cork.	3	CORK
May	1	Stradbally, Co. Laois. (To be confirmed)	2	CURRAGH
	1	Ballincollig Park, Co. Cork.	3	CORK
	3	Marlay Park, Rathfarnham, Co. Dublin. (Summer League)	3	AJAX
	7	Clandeboye, N.I.	2	NIOA
	8	Cappanalea, Co. Kerry.	2	KERRY/LEE
	8	Mountbellew, Co. Galway.	3	WE
	15	Nagles Long-O, near Fermoy, Co. Cork.		LEE
	15	Pine Forest, Co. Dublin.	2	3ROC
	15	BOF Championships, East Sussex.		SEOA
	15	Glenbower, Co. Cork.	3	CORK
	17	Balally Park, Dundrum, Dublin 14. (Summer League)	3	AJAX
	22	Farran Wood, Co. Cork.	3	CORK
	22	Kilcooley, Co. Tipperary. (To be confirmed)	2	CURRAGH
	28-29	Scottish Championships, W. Scotland.		SOA
	29	Rostellan, Co. Cork.	2	LEE
	31	Larch Hill, Rockbrook, Co. Dublin. (Summer League)	3	AJAX
June	5	-		
	12	Kinnitty, Co. Offaly.	2	SBO
	14	Bushy Park, Terenure, Co. Dublin. (Summer League)	3	AJAX
	19	Setanta Mountain Marathon, Co. Wicklow.		SETANTA
	21	St. Enda's Park, Rathfarnham, Co. Dublin.(Summer League)	3	AJAX
	25	Lug Walk		
	26	-		
	28	Deerpark, Mount Merrion, Co. Dublin. (Summer League)	3	AJAX

N.B. - The AJAX Summer Park League events start between 7.00 and 7.45 p.m. (Tuesday nights).