

# The IRISH ORIENTEER

NUMBER 9

JANUARY 1984



The "Irish Orienteer" is published at two-monthly intervals and is obtainable through all Irish orienteering clubs' secretaries. All material concerning orienteering will be gratefully received by the editor, John McCullough, 34 Dun Emer Drive, Sandymount Road, Dublin 14. Photographs are particularly welcome.

The next issue of the Irish Orienteer will be published in early March 1984. Copy should reach the editor not later than FEBRUARY 24th 1984. The copy date is the latest date for the receipt of camera-ready copy.

A charge of £5.00 per page is made for the inclusion of results.

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

The copy dates for the 1984 issues of the Irish Orienteer are:

Issue No.	Date	Copy Date	Issue No.	Date	Copy Date
10	Mar '84	24 Feb '84	13	Sept '84	24 Aug '84
11	May '84	27 Apr '84	14	Nov '84	26 Oct '84
12	Jul '84	22 Jun '84	15	Jan '85	21 Dec '84

Astute readers (of whom, I am sure, we have many) will have already noticed the new hieroglyph at the top of this page, indicating our inclusion in the UNESCO-sponsored International Serials Data System (ISDS), of which the International Standard Serial Number (ISSN) is an essential part. The information supplied by the National Library tells us that an ISSN number is allocated "to every important periodical" in order to identify it readily, irrespective of its language or country of origin, and to provide a useful and economic way of communicating between publishers and suppliers.

Our astute readers will also notice that the Fixture List has gone from its accustomed place on the back page. This has been made necessary by the expansion of the information carried in the Fixture List so that it no longer fits on just one page. While the back-page position was conveniently accessible, with the increasing numbers of people coming to the sport I felt that more information should be given to intending competitors to enable them firstly to learn what kind of event they are going to, whether there are any unusual features or requirements, and lastly to help them find the area once they set out to go orienteering. To this end, in the information about each event I have included where possible, the Ordnance Survey Grid Reference for the area, the start times (where known), and a contact telephone number in case of dire necessity. If event organisers could let me have details of the map to be used, the type of terrain, and so on, I would like to include some more relevant information also.

I do hope that the situation, reported in Britain, will not arise: One family navigated their way to the six-figure grid reference given, found that there was no forest, let alone no event, and then realised it was the organiser's telephone number they had been using as the grid reference! Have a good O-year in '84!

J. McC.

## Letters to the Editor

Dear Sir,

As controller of the recent Grade 2 event in Aherlow Forest I wish to record my strong exception to criticism suggesting that the start triangle on the master maps was placed approximately 150 metres east of the correct spot. In fact the start triangle was marked exactly where I wanted it marked - it was the master maps which were placed 150 metres west of where they should have been! And those who suspect that I had this done deliberately to ensure that competitors realised early on that they weren't in for an easy ride are absolutely correct. Too often in Munster we throw in an easy first control to let people settle in to their day's orienteering without too much trouble.

I have not yet decided how to test competitors' reactions at our next event. We may decide to use an entirely different area from that shown on the map, or perhaps put down a few controls not included in the control description sheet as last week's tease didn't seem to tax people too much.

Any suggestions will be given very careful consideration.

Yours Sincerely,

F. Martindale, Tipperary Orienteers.

The following is a letter I received from the Scottish Orienteering Junior Squad dated 2nd. Dec. '83.

Dear Sir,

May I, on behalf of the Scottish Orienteering Squad, thank you for organising the Junior Home Internationals. I personally found it extremely enjoyable, not only from the social point of view but also from the experience gained. We all agreed the terrain was pretty rough but not quite as bad as Scotland! Everyone enjoyed it and wish that I should convey to you their thanks. The accommodation was excellent, much better than in England '81 and I must admit, better than Scotland '82!

It is with your effort and hard work that the survival of Orienteering as a competitive sport among Junior classes depends. Thanks!

Could you give a big thank you to all those who helped with the 2-day event and its organisation.

Yours sincerely,

Mary Hamilton (Scottish team member)

Larry Roe.

207 Castletown,  
Leixlip.

Dear Editor,

I wish to comment briefly on some of the points raised by Colin Dunlop in the last issue.

Firstly I want to thank and compliment Colin on his preparation and handling of the Irish Team before and during our trip to Hungary. It was a pleasure to be a team member.

Finance. Finance for our team has been and will continue to be a problem. In 1976 we travelled to WM at our own expense, since then the situation has improved and financial assistance has been greater each year since then. This year our financial assistance was most satisfactory and we team members are indebted to the many people who collected and contributed towards our participation.

There is no "golden egg" available to sponsor Irish Teams, Government grants are spent on the sports development and this is an excellent policy. When we consider our relatively small membership, fund raising is a difficult tedious venture and in future I see team panels playing an even greater part in raising sponsorship.

Coaching. The sport is in its first generation here in Ireland. We have no top level retired orienteer willing to devote his time to coaching. In Great Britain Geoff Peck, an International competitor for many years, is coaching the team and already getting results.


If we appoint a coach and I see very few people here with the experience to fill this post, with Harry Quirke, Paget McCormack, Ernie Wilson and a few others as the exceptions, he or she should be given specific responsibilities by the selectors and would work closely with them. On the other hand an appointed coach would I feel need to have his or her travelling, telephone and postal expenses met and consideration given to his or her travelling as a team member to the WM. We must also consider offering these facilities to the Team Manager.

Selection. I have already expressed my feelings about selection and I reiterate them briefly. I feel panels should be selected each year along the same lines as we do at the moment. At a period (e.g. 3 to 4 weeks) before the WM race, panel members should be asked to run two head to head trials, the results of which would be the most important factor in selecting teams. The dates of these trials could be published a year in advance so panel members could arrange their availability if they so wish. All top teams use this system, a head to head trial brings all ones competitive weaknesses to the surface, a series of selection races does not; because the urgency and pressure are not created. In the WM race a competitor is confronted with all the competitive pressures and must be prepared and proven as one who can take them.

We would still have to entertain some flexibility in relation to these selections races other factors such as International competitive ability and injury or unavailability at the time of final selection. I propose raising the matter of selection at the 1984 AGM, and would be pleased if others would express their views prior to this date.

International Competition. We must continue to compete at International level, if our sport is to develop. Every sports-person seeks improvement and this is a healthy and natural outlook. Our younger competitors are showing great enthusiasm and significant annual improvement, so when they are good enough to compete at the highest level, the opportunity should be available to them.

Yours sincerely,

  
(WALLY YOUNG)

17, Clonkeen Drive,  
Foxrock,  
Dublin 18.  
Tel: 893789

Sir,

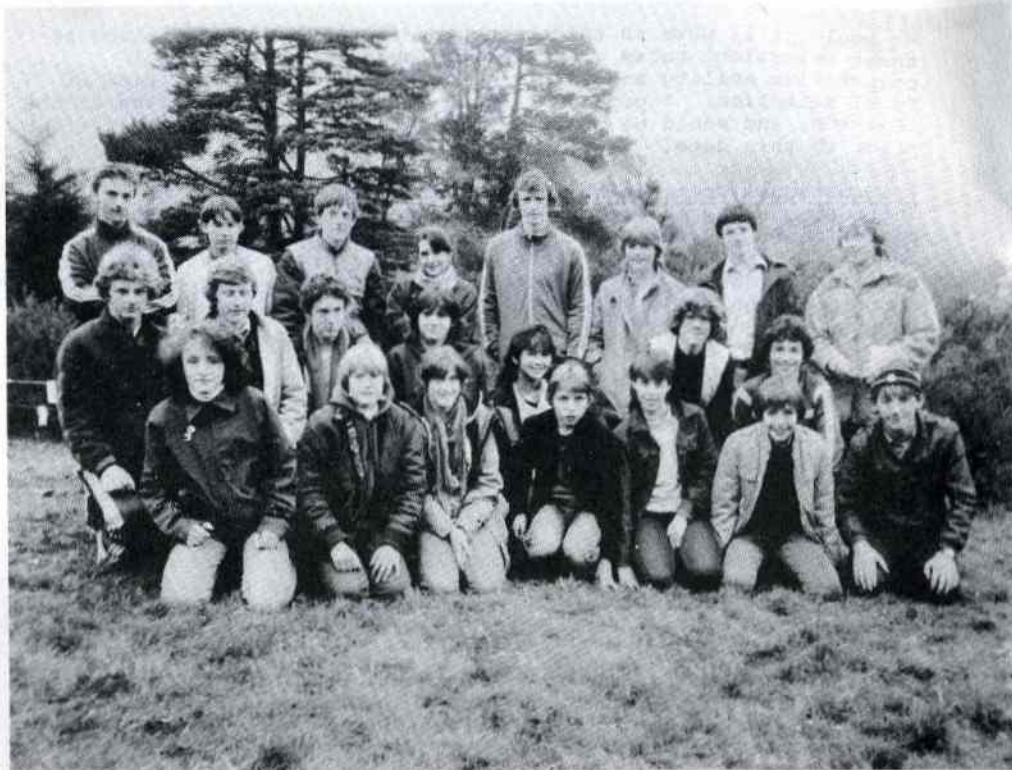
Last November saw the Junior International held here in Ireland in conjunction with the two-day International in Glencree. It also saw the lack of management and competence in organising a Junior Team. The juniors concerned were never officially informed. Instead, a chance meeting on the way to the start of some other important competition seemed to suffice. A list of fellow team-members was not issued. One had to wait for the distribution of the "Irish Orienteer" for that. Control cards issued bore the individual's name, yet at the pre-start it was discovered that each class member was being named IRL 1,2,3 or 4. As to the return of the pre-paid entry fees there is still no sign nearly two months later. For a full team of twenty-four it appears that only one senior orienteer was committed to the event - a big disappointment, surely.

No team of any standard should be treated in this manner. Orienteering, a minority sport, needs to progress if it is to achieve any status. This entails encouraging the few followers it has, especially the juniors - the orienteers of the future. However, organisation in the manner described above is only a backward step.

For future events, junior or senior, team members should be informed by letter. A list of the other runners should also be available. Prospective team orienteers must be made aware of the forthcoming competition beforehand. However, if we conformed to the panels and squads we often talk about, this would happen automatically. Should class members be named by numbers, as in the Junior International, at least let it be known, and also the significance, if any, of these numbers.

A standard, structured approach to organisation is needed. "Orienteers run the country". If we can "run" twenty-four juniors it would be an achievement.

Deirdre ni Challanain, W17, for the Junior International.



IRISH JUNIOR HOME INTERNATIONAL TEAM, LEINSTER TWO-DAY 1983

Back row: B.O'Connor (3ROC), Una Morrish (Lee), M.Malone (3ROC), Ursula Morrish (Lee), J.Riordan (Lee), S.Clarke (3ROC), S.Linton (NWOC), D.ni Challanain (AJAX).  
 Middle row: D.Stokes (3ROC), M.Convery (3ROC), B.Rowe (3ROC), A.Morrish (Lee), E.Flegg (SET), R.Yard (NWOC), C.Hunt (NWOC).  
 Front row: D.Cunnane (Cork O), T.Eakin (3ROC), U.Creagh (3ROC), G.James (NWOC), S.Tinto (NWOC), T.Carroll (OAT), G.Gordon (WPO).

The AGM of the Association for Adventure Sports (AFAS) will take place at Tiglin Adventure Centre, Ashford, Co. Wicklow, on Saturday 11 February. The AGM will be at 5.30 pm and will be preceded at 2.30 pm by a conference on "Adventure Sports: Safety, Training and Insurance".

JUNIORS...JUNIORS...JUNIORS...JUNIORS...JUNIORS...JUNIORS...JUNIORS...JUNIORS...

First a quick look back at the Junior International in November. Congratulations to all who took part and a special word of praise for the girls who fared overall much better than the lads as the table below shows. In compiling the table the best 3 scores were added together with 1 point for first, 2 for second etc. thus the lowest score wins.

	W13	W15	W17	Girls	M13	M15	M17	Boys	FINAL SCORE
ENGLAND	6	12	11	29	11	6	6	23	52
SCOTLAND	22	14	19	55	16	18	19	53	108
IRELAND	23	21	14	58	31	27	20	78	136
WALES	-	-	-	-	28	-	36	-	-

Our best performances came from Aileen Morrish, second in W15, Deirdre Ni Cheallanain, third in W17, Una Morrish, fourth in W17 and Steven Linton, fifth in M17.

The next Junior International takes place in the New Forest near Southampton on April 25th/26th. The team will be made up from 4 M17/M19, 4 M15 or under and 2 girls from each age group. There will be 4 relay teams each made up from 2 boys and 1 girl. Most of the teams competing will be from Western Europe.

Now for those of you that may be considering taking groups of children off Orienteering I will conclude the article begun in the last issue.

(4) Behaviour: Unruly behaviour, especially shouting in the forest is to be discouraged at all times. Children should be instructed in the country code and told to leave all gates closed and to be careful when crossing walls and fences. They should learn to appreciate their natural environment and on no account be allowed to litter the place.

(5) Transport: While a school or club minibus is ideal the children can be brought to an event in a number of ways. If enough are going a bus can be hired and it may be worth looking into the possibility of sharing a bus with other groups. Another alternative is to investigate the possibility of organising a number of parents to get together to transport the children. Some event areas are near enough for children to make their own way or are near public buses. Check when hiring a bus that it will stay for the duration of the event in order that clothes and gear can be left on the bus.

(6) Numbers for Courses: Check the numbers that will be competing on each course, if known, and always take a deposit if the cost of hiring a bus is involved. A bus can cost about £3 a head and course fees are 50p to 75p.

ARRIVING AT THE EVENT: Buy the control cards, description sheets and maps in bulk while the children are getting toggled out. Give them their appropriate cards, check they fill them out correctly, check they have all the necessary equipment then send them to get their start times. If there are a large number doing the same course try to stagger them. Beginners can go around in small groups of 2 or 3 if they wish.

FINISH: Make sure everyone hands in their control card at the finish. If there is time it is good to discuss the children's course with them while it is still fresh in their minds. If they are wet get them to change without delay and to have something to eat. Finally check that everyone has returned, tell the organisers so, and enjoy the relaxing journey home.

BROCKAGH, 22 January

This is the next major date in the club calendar. Following last year's very successful event on this map we again expect a very good turnout. Philip Ryan will double up as Club Chairman and Planner, and we have secured the services of Pat Planagan (3ROC) as Controller. In order to continue the high organisational standard of past GEN events the organiser will be calling on all club members to lend a hand. You have been warned! Entry will be on the day. This will be the first Grade 1 event of the year to be run with the new age classes (W21, M&W 40, M&W 45 etc.). At the Secretary's request the Planner will consider an M35B class - in return for a guarantee that the Secretary can find his way to the start.

COMPASS SPORT/IRISH ORIENTEER COMPETITION

The next stage will be against 3ROC. Details have not been finalised at the time of going to press, but members will be notified. Events in the prison service had a major bearing on the outcome of the first stage when we competed against ECO on November 6. A comparable exogenous intervention would be of immense help in ensuring a favourable outcome against 3ROC. Suggestions from members would be very welcome.

CONGRATULATIONS

To Diana Large who was runner-up in the Administration section of the Cospoir/IT Women in Sport Competition. This was a deserved recognition of Diana's contribution to orienteering, and particularly her work as compiler of the ranking list and as a selector. This is the second year that a GEN member has achieved distinction in this competition: last year Maura Thornhill was runner-up in another category.

To Michael Lunt for a very welcome and impressive return to orienteering.

To Eileen Loughman for commitment to competitive orienteering. At considerable personal sacrifice Eileen is going Down Under to spend January in Australia to lay the groundwork for her training for WOC 85.

COACHING

Eileen Loughman will be organising regular sessions from February onwards. Details to follow.

INTERNATIONAL COMPETITIONS

Entry forms for the JK (20-23 April, closing date Jan 31) and the 5 Jours de France (4-8 July, closing date April 30) are available from the Secretary (985282).

COMMITTEE

In order to incite the Editor into making rash commitments we included an abbreviated Committee list in the last Irish Orienteer (see ODDS and ENDS and ODDS...p.21, November '83 issue). The full list is:

Chairman: Philip Ryan (889633)  
 Treasurer: Paget McCormack (884182)  
 Secretary: Don Thornhill (985282)  
 Other members: James Shulmeister  
 Maura Thornhill (985282)  
 Mary Healy (858315)  
 Andrew Bonar Law (822139)  
 Edan Corcoran.

The first leg of the Connacht League 1983/84 was held in Mountbellew forest on Sunday November 6th. Thanks to the fine weather there was a large attendance at this event, organised by host club UCGO. Despite a typing error for one control code the event was most enjoyable. Beginners' courses could, however, have been technically less difficult. Padraic Higgins was winner in the M21A class.

The next event took place at Kylebrack two weeks later. Again a large attendance was evident, with many newcomers from the ever-increasing UCG club. The event was run efficiently by Custume Orienteers, despite the presence again of a control thief who seems to find great amusement in removing controls at the expense of other people's enjoyment. Fortunately the controls removed did not affect League courses. John Ceawley (UCGO) romped home a winner at this event in M21A with ever-improving Paul Monaghan (WEO) in second place. B.Delaney (UCGO/ECO) was winner in M19 and Eddie Niland (AJAX) was first in M35.

On Saturday, December 3rd, Connacht orienteers welcomed back Aonghus OCleirigh to Galway (we can't let Cork O have him!) to give a lecture on orienteering techniques and training. This well-attended lecture, given in the Regional Technical College, was very interesting and beneficial to club members from Western Eagles, UCGO and GRTCO.

The third League event was at Little Killary on Sunday, December 11th. Mary Young of LKAC reports "The weather was, if anything, less kind than last year (if that's possible)". However, some people did brave the wind, rain and sleet. Paul Monaghan (WEO), the M21A winner, proved his read the contours and finished five minutes clear of Padraic Higgins, with M.Kiernan (UCGO) third. Alan Shaw, running non-competitively, was overall winner on the A course but with a kilometre time of just under ten minutes, which should give some idea of the terrain and the weather conditions.

Competitors coming to Killary in 1984 are really in for a treat, as the area being used for the Irish Championships is similar to Little Killary, i.e. with no paths or tracks, and full of intricate contour detail.

To fill the break until the next event in Mountbellew on January 22, Western Eagles have organised a one-day map making course in Galway on Saturday, January 7, and have also arranged club training at Kylebrack on Sunday, January 8th. Eoin Rothery (AJAX) has kindly agreed to conduct the mapping course on Saturday and to make available his orienteering expertise at the training event on Sunday. A lecture for beginners will be given in the RTC on Wednesday night, January 18th, at 8 pm.

In February the last leg of the League takes place in Kylebrack on Sunday 12th, and this is followed by the Connacht Championships the first weekend in March. On Saturday, March 3rd, the Relays will be held in Mountbellew with a mass start at 1 pm, which should give orienteers time to get to the event that morning. Floor space accommodation is available in Mountbellew Community Hall, and Bed and Breakfast from P.Briggs, St. Ann's (Ph. 0905-79239) for those who like a little more comfort. On Sunday morning the event takes place in Aghrane Wood, beside Ballygar town, just ten miles from Mountbellew. Remember, pre-entries must be sent to Anthony Price, 10 Elm Park, Renmore, Galway, by Friday, February 10th.

WESTERN EAGLES NEWS: Connacht and Western Eagles PRO Seamus Cahalan recently received his NCEA Certificate in Civil Engineering, with distinction, at Galway RTC. He also received the Ryan Hanly Award for best student. Seamus also announced recently his engagement to Deirdre Fitzgerald. Congratulations and best wishes to both of them.

Bob (Concorde) Cahalan flew home from Holland for Christmas and entertained his fellow Eagles with tales of his exploits in and out of the woods of Belgium and France.

On a sadder note, we wish Kieran Jordan a full recovery after his unfortunate accident, and hope that he will be out of hospital and back orienteering before very long.

Frank Ryan hopes his own accident will not keep him out of competition for long, but gone forever is his red car, a common marker at O-events.

Eagle Eye.

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#### 1983 LIST OF AWARDS AND HONOURS CONFERRED

**SKYLAB AWARD:** The Skylab Award for his exploits in aviation goes to Frank Ryan of a by-now well known Galway club. Gaze into the evening sky some-time and perhaps you'll be prompted to ask yourself "Is it a bird?...Is it a plane?...No!..it's..it's..it's Frank Ryan!

**PULITZER PRIZE:** The Pulitzer Prize for fiction has been awarded once again to John Wayne for his epic contribution to mapping over the years. Long may this important facet of cartography survive as a viable artform, even if only for the bingo atmosphere it engenders in major competitions. Sadly its existence has lately been threatened by one Richard Flynn...for shame!

**PHOENIX AWARD:** The Phoenix Award for editorial excellence goes to John McCullough for his charismatic leadership in times of journalistic crisis. It's known hereabouts that John runs a tight ship aboard that fashionable periodical, The Irish Orienteer. The Curragh News team salutes you!! (... only slaggin' John.) (Your cheque is in the post - Ed.)

**RAW EGG AWARD:** The Raw Egg Award this year goes to the Russler for his innovative route choice theories. The original Raw Egg theorist was, of course, Alfie Heffernan of Marble City Striders, who maintained that no amount of striding, sprinting or whatever you fancy, would make a whit of difference to your fitness or to "the system" unless you first consumed two raw eggs at daybreak .

**JOHN MCENROE AWARD:** The outright winner of the John McEnroe Award for good behaviour has to be Aonghus O'Leirigh for his respect and gratitude towards selectors and team managers and his consideration for race organisers. May the good work continue.

The above are the Red Needle Awards. The 1983 Red Needle Award nominations list was compiled in close consultation with Eddie Niland and adjudicated by Frank Cunnane who will present the Awards himself early in the New Year (at the Leinster Championships, perhaps?). And remember, Folks, the red needle points North!!

**SILVER BACKSCRATCHER AWARD:** To the Curragh News team for consistently submitting items of a newsworthy and literarily meritorious nature before the copy date.

**YVES ST.LAURENT AWARD:** The Yves St.Laurence award for sartorial excellence and the most elegantly attired orienteer in the country goes jointly to Andrew Bonar Law (GEN) and Worzel Gummidge (SCO).

**IMI AWARD:** The IMI Award for organisational excellence goes to Eastern Command Orienteers for their ability to almost avert disasters at all events.

ODDS and ENDS and ODDS...New IOF age-classes come into being on January 1st. See the notice elsewhere in TIO...Eastern Command Orienteers are to run a "Paddy's Day Relay" event at Fauna, and expect it to become an annual event...CompassSport subscriptions have gone up to IR£6.00 from January 1st. Post the card in this issue...Munster and Ulster are slogging it out over who runs the Interprovincial in March. Surely a good sign...The IOA Mapping Committee is to meet on January 11th, arising from the Development Conference in October...More Night-O from 3ROC in the new year. It can hardly be because of the popularity of the last few events... Only two AFAS orienteering courses are planned for 1984. Whose fault is it?...Ex-editor of LOC Newsletter, the predecessor of TIO, Susanne Cawley, has been seen playing international squash for Luxembourg. Use energy wisely...Nominations for the Mactire Trophy for contributions to orienteering in 1983 close in early February. Contact IOA...JK entry closes on January 31, Connacht Championships on February 11, and Irish Championships on February 27th. Oh for the penny post again...We were to have a review of the new computer simulation for orienteering, but our reviewer is still on his way to the third control...The map for the Irish Champs is reputed to be huge: 40" x 10" has been mentioned. Hope it's not too windy or we could incorporate the Kite Flying Champs too...Applications for the annual invitation to the Swedish 5-Day close on January 31st. Information from IOA...The new Secretary of NIOA is Heather Stewart, 34 Sandhurst Drive, Belfast BT9 5AY, and Chairman is Fred Corcadden, 54 Connell St., Lamavady, Co. Derry...Ski-O has not been selected as a demonstration sport for the 1988 Winter Olympics at Calgary in Canada. It has been decided to include short-track speed skating, freestyle skiing and curling instead. The determining factor was the fact that the US television networks were prepared to pay an extra \$5 million to see these sports...TIO circulation still growing slowly, but sadly a very poor response from the south both in terms of copy and circulation... Entry forms for the Irish Championships are included in this issue...

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#### ECO NEWS

Well, at long last, November 27th saw the unveiling of Fauna, and even on the day every effort was made to keep the map to ourselves. The planner hijacked the controller's car, complete with all the maps for the event. But after much searching of the wood the elusive maps were found. Murph was blamed and courtmartialled, but was found not guilty due to circumstantial evidence.

Apart from this delay at the start I was very satisfied with the event. The turnout for the event was far beyond our expectations. Tom Hodson is still trying to figure out how he was able to hand maps to two people, write their start times in the start list and take the entry fee and put it in his pocket all at the same time. Well done, Tom! My thanks to all who competed, and especially to those who expressed their appreciation to the officials after the event. Good orienteers give help and advice, not criticism. Thanks to those club members who helped at the event, and to "Honorary ECO Member" Eileen Loughman.

Our AGM will take place after the Grade 2 event at Fauna on January 8th. The Club's major task for 1984 will be our joint venture with Setanta for the Two-Day in November, but before that ECO will host the "Paddy's Day Relay" which we hope to make an annual event on March 17th. Details will be issued in January to all club secretaries. There will be prizes, and clubs can rehearse for the Jan Kjellstrom Trophy, with teams of four in the "A" Class.

We wish all orienteers an event-FULL 1984.

Denis Reidy, Chairman, Eastern Command Orienteers.

When will we finally learn to orienteer properly? Christer Nilsson

When will we stop making mistakes in training and competition? In order to orienteer properly we must in fact train better. Those of us who have been active coaches or trainers for a number of years are all agreed that too many mistakes are made both in training and competition. Mistakes occur most often because incorrect running speed is reached for optimum orienteering and thus concentration is not in balance.

Naturally there are many different reasons for someone not having control over this factor at important moments. It is plausible that one would never teach oneself control if one didn't firstly train in the correct manner (ie. similar to competition), with concentration and with a running speed allowing one to orienteer sufficiently. We probably all know that this is hard, for a good training effect demands tremendous alertness.

Good concentration demands that one is really motivated towards the technique training at hand, for with poor motivation one thinks about anything and everything but what should be done...training O-technique. How many of us run and sing, think about school, work, family, friends, etcetera, instead of concentrating on technique? The probable answer is that everyone does this to a greater or lesser extent both in training and competition.

When it comes to competition the main cause of poor motivation (concentration) is that people compete too often. If you compete too often you lose interest and hence lose concentration.

Competition, though, can be good training if you decide to approach it as training. In that case it is important that you decrease running speed and ensure no mistakes occur so that the training effect is maximal. It is of little consequence that other competitors run faster on the day, for they must come out and do it again in important competitions, by which time you will be fully balanced, concentrated and keen.

How does one become motivated? Trying to find reasons for a particular technique session is important. "Do I need to train this particular aspect of technique, and if so, why?" Analyse yourself with help from a coach or another orienteering expert and assess your strong and weak points as an orienteer. Afterwards train all these qualities, but the main part of the training should be to strengthen your weaknesses.

Two sayings which ought to be repeated are: "Through work a weakness can be changed to a strength", and "A chain is as strong as its weakest link" Think about it! In order to have proper control over the different aspects of orienteering technique one ought to carry out technical training according to an overall plan. Subsequently one could train on a miniature competition course with all the problems one meets in competition.

If you are not motivated for a technique session, and are not properly concentrated all the time, it is better just to go running. Thus, if you are not receptive to learning correct techniques you won't run the risk of making errors in training. Technique becomes better little by little through learning and practice. This, unfortunately, also applies to mistakes if they are made often enough. If an incorrect action occurs sufficiently often it registers as a correct action in the mind. Don't repeat mistakes! So stop making errors in training and you'll become a good orienteer in competition-

There follow some suggestions for practical concentration exercises as technique training, put forward by a sports psychology seminar. Formulate and try out your own equivalent training models which suit yourself or your pupils:

- 1 Short courses with control-picking at high speed. Course time 10-15 minutes. 3-5 different courses. After each course, jogging etc.
- 2 Rough line-orienteering with control-picking in detailed areas included
- 3 Training on slopes. Hard running for 3-5 minutes, orienteering for 5-10 minutes afterwards as you choose. Repeat 3-5 times.
- 4 Training competitions with times taken.
- 5 Finishing off a training run with control-picking.
- 6 A running session with technique exercises included.
- 7 Forked controls with a common start.
- 8 Pair orienteering. Who is first to the next control?
- 9 Shadowing, either in front of or behind a better orienteer.

(Article translated from the Swedish orienteering magazine 'Skogsport' by Aonghus OCleirigh, Curragh Orienteers)

#### NEW AGE CLASSES FOR 1984

From January 1st new age-classes for orienteering in Ireland and internationally come into effect. The classes principally affected are W19, M & W35,43,50 and 56. W19 remains as a class, but the open womens class becomes W21, to correspond to M21. The senior classes become M & W35,40,45,50,55 and 60, and will be extended upwards as the need arises.

The years of birth corresponding to the various age classes are listed below:

Year of Birth	Age this year	Age-class for 1984
1924 or earlier	60 or over	M/W 60
1925-1929	55-59	M/W 55
1930-1934	50-54	M/W 50
1935-1939	45-49	M/W 45
1940-1944	40-44	M/W 40
1945-1949	35-39	M/W 35
1950-1963	21-34	M/W 21
1964-1965	19-20	M/W 19
1966-1967	17-18	M/W 17
1968-1969	15-16	M/W 15
1970-1971	13-14	M/W 13
1972-1973	11-12	M/W 11
1974 or later	10 or less	M/W 10

For orienteering purposes, one's age is reckoned at December 31st of the year in question, thus age classes change on January 1st each year. If, for instance, you are 18 now but will be 19 in October, you must run M19 from January 1st this year.

Competitors are allowed to compete in an age-class higher than their correct one (for juniors), or lower than their correct one (for seniors), but may not run in an "easier" class than their correct age-class.

NOTE: The exception to the above age-class listing is the Irish Orienteer Trophy/CompassSport Cup competition for which runners will run on the same courses throughout the competition, as if they had not changed class at all.

# setanta orienteers

## COMPASS SPORT CUP

We organised a bus to travel to Tollymore on November 27th last, with 30 members on board, to take part in the Compass Sport/Irish Orienteer Challenge Cup. Our challengers were North West Orienteering Club, who also had to travel a long distance to the event, from Limavady. Congratulations to NWOC who won by 55 points to our 29 points! We wish them the best of luck in the next round of the competition.

Many thanks to Bill Simpson (Planner) and Alan Gartside (Controller) for putting on the event for us all. (Lagan Valley Orienteers)

Well Done!... Eleanor Flegg... for your excellent win on the D course (2.4km) in 20.15 minutes. (W15).

## ANNUAL GENERAL MEETING

Our AGM was held on 14th December, 1983, at the Rathgar Hall. The following officers were elected to the Committee:-

Chairman - Paddy Walsh, 123 Wainsfort Road, Terenure, Dublin 6. 903998  
Secretary - Catherine Murtagh, 111 Haddington Road, Dublin 4. 682951  
Treasurer - Fionnuala Murphy, 34 Kincora Avenue, Clontarf, Dublin 3. 337652  
Development Officer - Bobby Buckley, 1 Wesley Road, Rathgar, Dublin 6. 970379  
Committee Members (6) -  
Richard Flynn, 9 Broadford Walk, Ballinteer, Dublin 16. (Equipment Officer)  
Frank Flood, 2 Dromlea Crescent, Beaumont, Co. Dublin.  
Paul Smyth, 28 Rockfield Avenue, Dublin 12.  
John Kehog, 143 Templeogue Road, Dublin 6.  
Richard Poff, 110 Castle Avenue, Clontarf, Dublin 3.  
Brian Power, 69 Idrone Drive, Knocklyon, Dublin 16.

## TRAINING SESSIONS

The monthly training sessions continue at 7.30 p.m. at the Rathgar Hall on the first Wednesday of each month. It is probable that this will be changed to a fortnightly, or weekly training session in the near future. Details will be circulated to members.

## CRONYBYRNE EVENT

Many thanks to all the competitors who attended this event on 11th December and to AJAX OC for allowing us to use their map. As usual, the majority of pre-entries arrived long after the closing date, some calls even coming in as we were pre-marking the maps! We would like to express our thanks and gratitude to Paget McCormack of GEN who Controlled the event for us. Well done!... to Colin Dunlop who planned the tough and challenging courses and also to the Organiser John Kehoe for the smooth running of the event.



## AJAX ORIENTEERING AND HILL RUNNING

AJAX.....29 3ROC.....55

Well, we lost but the result does not do our gang of 22 justice. We had the 3Roc hordes worried there for a while but when Willie McAuliffe arrived at a misplaced control and Orla Cooke had a code problem at no 1 our chances were dashed - had our men come 1-2-3 and our women 1-2-3 (neither were far off) that would have been a draw and then we would only have had to have taken 1 point off either their myriad m17s or crowds on the D course and we were in. Thanks must go to our beleagred scorers on the B course - Catherine Lyons, Rosaleen Rice and Ann Masterson and congratulations to our young women who did so well - Aisling Dillon, Aine Rice and Michelle Larkin - their first big event.

So to next year let's concentrate on finding new members - especially m15 and m17. A little improvement, with our usual relaxed attitude to competition and you never know what might happen. And lets have no recrimination - we appreciate our Athletic Club members who scored for 3roc - Peter Kerman, Darragh Stokes, Brendan O'Connor, Martin Malone and Una Creagh - well done and hope you make it to the final.

Our AGM was held in early November and the new committee is as follows:- Patrick O'Brien (to be referred to as "sir" from now on) took over as Chairman; Deirdre NiCallansain is the secretary; Ann Masterson - treasurer; Eoin Rothery, our Champ, is our new mapping co-ordinator. The committee members are Jean Polan, Willy McAuliffe and Rapid Robin Bryson. Your membership subs are now due and should be sent to Deirdre at 17 Clonkeen Drive, Foxrook, Dublin 18 along with your membership renewal form.

December saw two noteworthy events taking place. The first was Dec 4th, an event on the new map of Killiney Hill Park where there was a great turn out. The proximity of the area attracted many who were new to the sport and who we hope to see out again. The second event was the AJAX christmas party on Dec 16th which was hosted by our social secretary Catherine....further particulars will be released with the scandal packed Ramitin, due to be distributed to all Ajaxians shortly.

Finally congratulations to the Champ - Eoin - on his easy win at the Leinster 2 Day and to Deirdre for being the first Irish girl and for coming 3rd in the Junior Home International.

STOP PRESS \*\*\*\*\* Catherine (miss) has returned safely from England with a stack of Orienteering gear which will be on sale at events...real O suits, bramble bashers and gaiters. Look out for the Ultrasport sign.



CONNACHT CHAMPIONSHIPS 1984

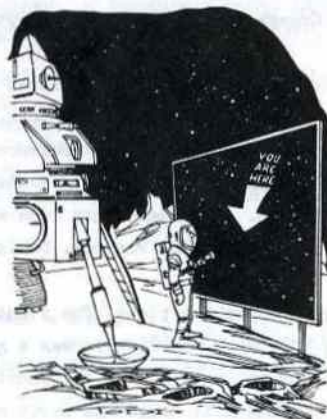
In accordance with the Connacht Draught Development Plan which envisages one new map appearing each year, strategically located in the region, this year's Individual competition will be held in Aghrane Wood, Ballygar, close to the population centres of Roscommon and Athlone.

Day 1 will see a repeat of last year (1st Ed.) with the relays in Mountbellew on the afternoon of Saturday, 3rd March, and to complete the warm-up this will be followed by the IOA Annual General Meeting in the Community Hall, Mountbellew, which is also the event centre.

Then, after the crack in Barretts' Singing Lounge, it's into the cars and east to Ballygar. The event itself should be unique in that the start is almost in the middle of a town while the finish is at a G.A.A. pitch which divides the forest, and where changing and toilet facilities will be available.

From town to pitch the terrain is virtually flat and mature with an extensive network of paths and linear features combined with many smooth running parks and large clearings. Courses will be deliberately long to offset the predominant flatness. Surveyed and drawn by Frank Ryan and Padraic Higgins, the map offers variety of terrain and route choice and should be both physically and mentally taxing, so we hope to see you there.

Padraic Higgins, Western Eagles OC.



MACHINE DESIGN

ORIENTEERING FIXTURES 1984

JANUARY

- 7 NEWTOWNARDS, Co.Down. LVO street event. Start 11.00-12.00. Helen Feherty, 11 Raceview Tce., Newtownards. GR J 49 74
- 8 FAUNA, Donard, Co.Wicklow. ECO grade 2 event. 1:15000 map, produced Nov.'83. GR S 94 95
- 8 SEEFIN, Kilavullen, Co.Cork. Lee Orienteers Grade 2 event. Munster League. Contact 021-43166. GR W 67 96
- 14 GARVACH, Co.Derry. NWOC Norwegian Master Map event. Start 10.00-12.00. David Blair, Limavady 4902. GR C 83 15
- 15 \* CLARA, Laragh, Co.Wicklow. Leinster Schools event. Contact 953442. 1:8000 map. GR T 16 93. Grade 2 open event.
- 15 \* BALLYANNON, Midleton, Co.Cork. Cork Orienteers Grade 3 event. Contact 021-46194. GR W 87 72
- 22 MOUNTBELLEW, Co.Galway. Custume Orienteers Grade 2 event. 1:15000 map, flat forest. GR M 66 46
- 22 \* BROCKKAGH, Laragh, Co.Wicklow. GEN Grade 1 event. Entry on day. 1:15000 map, produced for '83 Leinster Championships. Second event on area. GR T 13 97. Contact 01-691313.
- 22 \* DONERAILE Forest Park, Co.Cork. Cork O Grade 2 event. GR R 16 07. Contact 021-46194.
- 28 \* MASSEY'S ESTATE, Co.Dublin. 3ROC Night event. Start 6.30-7.30pm. Contact 01-974994. GR O 12 22.
- 28 LEARMOUNT, Co.Derry. NWOC Score event. Start 10.00-12.00. David Blair, Phone Limavady 4902. GR C 58 02.
- 29 \* CURRABINNY, Co.Cork. Near Ringaskiddy. Cork O grade 3 event. Contact 021-46194. GR W 79 62.
- 29 \* CLOGHLEAGH, Kilbride, Co.Wicklow. AJAX Grade 2 event. Contact 01-905059. GR O 05 16
- 31 CLOSING DATE FOR ENTRY TO JAN KJELLSTROM TROPHY, North Wales, at Easter. Entry forms available from Club Secretaries.

FEBRUARY

- 4 CLANDEBOYE, Co.Down. LVO club event. Start 10.00-12.00. GR J 48 77.
- 5 \* BALLINDERRY, Rathdrum, Co.Wicklow. UCDO grade 2 event, not grade 1 as previously advertised. Revised 1:10000 scale map. GR T 15 91. Contact 908648.
- 5 \* DEERPARK WOOD, Castlemartyr, Co.Cork. Cork O grade 3 event. GR W 97 77. Contact 021-46194.
- 11 \* PHOENIX PARK, Dublin. 3ROC Night event. Start at Furry Glen, 6.30-7.30 pm. GR O 09 34. Contact 01-974994.
- 12 \* CRONYBYRNE, Rathdrum, Co.Wicklow.LSOA open grade 2 event. GR T 19 92. Contact 01-953442. 1:15000 scale map, used twice before. This event will feature the Irish Orienteer Trophy/CompassSport Cup semi-final between GEN and 3ROC. The winners will meet NWOC or LeeO in the Irish final.
- 12 \* GLENSHELANE WOOD, Cappoquin, Co.Waterford. Cork O grade 2 event. GR S 11 11. Contact 021-46194.
- 12 \* KYLEBRACK, Loughrea, Co.Galway. UCGO grade 2 event. 1:15000 map produced for '83 Connacht Championships. GR M 68 10.
- 18 CONTROLLERS' SEMINAR, Munster. Details from Alan Shaw, 41 College Park, Corbally, Limerick.
- 19 \* PINE FOREST, Co.Dublin. 3ROC grade 3 event. Revised map Winter '83. GR O 13 22. Contact 01-904177.
- 19 FOYNES, Co.Limerick. Plassey Orienteers grade 2 event. Munster League. Mapped for PLO Relays in October '83. GR R 25 51.

FEBRUARY

- 25-26 COACHING COURSE, IOA organised. Dublin. See notice elsewhere in this issue.  
 25 NIOA SCORE CHAMPIONSHIPS, Castle Archdale, Co.Fermanagh. Excellent area, previously used for NIOA Championships. T.Finlay, Florencecourt 470. GR H 17 58. Start 11.00-1.00 pm. Scenic location, caravan site, etc.  
 25 \* CARRICKGOLLIGAN, Co.Dublin. 3ROC Night event. Start 6.30-7.30 pm. GR O 22 20. Contact 01-974994. Forest and rough open, and the longest chimney in Ireland.  
 26 \* CASTLEMARTYR, Co.Cork. Cork O grade 2 event. Contact 021-46194. GR W 96 72. Not to be confused with Deerpark Wood nearby.  
 26 \* MOORE PARK, Monasterevan, Co.Kildare. Curragh Orienteers grade 3 event. GR N 64 09. Contact 045-21616.

MARCH

- 3 \* CONNACHT RELAY CHAMPIONSHIPS, Mountbellew, Co.Galway. Western Eagles OC. GR M 66 46. Pre-entry by February 11th.  
 3 IRISH ORIENTEERING ASSOCIATION Annual General Meeting, Community Hall, Mountbellew, Co.Galway.  
 4 \* CONNACHT INDIVIDUAL CHAMPIONSHIPS, Ballygar, Co.Galway. GR M 79 53 WEO. Pre-entry by February 11th.  
 4 \* CARRICKGOLLOGAN, Co.Dublin. Near Kiltiernan. Oatlands Grade 2 open event. GR O 22 20. Contact 01-953442.  
 4 GLENBOWER, Co.Cork. Middleton CBS grade 3 event. GR X 00 76.  
 11 \* KILLINEY HILL. Co.Dublin, AJAX grade 2 event. GR O 26 25. Scenic location over Killiney Bay. Contact 01-905059.  
 11 ROSTELLAN, Middleton, Co.Cork. Lee0 grade 3 event. GR W 88 67. Contact 021-43166.  
 14 WATERFORD CITY Street event. Start at Reginald's Tower at 6.30 pm. Waterpark Orienteers grade 3 event.  
 17 FAUNA, Donard, Co.Wicklow. ECO St. Patrick's Day Relay. GR S 94 95.  
 17 \* THREE ROCK NIGHT CHAMPIONSHIPS, Curragh, Co.Kildare. Start 6.30-7.30 pm. GR N 78 12. Contact 01-974994.  
 17 MOYDAMLAGHT, Co.Derry. NWOC Ranking event. GR H 74 99. Start 11.00-1.00pm. Contact David Blair, Limavady 4902. Area used for Irish Champs 1979.  
 18 \* CARRICKGOLLOGAN, Co.Dublin. GEN grade 2 event. GR O 22 20. Contact 01-691313.  
 18 \* GLENGARRA, Co.Tipperary. Cork O grade 1 event. Includes Intervarsity Match. First used for '83 Munster Championships. Excellent area, on southern slopes of Galtee Mountains. GR R 92 22. Contact 021-46194.  
 25 \* LEINSTER CHAMPIONSHIPS, Stranahely, Co.Wicklow. Curragh Orienteers. GR S 99 95. Contact 045-21616. Pre-entry will no doubt be required.  
 25 \* MARLOG, Cogh, Co.Cork. Cork O grade 3 event. GR W 85 67. Contact 021-46194.

APRIL

- 1 \* LSOA CHAMPIONSHIPS, Co.Wicklow. Muckross Park Orienteers.  
 1 CASTLEBLAGH, Ballyhooly, Co.Cork. Lee0 grade 2 event, Munster League. GR W 71 98. Contact 021-43166.  
 7 \* IRISH INDIVIDUAL CHAMPIONSHIPS, Little Killary, Co.Galway. Reputedly a superb area of intricate open mountainside. Entries close February 27th.  
 8 \* IRISH RELAY CHAMPIONSHIPS, Little Killary, Co.Galway. Organised by Little Killary Adventure Centre. GR M 80 62. Entries close February 27th.  
 15 \* THREE ROCK MOUNTAIN, Co.Dublin. 3ROC grade 1 event.Very physical area of rough mountainside and forest. GR O 17 23. Revised map. Contact 01-981556.  
 15 SCARTNAMUCK, Co.Cork. Lee0 grade 3 event. GR W 47 60. Contact 021-43166.  
 20-23 JAN KJELLSTROM TROPHY, North Wales. Britain's premier O-event. Training event, two day individual, relay. Event Centre Bangor area. Entries close 31.1.'84.  
 23 \* GLENABO, Fermoy, Co.Cork. Cork O grade 2 event. Contact 021-46194.  
 27-29 JUNIOR HOME INTERNATIONAL, New Forest, Hampshire, England.  
 29 \* GARRETSTOWN WOOD, Kinsale, Co.Cork. GR W 58 44. Cork O grade 1. Contact 021-46194.



THREE ROCK ORIENTEERING CLUB

Congratulations to Tracey Eakin, Maire Convery, Una Creagh, Darragh Stokes, Fergal Malone, Diarmuid McAuliffe, Leo Donovan, Mark Crowe, Martin Malone, John McCullough, Peter Kernan and Justin May on winning the CompassSport Cup/Irish Orienteer Trophy match against AJAX. We hope to see you all out against GEN on February 12th at Cronybyrne.

The 9th AGM of 3ROC will take place on Thursday, January 26th, at Wesley College, Ballinteer Road, Dublin 16, at 7.45 pm. The meeting will be followed by a photographic review of 1983, and by refreshment at the Coach House, Ballinteer Avenue. All members are urged to attend. The more people there are, the less likely you are to wind up on the committee.

A happy new O-year to all our members, and welcome to all the new people who have signed up lately: come and meet us at Revels pub in Rathfarnham village on the last Thursday of the month, around 9 pm...except January 26th, because of the AGM. Our new members, incidentally, include IOA Secretary and WOC team member Julie Martindale, late of Tipperary Orienteers.

A particular word of thanks is due to all those who helped run events during the year, those who undertook surveying or map drawing duties, or who did any of the unsung, behind-the-scenes things that make the club run smoothly.

While on the subject of running smoothly, our weekly training runs resume after the Christmas recess on Wednesday, January 11th at Oatlands College, Stillorgan, at 6.30pm. All standards of fitness are catered for, and showers are available afterwards. The girls at these sessions will soon outnumber the men!

Following the season of night events in real live forests before Christmas, we have decided to run some more in the next few weeks. The dates and places are on the Fixture List in the centre pages. Why not try it? There are four courses available: long/short and hard/easy, so there will be something there to suit you. But bring a torch!

The club training weekend in Wexford in November was a great success, although the weather left a lot to be desired. The sunny south-east, how are you. Training in Curraclloe is beneficial and enjoyable whatever the weather, and I am sure that the natives learned something from our efforts too. Peter Kernan certainly seemed to benefit: he won his first Grade 1 event the next day at Fauna. Justin, watch your back!

Event entries which are being handled by the club are:  
 JK Trophy at Easter. Names and fees to John McCullough by January 22nd.  
 Connacht Championships, March 3/4: " " " " February 5th.  
 Irish Championships, April 7/8: " " " " February 20th.  
 St. Patrick's Day Relay, March 17th: " " " " March 1st.

It is vital that anybody wishing to run on a relay team enters through the club. The address for all these events is: John McCullough, 34 Dun Emer Drive, Sandyford Road, Dublin 14 (Ph. 981556).

Note: The only event for which we are handling accommodation is the Irish Championships.

Accommodation for the Irish Championships has been reserved for club members near the events. A number of cottages have been rented together, and accommodation can be booked by sending a £5.00 deposit for each person to John McCullough, preferably with your event entry. Allocation will be on a first come, first served basis, so don't delay.

The mapping programme is still chugging along nicely: certain areas in Dublin and Wicklow are nearing completion, and drawing has commenced. One map is going to print in mid-January, and photogrammetry for another area is in preparation. We are always on the lookout for new mapping talent, so contact Barry Dalby, Mapping Coordinator, at 974994, if you are interested. And remember, the fuller the car, the more the subsidy!

Events coming up are Pine Forest on Feb. 19th, and the night events. Help is always needed. If you don't feel like competing, then come and help. Or even if you do!

THREE ROCK OC RANKING LIST Number 3. January 1984.

M13 8 scores.			M35 9 scores		
1 C.Stokes	56	(67)	1 P.Flanagan	82	(75)
2 J.Casey	22	(28)	2 T.McGrath	78	(77)
N.Carroll	74/6	(80)	3 L.Roe	64	(67)
			B.McGrath	66/4	-
			N.Carroll	62/2	"
			D.Kennedy	55/2	"
M15 9 scores.			M43 9 scores		
1 F.Barry	99	(98)	1 C.Tyner	79	(85)
2 D.Stokes	91	(81)	2 L.Convery	40	(55)
3 A.Tyner	83	(79)	M50 8 scores		
4 F.Malone	79	(79)	1 S.Rothery	85	(100/2)
5 C.Walsh	57	(53)	2 J.Creagh	65	(59)
6 B.Rowe	54	(66)	3 C.Carroll	44	(16)
7 D.McAuliffe	51	(47)	4 G.May	30	(47)
8 C.Carroll	45	(41)	D.Rowe	44/2	"
9 R.Hunt	30/2	30/2	M56 9 scores		
M17 9 scores.			1 J.Lynam	98	(98)
1 M.Malone	99	(99)	2 D.Rowe	90	(65)
2 B.O'Connor	82	(76)	W10 4 scores		
3 P.Walsh	78	(81)	1 K.Convery	100	(100)
4 F.Malone	67	(64)	W11 6 scores		
5 A.Balmaine	59	(64)	1 K.Convery	84	(100)
6 M.Crowe	58	(76)	2 C.Malone	74	(94)
7 L.Donovan	57	(60)	S.Convery	94/2	"
A.May	88/4	-	W13 9 scores		
D.Stokes	88/2	(88/2)	1 U.Creagh	100	(100)
A.Tyner	73/2	(73/2)	2 T.Eakin	75	(46)
M19 4 scores.			3 H.Creagh	57	(39)
1 O.Creagh	100	(100)	C.Ruttledge	77/2	-
2 G.Parker	61	(45)	A.Convery	12/2	-
D.Carroll	54/2	(54/2)	W15 9 scores		
M21A 9 scores			1 M.Convery	92	(92)
1 J.May	100	(100)	W17 6 scores		
2 P.Kernan	90	(90/6)	1 S.Clarke	89	-
3 J.McCullough	81	(82)	W19A 8 scores		
4 B.Dalby	53	(55)	1 P.Murphy	70	(79)
5 R.Cleary	52	(57)	2 M.Walsh	53	(61/5)
6 D.O'Beirne	42	(58)	3 B.Flanagan	50	(50/2)
7 M.McAuliffe	33	(33)	A.Sloane	49/7	(49)
8 I.McNeill	22	(22)	M.Nowlan	54/6	-
L.Roe	64/2	-	A.Hallows	31/4	-
O.Creagh	58/2	(58/2)	U.Creagh	89/2	"
P.McManus	16/2	-	S.Cawley	73/2	"
M21B 9 scores			R.Sloane	40/2	"
1 B.Phelan	98	(98)	C.Lynam	16/2	-
G.Smith	98	(96)	After each score, the number		
3 D.Larkin	91	(93)	in brackets is the score from		
P.McManus	50/8	(50)	last November. If someone		
M.McAuliffe	94/4	"	has not completed enough		
I.McNeill	77/4	"	events, his score is shown		
P.Flanagan	91/2	"	as a number divided by the		
B.McGrath	50/2	"	number of events attended		
J.O'Donnell	49/2	"	e.g. U.Creagh 89/2 in W19A.		
B.Farley	39/2	"			

W35 8 scores		
1 B.Flanagan	98	(100)
2 T.Cleary	75	(61)

W43 9 scores		
1 N.Creagh	100	(100)
2 H.Convery	75	(94)
P.May	51/6	(68/2)

W50 4 scores		
1 V.Rowe	90	(83)
2 J.Mullen	34	(67)
3 N.Lynam	12	-

W56 2 scores		
1 N.Lynam	67	(67)

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NOTE: " means no change since last time.

EVENTS USED WERE:

Kylebrack	March
Brockagh	March
Ballyhourigan	April
Stradbally	May
Carrickgollogan	May
Kilcooley	May
Gortnamoyagh	September
Glengarra	October
Glencree	November
(both days)	
Fauna	November

The results of the Setanta event at Cronybyrne in December are not yet available, but will be included in the final 1983 ranking available at the AGM on January 26th.

Any queries on the ranking list should be addressed to Pat Flanagan, 38 The Glen, Woodpark, Ballinteer, Dublin 18.

After each score, the number in brackets is the score from last November. If someone has not completed enough events, his score is shown as a number divided by the number of events attended e.g. U.Creagh 89/2 in W19A.

As this is the off-season for some of us less hardy mortals (self-imposed or otherwise) let us digress from the familiar hustle and bustle of weekend orienteering and reflect a little on some of the people who make the sport what it is... (for better or for worse).

The John Wayne Profile.

Paddy Joe Healy is the veritable man of all seasons. Who in the sport today has not heard of "orienteering's Mr. Nice Guy"? But orienteering itself is the recipient of only a fraction of this dude's talent. In 1972 he was a close runner-up in the National Decathlon. Since then he's been frequent All-Army Champion at the hammer and the pole vault, the triple-jump and the mixed wheelbarrow race. He's also widely renowned as a boner setter, armwrestler, folklore historian and, more recently, a limbo dancer. In orienteering, Pat has been runner-up in numerous elusive championships. Probably the main reason he has won no major O-title is that he has either organised the event or he has drawn the map! Indeed, his contribution to sport in general, and orienteering in particular, is second to none. PJ has, for instance, done for mapping what Eileen Loughman has done for O-suits. He has produced more maps in Ireland than anyone else - even Sean Cotter!! What we are talking about here is a one-man mapping service with operational capacity of six maps per annum (that was, of course, until he got married). Now that Pat's a family man there's only time for five maps in the year! Pat organises the Community Games in Mosney, trains numerous local football teams, and runs the Suncroft Field Sports more often than you've seen the proverbial hot dinner.

His theories on training and coaching can be quite unconventional, to say the least, and are consequently the subject of much erudite discourse and deliberation. Indeed, most of the "greats" have passed through the guru's hands at one time or another. For instance, it's reputed that he took the youthful Murph under his wing and "rared" him on sets of 20 x 400 and pints of "nourishment", to produce the fine athlete we've all come to admire.

PJ is also an authority on car maintenance, beet harvesting, baby care and building construction. Only a while ago he was "Building the house, getting the job done, drawing the map, getting married and trying to put in 120 miles a week", an action-packed schedule by any superman's standard.

He has travelled abroad with the military team every year since 1976. Brazil made it C.I.S.M. trip number 8. He has also been indispensable to the national team over the same period. So, together with Wally Young, Pat is the most capped man in the sport.

The same guy has always yearned to move on to management and "show them all how to get it right" He is at present, along with Harry Quirke and Tom Hodson, masterminding C.I.S.M. '87 which takes place in Ireland. And what, then, of the immediate future? Who can tell, but 1984 could well be his year, because both himself and the Murph are certainly looking forward to the technically demanding Connemara terrain, the venue for this year's Irish Championships. With his "Swedish experience" the Murph probably has the edge, but with the other cowboy just about anything is possible.

Curragh News has the pleasure of presenting the 1983 "Red Needle" Awards for outstanding individual contributions to orienteering. These are listed with the other awards and honours on a separate page.

.....A SYSTEMATIC APPROACH TO MAPPING.....

Maps are fundamental to orienteering and a systematic approach to mapping is required. The alternative is sporadic phases of inefficient mapping in which the club does not reach its potential in either the number or quality of the maps which it produces. The following are guidelines for present and future mapping activities. Many of these suggestions have and are being used but generally critical steps are omitted.

.....MAPPERS - DEFINITION OF FUNCTIONS AND AREAS OF RESPONSIBILITY.....

.....MAPPING CO-ORDINATOR.....

A committee member with special responsibility for the production of maps.

FUNCTION - to overview mapping in the club : to take suggestions for new areas, investigate and register areas with IOA mapping register : with the aid of map organisers to schedule the mapping of areas : periodically check that work is not being 'put on the long finger' : attempt to plan the printing of maps so as to minimise the cost i.e. balance final size of maps (area, scale) against plate size : report to committee on matters mapping : encourage new mappers.

MAP ORGANISER

A mapper with ultimate responsibility for the production of a given map:- on time, for its accuracy and content.

FUNCTION - to discuss the limits of the map, scale, accuracy and time with the mapping co-ordinator and others : to arrange for a base map : organise a mapping team and any equipment necessary : allocate sections with advice on what standards to apply : co-ordinate transport if area is distant and arrange for remuneration : monitor that mappers chosen are able to put in time : organise introduction of new mappers in area : generally see that map is produced to required standards : liaise with forester and landowners.

DRAWER

Ideally is also the map organiser since a detailed knowledge of the area is useful when choosing the best representation on paper. The drawer should at least have mapped a section of the area.

FUNCTION - to compile a draft map : to discuss each individual section with the mapper concerned : to satisfy himself as to scale and the direction of magnetic north : to draw the final separations to IOF specification and to format the map to club map spec. : to ensure good register between separations : partially responsible for the clarity of the final map - the cartographic clarity - use of correct pens and symbols - map organiser is responsible for the level of detail which also affects clarity : to label all separations and masks clearly : to monitor the work of the photographer and printer and query any mistakes.

MAPPER

Does the donkey work.

FUNCTION - to map a section of the area as requested by the map organiser : make effort to finish on time : to represent features in the same manner as his fellow mappers : to produce clear unambiguous output.

.....PROCEDURE TO FOLLOW IN O-MAP PRODUCTION.....

1. Rough investigation of area. Is it suitable? : does another club have it registered?
2. Get permission from forester and landowners.
3. Register area with IOA mapping register.
4. Detailed investigation of area : sketch in vegetation on a rough base map : assess vegetation, level of detail and road network : this should serve 3 purposes (a) get a general knowledge of area (b) grade area and assess whether it should be reserved for a major event (c) assess who should be involved in mapping an area : decide on extent of map and scale.

First four stages to be done by person who suggested area and/or mapping co-ordinator and any other help.

5. Decide on map organiser and drawer. Subsequently map organiser takes over.

6. Procure base map - 0.5. 6 inch sheets (IOA can purchase) or arrange for photogrammetry : dig up best photographs (Aubrey Flegg may help) : consider Dave Laverty (Quill Surveys, Trim), Harvey Map Services or other sources e.g. colleges.
7. Decide on members of mapping team : Generally numbers are best kept small (a) better consistency and (b) more likely to be done on time.
8. Partition area into mappable sections : two approaches (a) partition into x large areas, x = no of mappers (b) partition into x+1 smaller areas which 'can be done in a day' : First approach is better (a) more consistency in a given part of the map (b) less effort will be spent on mapping one large area over a period than a number of scattered small ones.
9. Hold a meeting for mappers involved : give mappers a choice of section : issue guidelines for mapping standards and finishing dates : organise drawing materials and any equipment.
10. Monitor mappers to help with any problems and check that mapping is being done. Transfer sections if necessary.
11. Draw a draft map - a fair copy of all finished survey sections : put black, brown and blue on one sheet and vegetation on another sheet if necessary : use the IOF symbols and pen sizes : work on layout i.e. lettering, legend, surrounds re club map specification : the final size of the map should be already known.
12. Show draft map to all mappers concerned so they can check the drawers interpretation of their survey work.
13. Draw separations and masks : label clearly all sheets with instructions/colours/reduction dimensions. Double check.
14. Visit or speak to photographer and printer : discuss what is required and cost : emphasise accuracy required of plate register and the correct inks : check the final printed map for register, sharpness and colour.
15. GOOD LUCK! and don't worry if this sounds like a lot of work. It isn't worth it!

.....Barry Dalby / 3R00

COMPASS SPORT CUP / IRISH ORIENTEER TROPHY :

3ROC BITE LUMPS OUT OF AJAX.

AJAX Chairman Paddy O'Brien had only to look at the 'E' Course results to see that cycling up to the Pine Forest in top gear wasn't the end of his troubles, for 3ROC's Tracey Eakin had already torn around the course leaving not only Dan Kennedy, but all the AJAX competitors, floundering about.

To add insult to injury, only twenty seconds down were two more 3ROC members: Maire Convery and Una Creagh dead-heating for second place.

The 'D' Course was where AJAX hoped to make some impact, by using the option of running W19's in the 'D' as opposed to the 'B'. Sure enough, there was AJAX's Deirdre ni Challanain in second place, only six seconds down on 3ROC's Darragh Stokes, but where were AJAX's Orla Cooke and Tara Horan? It seems that 3ROC's M15's Fergal Malone and Diarmuid McAuliffe were too much for Tara and stole away third and fourth places, while trigger-happy Orla got the wrong shaped holes in her card.

If the 'D' Course was a bit of a disappointment to AJAX, the 'B' Course was Armageddon. 3ROC's fearsome M17 missile team burnt their way around the forest leaving AJAX's Ann Masterson thinking she'd selected reverse gear. Smoke gets in your eyes, Ann!

The 'A' Course saw Justin May out in his familiar role of kicking ass, leading 3ROC to a win in that class.

Scratching for explanations for the defeat, Paddy O'Brien is claiming that there has been a systematic campaign of intimidation of his members, by 3ROC gangs going around in their red and black gear. In reply, 3ROC Chairman John McCullough says he thinks this intimidation idea is a great one. Behind the scenes, reports are coming in of AJAX's attempts to buy over 3ROC training supremo Pat "Killer" McManus. Pat has reportedly been offered his choice of W19's and free meals prepared by Eoin Rothery.

Peter Kernan.

IRISH ORIENTEER TROPHY/CompassSport Cup : Pine Forest, Co.Dublin, November 29 1983.

Placings refer only to 3ROC or AJAX runners.

<b>A Course</b>		<b>D Course</b>	
1 J.May	57.55 3ROC	1 D.Stokes	36.56 3ROC
2 E.Rothery	60.46 AJAX	2 D.niChallanain	37.02 AJAX
3 P.Kernan	61.36 3ROC	3 F.Malone	38.02 3ROC
4 R.Bryson	68.00 AJAX	4 D.McAuliffe	40.25 3ROC
5 J.McCullough	68.12 3ROC	7 T.Horan	43.26 AJAX
7 P.O'Brien	72.16 AJAX	18 J.Folan	58.03 AJAX
3ROC 6+4+2=12		3ROC 6+4+3=13	
AJAX 5+3+1=9		AJAX 5+2+1=8	
<b>B Course</b>		<b>E Course</b>	
1 L.Donovan	78.05 3ROC	1 T.Eakin	33.40 3ROC
2 M.Crowe	80.02 3ROC	2 M.Convery	34.00 3ROC
3 M.Malone	86.05 3ROC	U.Creagh	34.00 3ROC
6 C.Lyons	107.25 AJAX	7 A.Dillon	47.00 AJAX
7 A.Masterson	113.40 AJAX	12 A.Rice	59.55 AJAX
8 R.Rice	150.45 AJAX	14 B.Keane	60.12 AJAX
3ROC 6+5+4=15		3ROC 6+5+4=15	
AJAX 3+2+1=6		AJAX 3+2+1=6	

Overall result: 3ROC 55  
AJAX 29.

RESULTS of IRISH ORIENTEER TROPHY / CompassSport CUP COMPETITION 6 November 1983  
between Lee Orienteers and Thomond Orienteers at Aherlow Forest, Co. Tipperary.

<b>A Course.</b>		<b>C Course</b>	
1 J.Riordan	Lee 65.34	1 T.Meagher	Lee 57.52
3 A.Shaw	ThO 72.01	5 Urs.Morrish	Lee 82.30
4 C.O'Halloran	Lee 73.52	6 F.McGoldrick	ThO 82.51
5 S.Morrish	Lee 76.28	7 A.OhUigin	Lee 85.03
6 D.Dunne	ThO 78.33	8 T.Hayes	ThO 87.12
15 G.Dunne	ThO 95.06	10 H.O'Donnell	ThO 93.34
Lee 6+4+3=13		Lee 6+5+3=14	
ThO 5+2+1=8		ThO 4+2+1=7	
<b>B Course.</b>		<b>D Course</b>	
6 N.Morrish	Lee 101.31	1 A.Morrish	Lee 51.02
9 C.Nuttall	Lee 105.10	3 N.Higgins	Lee 86.44
15 M.Collison	ThO 115.09	13 P.O'Reilly	Lee 138.08
17 J.Riordan	Lee 116.12		
31 A.Dunne	ThO 190.23	No Thomond runners.	
34 J.Hickey	ThO 200.00		
Lee 6+5+3=14		Lee 6+5+4=15	
ThO 4+2+1=9		ThO 0	
Overall score: Lee Orienteers 56			
Thomond Orienteers 22.			

RESULTS of IRISH ORIENTEER TROPHY/CompassSport Cup match between SET and NWOC on November 26th 1983 at Tollymore Forest, Co. Down.

<b>A Course 8.0km/330m</b>		<b>C Course 4.1km/110m</b>	
2 R.Kidd	NWOC 70.52	1 J.Logue	NWOC 34.53
3 D.Blair	NWOC 72.34	2 M.James	NWOC 37.25
4 A.McGonigle	NWOC 82.40	3 D.Simpson	NWOC 37.31
5 R.Poff	SET 86.06	9 P.Walsh	SET 50.27
8 P.Smyth	SET 90.50	11 J.Flegg	SET 60.22
10 B.Power	SET 93.30	13 R.Flynn	SET 60.56
NWOC 6+5+4=15		NWOC 6+5+4=15	
SET 3+2+1=6		SET 3+2+1=6	
<b>B Course 5.9km/200m</b>		<b>D Course 2.4km/60m</b>	
1 S.Linton	NWOC 50.46	1 E.Flegg	SET 20.15
2 A.Flegg	SET 54.53	2 J.McCallion	NWOC 21.05
3 M.Bennett	NWOC 57.08	3 G.James	NWOC 25.35
4 A.Tinto	NWOC 61.17	4 P.Chilton	NWOC 26.31
5 C.Murtagh	SET 68.23	20 C.McConnell	SET 52.25
9 C.Dunlop	SET 82.22	22 S.McInerney	SET 65.51
NWOC 6+4+3=13		NWOC 5+4+3=12	
SET 5+2+1=8		SET 6+2+1=9	
Overall result: NWOC 55			
SET 29			

NWOC go forward to the semi-final against Lee O.

In the other matches, GEN got a walkover against ECO, WEO withdrew from their proposed three-way match against Lee and ThO, and 3ROC defeated AJAX. The semi-finals, which will be held before March 19th, will be: 3ROC v. GEN and NWOC v. LeeO.

Sunday 9th October 1983

Controller J. Lynam

Planner/Organiser L. Convery

A+		8.3K 400m		B+		7.4km 370m	
1. P. McCormack	M35	GEN	1 32 30	1. A. Tyner	M15	3ROC	1.36.45
2. C. Fletcher	M19	UCDO	1 37 55				
3. B. Heeney	M21	UCDO	1 53 16				
4. S. Rothery	-	3ROC	2 09 57				
5. C. Tyner	M13	3ROC	2 10 07				
6. W. Kee	M21	SET	2 42 12				
<u>Non Finisher</u>							
J. S. Gray	M35	3ROC	-				
<u>A</u>							
1. A. May	M17		45.11				
2. D. Quinn	M21A	GEN	48.08				
3. T. McCormack	-	GEN	49.29				
4. R. Poff	M21	SET	49.38				
5. J. Schulmeister	M19	DUD/GEN	52.16				
6. D. Kennedy	M35	WO	52.30				
7. N. Carroll	M35	3ROC	53.50				
8. P. Walsh	-	SET	59.37				
9. P. Thompson	M21	BSO	1.01.18				
10. S. Ryan	M17	DCO	1.01.48				
11. S. Brennan	M19	SET	1.05.00				
12. S. Kuldorf	-	SET	1.05.05				
13. A. Bell	M21	GEN	1.07.00				
14. M. Walsh	W19	3ROC	1.08.21				
15. P. Harrington	-	-	1.10.59				
16. D. Carroll	M19	3ROC	1.11.40				
17. G. Parker	M19	3ROC	1.13.40				
18. S. Walsh	M19	SET	1.15.42				
19. P. Ryan	-	GEN	1.13.45				
20. B. Hallows	M35	3ROC	1.18.38				
21. W. Delaney	W19	GEN	1.20.12				
22. B. Bough	M21	SET	1.22.58				
23. A. Redmond	M55	GEN	1.25.00				
24. D. Doyle	-	SET	1.25.30				
25. T. Harbison	-	-	1.27.05				
26. C. Harrington	-	-	1.29.04				
27. D. O'Connell	-	-	1.34.20				
28. J. Flanagan	-	BSO	1.48.16				
29. M. Burke	-	-	1.49.25				
30. A. Spencer	-	IMC	2.25.30				
31. Oonagh McElligott	-	IMC	2.26.30				
<u>2 Disqualified 3 Non Finishers</u>							
<u>C 3.5km 200m M13 W15</u>							
1. C. Rutledge	W15	3ROC	00.57.40				
2. S. Good	M11	WO	1.10.00				
3. J. Keane	W35	3ROC	1.12.30				
4. H. McLinden	M13	WO	1.13.30				
5. P. Garrett	M11	WO	1.13.35				
6. B. Roberts	M13	DLSO	1.23.02				
7. M. Craine	M15	DCO	1.30.24				
8. N. Maguire	-	-	1.35.05				
9. M. Whelan	-	-	1.35.05				
10. E. Kennedy	M13	DCO	1.36.28				
11. T. Cahill O'Brien	M15	-	1.37.05				
12. I. Lorgan	M15	-	1.37.55				
13. C. Scanlon	M17	BSO	1.47.52				
14. A. Reilly	M13	DO	1.50.05				

D 2.6km 60m M11 W13

1. N. Carroll Jnr	M13	3ROC	00.38.18
2. A. Young	M15	DCO	00.54.47
3. C. O'Nuallain	-	-	1.10.32
4. E. Hasset	-	-	1.10.33
5. H. Masterson	-	SET	1.10.59
6. R. Buckley	-	DCO/SET	1.17.25
7. K. Gillespie	W11	WO	1.28.45
8. K. McGill	-	-	1.31.30
9. T. Eakin	W13	3ROC	1.43.42
10. S. Murray	-	SET	1.49.16
11. H. Stanton	W13	MPO	1.57.40
12. M. Gearty	W13	MPO	2.00.16
13. J. Dwyer	W13	MPO	2.01.57
14. A. Ryan	W10	GEN	2.09.26
16. V. Ryan	W13	GEN	2.09.26
17. L. Ryan	W10	GEN	2.09.26
18. S & K McCormack	W4	GEN	2.09.26
19. M. Murphy	-	-	2.28.30
20. B. Kenny	-	-	2.28.30

8 Non Finishers

E

1. K. McConnell	M11	DCO	00.28.00
2. B. Curtis	M19	-	00.28.00
3. R. McGuinness	M19	-	00.28.00
4. S. Wall	M13	Rockbrook	00.29.00
5. E. O'Farrell	M13	Rockbrook	00.29.00
6. Ryan	-	Rockbrook	00.30.00
7. B. Fleming	-	-	00.31.00
8. G. Polgar	-	MPO	00.35.00
9. F & I Sweeney	-	GEN	00.38.00
10. B. Kelly	M14	Rockbrook	00.41.00
11. R. Halpin	M13	Rockbrook	00.41.00
12. J. Galligan	-	DCO	00.43.00
13. C. McGuinness	M15	-	00.48.00
14. J. Kelly	M15	-	00.48.00
15. C. O'Carroll	-	DCO	00.49.00
16. D. Tyner	M10	3ROC	00.50.00
17. D. Cassidy	-	DCO	00.51.00
18. G. Breslin	-	DCO	00.51.00
19. F. & D. Mac Neill	M2/W4	3ROC	00.56.00
20. M. McCarthy	-	-	01.04.00
21. R. Benson	W11	DO	01.06.00
22. M. Rooney/ N. Adam	M10	DO	01.07.00
23. J. Roberts	-	DLSO	01.18.00
24. B. Bolan	M13	DCO	01.25.00
25. H. Sheridan	W15	OLG	01.25.00
26. P. Whelan	W15	OLG	01.25.00
27. U. Parker	W13	MPO	01.45.00
28. A. Broderick	W13	MPO	01.45.00

1 Non Finisher

F

1. C. McConnell	M11	DCO	00.16.00
2. T. Farley	-	3ROC	00.19.00
3. A. Noonan	M11	DCO	00.22.00
4. D. Mowlds	M11	DCO	00.22.00
5. G. Moore	M11	DCO	00.23.00
6. S. Morrissey	M11	DCO	00.23.00
7. M. Kelleher	-	SET	00.26.00
8. R. Casey	M13	DCO	00.29.00
9. P. Bolger	-	DCO	00.30.00
10. D. Balmer	-	DCO	00.30.00
11. P. Thornton	-	DLSO	00.31.00
12. T. Flynn	W11	OLG	00.34.00
13. R. Bourke	W13	OLG	00.35.00
14. C. Kehoe	W13	OLG	00.35.00
15. M. Kehoe	W13	OLG	00.35.00
16. C. Gavin	W15	MPO	00.36.00
17. M. Walsh	W13	MPO	00.36.00
18. B. Moloney	W13	MPO	00.36.00
19. L. May	W13	MPO	00.36.00
20. S. Boylan	W13	MPO	00.37.00
21. O. Creegan	W13	MPO	00.37.00
22. K. Bell	W5	GEN	00.37.00
23. M. Bell	M3	GEN	00.37.00
24. L. Stevenson	W13	MPO	00.37.00
25. B. Logan	W13	MPO	00.37.00
26. C. Sherry	W11	OLG	00.44.00
27. M. O'Neill	W11	OLG	00.44.00
28. Sharon Herlihy	W11	OLG	00.44.00

4 Non Finishers

Thanks are due to Jackie Montwill, Janne Mullett, Jacinta O'Connell, Siobhan O'Dwyer, Michelle Gray-Mooney, Meabh Mic Eoin, Dymphna Kenny, Maire Convery, Aileen Convery, Aoileann Farley, Sheila Convery, Ian MacNeill, Brian & Nora Farley, Hazel Convery and Tom Farley.

RESULTS OF EASTERN COMMAND ORIENTEERS GRADE 1 EVENT AT FAUNA, CO. WICKLOW, 27 NOV. 1983

A COURSE 10.9 km, 280 m.

M21A			
1	P.Kernan	3ROC	84.02
2	W.Young	CO	97.42
3	E.Rothery	AJAX	94.05
4	P.Healy	CO	95.02
5	P.Farrelly	CO	98.58
6	B.Corbett	DUO	101.25
7	J.McCullough	3ROC	102.40
8	J.May	3ROC	106.02
9	F.O'Leary	CO	107.33
10	K.Davies	DUO	114.08
11	L.Roe	3ROC	114.18
12	T.O'Sullivan	CO	119.06
13	M.McAuliffe	3ROC	123.15
14	T.Sweeney	CO	132.32
15	J.Crowley	UCGO	140.43
16	T.McCormack	GEN	141.25
17	P.McManus	3ROC	154.30
18	N.Scott	UCGO	160.20
	N.Nugent	DUO	Disq.17
	R.Bryson	AJAX	Disq.17
	I.McNeill	3ROC	Disq.17
	6 n/f.		

B Course 9.6 km, 230 m.

M35			
1	P.Lalor	CO	72.57
2	G.Byrne	CO	79.30
3	E.Niland	AJAX	85.14
4	N.Rice	AJAX	86.19
5	P.Flanagan	3ROC	87.19
6	T.McGrath	3ROC	97.33
7	F.McCormack	CO	101.50
8	J.Gray	3ROC	160.19
	B.McGrath	3ROC	Disq.16
	1 n/f.		

W19A

1	E.Loughman	GEN	83.19
2	M.Thornhill	GEN	87.40
3	O.Cooke	AJAX	95.15
4	J.Martindale	TO	100.48
5	D.niChallanain	AJAX	103.11
6	B.Flanagan	3ROC	105.45
7	C.Lyons	AJAX	110.42
8	M.Nowlan	3ROC	110.52
9	M.Walsh	3ROC	113.20
10	T.Horan	AJAX	117.31
11	W.McCormack	GEN	119.01
12	M.Heapes	GEN	128.51
13	A.Masterson	AJAX	136.02
14	C.Bonar Law	GEN	136.36
15	J.Flanagan	BSO	140.01
16	R.Roche	GEN	143.13
17	F.Daly	CO	143.33
18	C.Lynam	3ROC	153.32

B COURSE, continued.

M19A			
1	O.Creagh	3ROC	94.56
2	J.Mulvanney	ECO	102.09
3	A.Murphy	CO	120.36
4	C.Fletcher	UCDO	159.18
5	B.Delaney	ECO	195.02

C COURSE 6.4 km, 230 m.

M43			
1	H.Quirke	CO	54.24
2	A.Bonar Law	GEN	61.23
	M.Lunt	GEN	Disq.11
	C.Turner	GEN	Disq.11

M19B

1	K.Hanley	CO	84.30
2	J.Flanagan	CO	88.32
3	D.Enright	CO	92.31
4	H.Moody	CO	100.29
5	T.McKeon	CO	100.54
6	L.Keenan	CO	119.08
7	B.O'Carroll	CO	126.04
8	P.O'Doherty	CO	133.49
9	P.Kennedy	CO	140.32
10	C.Whelan	CO	142.06
11	A.Heffernan	CO	153.39
12	D.Hannifan	CO	157.59
	J.Brophy	CO	Disq.6
	T.Barrett	CO	Disq.6
	N.Bond	CO	Disq.6
	6 n/f.		

W35

1	T.Cleary	3ROC	102.29
2	R.Rice	AJAX	121.16
3	T.Russell	ECO	133.07

D COURSE 6.4 km, 150 m.

M21B			
1	B.Phelan	3ROC	58.43
2	G.Smith	3ROC	62.07
3	D.Higgins	ECO	64.43
4	T.Corrigan	BSO	64.51
5	T.Caffrey	SET	68.50
6	P.Curran	ECO	74.07
7	P.Cargan	AJAX	80.16
8	E.Corcoran	GEN	86.36
9	J.Flood	ECO	91.37
10	P.Ryan	GEN	94.40
11	J.Lumley	BSO	107.11
12	A.Butterfield	DUO	111.18
13	D.Forde	ECO	111.29
14	J.Daly	ECO	114.02
15	M.Leyden	UCGO	121.05
16	M.O'Brien	ECO	127.59
17	P.Conroy	3ROC	131.08

Results of Fauna, continued.

D Course, cont.

M17			
1	M.Malone	3ROC	49.35
2	M.Crowe	3ROC	62.41
3	B.O'Connor	3ROC	62.44
4	L.Donovan	3ROC	69.24
	C.Scanlon	BSO	Disq.9,10
	C.Creagh	BSO	Disq.2
	1 n/f.		

E Course 5.4 km, 120 m.

M50			
1	S.Rothery	3ROC	63.06
2	J.Lynam	3ROC	63.45
3	J.Creagh	3ROC	75.02
4	C.Carroll	3ROC	80.24

M56

1	D.Rowe	3ROC	81.24
2	J.Newman	GEN	99.45
3	G.Redmond	GEN	120.29

W43

1	N.Creagh	3ROC	85.23
	D.Large	GEN	Disq.10
	R.Dooney	GEN	Disq.10

W19B

1	M.Healy	GEN	75.29
2	E.Bell	GEN	86.40
3	H.Rohan	-	117.59
4	P.Riordan	CO	120.06
5	B.Byrne	-	121.49
6	D.Donnelly	CO	125.39
7	M.Carroll	CO	126.04
8	B.O'Brien	DUO	126.09
	1 n/f.		

F Course 5.0km, 110 m.

W50			
1	V.Rowe	3ROC	93.42

W17

1	S.Clarke	3ROC	57.33
	1 n/f.		

M15

1	F.Barry	3ROC	40.32
2	N.Bohan	CO	45.13
3	B.Mullowney	CO	51.15
4	C.Walsh	3ROC	51.32
5	B.Rowe	3ROC	56.01
6	C.Carroll	3ROC	70.32
7	A.Tyner	3ROC	74.01
	F.Malone	3ROC	Disq.10

E Course E.O.D. Continued.

M.McDonald	UCDO	101.07
J.Coughton	UCDO	110.08
P.Pierce	-	111.15
J.McNamara	UCDO	125.52
P.Pierce	Disq.	1n/f

G Course, 3.5 km, 80 m.

M13			
1	S.Good	WO	37.32
2	E.Quirke	CO	39.37

W13

1	U.Creagh	3ROC	27.32
2	H.Creagh	3ROC	33.33
3	C.Ruttledge	3ROC	33.48

H Course, 2.2 km, 40 m.

M10			
1	T.Russell	ECO	26.30
2	E.Niland	AJAX	33.29
3	A.Rice	AJAX	34.21
4	M.Larkin	AJAX	48.49
	D.Tyner	3ROC	Disq.6

ENTRY ON DAY RESULTS

H Course. M21B

DQuinn	GEN	65.30	N.Roche	DUO	53.20
BCrynn	DLSO	74.33	D.O'Riordan	DLSO	55.19
PHarrington	-	75.51	D.O'Neill	DLSO	56.09
KFlannery	BRK	83.34	J.Sexton	DUO	56.18
Bellis	GEN	85.23	A.Osborne	-	76.22
DEllis	GEN	92.18	Victoria	-	77.25
DThornhill	GEN	95.16	I.niDhonnchadh	UCDO	88.32
R.Stanley	UCDO	108.37	E.Conroy	-	90.36
CHarrington	-	110.50	A.Cunningham	Raven	91.22
DO'Nuallain	UCDO	113.25	C.Dolan	-	92.33
TFitzgerald	CO	115.14	P.Howard	UCDO	93.10
M.Conlon	UCDO	122.19	M.Dolan	-	93.55
C.Delahunt	-	123.10	D.Shield	UCDO	95.13
R.O'Brien	BBK	129.48	KKlindberger	UCDO	97.29
T.Healy	SET	137.59	T.Brady	-	102.51
H.Toys	UCDO	155.57	D.Barry	GEN	102.54
J.Murray	UCDO	Disq 4	B.Lynam	-	103.20
C.Leonard	UCDO	Disq 7	A.Cregan	-	105.27
F.Nugent	-	Disq 7	P.Rosario	DUO	107.32
S.O'Connor	-	Disq 2	M.Jones	DUO	109.32
6 n/f.			B.O'Connor	-	110.34
			R.Russell	DUO	110.36
			S.Masterson	-	111.38
			B.Redmond	-	116.41
			A.Lennon	-	118.20
			E.Tully	-	136.10
			A.Murphy	-	149.21
			B.Roberts, S.Murphy &		
			M.Sugrue	Disqualified.	1n/f

J Course

B.Bough	-	47.56	E Course	-	63.52
J.Roberts	DLSO	48.45	F.Sweeney	-	65.03
H.O'Brien	AJAX	52.44	A.Sweeney	GEN	65.03
D.Nolan	3ROC	57.29	H.Wood	DUO	71.28
P.Nolan	DLSO	63.30	R.Ryan	DLSO	80.11
B.McHenry	-	83.01	UCDO	90.11	
N.O'Brien	AJAX	95.47	A.Sweaton	UCDO	90.11
H.O'Brien	AJAX	96.52	C.Burke	UCDO	94.37
C.Nugent	-	102.22	J.Kelly	UCDO	97.03
M.Brennan	3ROC	125.34			
B.Pierce	-	140.19			
I.Masterson, Duggan &					
K.Bell	Disqualified.	3 n/f			



# AJAX ORIENTEERING AND HILL RUNNING

KILLINEY HILL EVENT 4 DECEMBER 1983 RESULTS

## ORIENTEERING AND PRIZES

At least 8 people were heard to complain about various aspects of the event. We will admit to one mistake - no mastermaps were left at the 1st Blue point. However not only did the person affected (Justin May) not complain but he helped to rectify the mistake, finding the appropriate master maps at a nearby control, so that no one else was affected.

This mistake was perhaps inevitable when the load of organising an event is placed on our small club of 22. Here it is worth mentioning the D.I.Y. results system and our ludicrous badge times which were imposed in part due to fear at the workload of trying to work out results for badge qualifiers. We are working on a system that will rectify this.

However this is still only our second mistake in 12 events this year. More members and less events next year should help. To one complainant - apologies but there is no rule that codes in the wood have to be unique.

Orienteers do have a tendency to be negative people, but we wonder whether the spate of complaints is a result of the prizes we offer at events. This event, for the first time, we gave out some prizes in an ill publicised draw and I think we will be tending towards this system much more in future so that the prizes will be randomly distributed rather than fought for.

To those with complaints we say this - if you want to complain we are willing to listen, the best way being (a) at the event verbally if it affects prize distribution or (b) in a letter otherwise so that we can consider it without the pressure of ongoing organisation.

## RED COURSE CONTD.

29	T Barry	Bso	m17	99.38
30	K Bent	Set	w35	99.58
31	R Flynn	Set	m35	104.16
32	P Ryan	Gen		108.23
33	Graham			114.13
34	S White	CO	m19	115.31
35	P Heenan	CO		118.39
36	G Cottell		m21	120.00
37	J Gillespie	CO	m19	123.12
38	C Maguire	Set	m17	
	C Walsh	Set	m17	123.22
39	A Green	Ucd	m19	124.45
40	F & J Sweeney	Gen	w15	126.40
41	R Hayes			142.11
42	C Scanlon	Bso	m17	142.32
43	C McDonough	CO		
	J Devon	CO		143.46
44	H Masterson			147.58

## ORANGE COURSE 3.2km 195m

1	H Creagh	CI	w13	50.55
2	T Carroll	3Roc	m13	51.25
3	N Creagh	3Roc	w43	53.58
4	E Canovan	MFC		61.03
5	M Devlin			62.07
6	E Blake			62.10
7	C A Conway			64.03
8	J Creagh	3Roc	m50	65.03
9	B Byrne			65.41
10	G Dunwoody			67.03
11	H Convery	3Roc	w43	68.32
12	M Murphy	Bso		73.09
12	M Martin	3Roc		75.01
14	B McCabe			75.59
15	Una/Orla/Emer	Set		77.40
16	J Bryan			77.55
17	R Doorly	Gen	w43	80.38
18	H Roche	3Roc		83.22
19	H Andrews			83.57
20	J Mitchell			83.58
21	McHenry & Pierce		w15	84.58
22	B Lenehan			
	H NiChriogain			85.39
23	L Mangan			85.41
24	B O'Mara			
	C Murphy			86.23
25	McHenry		m50	90.13
26	C O'Mara			96.24
27	O Barry			99.17
28	S Mitchell			100.34
29	J Butler			101.51
30	V Young	Duo		103.31
31	M McSherry	Duo		103.32
32	M O'Hara	Ajax	m21	105.41
33	N & G Harrington			105.47
34	D Nolan	3Roc		107.27
35	I Sorohan			111.42
36	Byrne			111.43
37	P Donnelly	Bso	w19	120.20
38	J Roberts	Dlso		125.36
39	B Sheraton	CI		142.30

## ORANGE COURSE CONTD.

40	N Sheraton	CI		
	Butler	CI		142.30
41	M Hewson	Gen	m50	156.34

YELLOW COURSE		1.9km	95m	
1	M O'Hagan			
	G O'Hagan			17.00
2	P Craig & Co			18.19
3	B Godson			24.10
4	D Godson			24.18
5	M NiDhubhthuaigh	CI		
	M NicChonchradha	CI		24.55
6	B Keane	Ajax	m11	25.13
7	T Godson			25.24
8	D Keane	Ajax	m21	25.35
9	A Rice	Ajax	w11	25.40
10	Ryan			25.53
11	M Carroll			26.34
12	S Sinnott	Bso		27.15
13	J Elworthy			27.45
14	J O'Donoghue			27.47
15	J Lumley	Bso	m21	
	E Clarke			29.01
16	F Clarke		w13	29.29
17	H Murphy		w19	29.38
18	S Guthrie		w13	29.53
19	B Pierce			29.55
20	B Lundy		w13	30.01
21	M B Berkley	Ajax	w19	30.37
22	P Bough			31.28
23	R Godson			34.00
24	M L Godney		w13	34.09
25	M Larkin	Ajax	w13	35.06
26	N Carroll	3Roc	m13	35.35
27	W Ramsay	Gen		37.27
28	C Ramsay	Gen		37.43
29	Brennan	3Roc		40.30
30	S Nolan			40.44
31	F Doorly	Gen	m11	40.48
32	A O'Regan			42.38
33	N Hurley			43.22
34	J MacMahon			43.26
35	P McGovern			44.20
36	R Kelly			46.13
37	E Bradshaw			46.57
38	N Kelly			46.59
39	A Andrews			48.04
40	C Molloy			48.10
41	H O'Brien	Ajax		48.22
42	D O'Leary			
	L Graydon			48.27
43	P Becton			48.45
44	G Graydon			48.47
45	J Freaney			
	F Graydon			48.48
46	A Becton			
	K Smith			48.50
47	C Molloy			54.15
48	Ryan			54.58
49	H O'Brien	Ajax	w11	60.43
50	C Phelan			60.54

## BLUE COURSE 5.9km 310m RED COURSE 4.4km 290m

1	B Dalby	3Roc	m21	70.59	1	F Malone	3Roc	m15	66.04
2	R Cleary	3Roc	m21	76.29	2	L Donovan	3Roc	m17	66.43
3	A M Flegg	Set	m35		3	L Convery	3Roc	m43	72.12
	B Corbett	Duo	m21	77.20	4	B Ellis	Gen	m35	73.12
4	M Donovan	Duo	m21	80.10	5	J Bent	Set	m43	75.25
5	B Phelan	3Roc	m21	85.20	6	S Rothery	3Roc	m50	75.48
6	B McGrath	3Roc	m35	85.35	7	P Redmond	Set	m21	76.17
7	A Bell	Gen	m21	89.08	8	B Flanagan	3Roc	w35	76.46
8	N Rice	Ajax	m35	89.22	9	P Ryan	CO	m19	77.03
9	G Smith	3Roc	m21	89.37	10	C Walsh	3Roc	m15	77.18
10	J Shulmeister	Duo/Gen	m19	91.42	11	S Clarke	3Roc	w17	77.51
11	N Nugent	Duo	m21	93.03	12	H Wood	Duo		79.21
12	P Lalor	CO		95.08	13	E Walsh	3Roc	w19	83.34
13	J Martindale	TO	w19	95.47	14	P Brennan	Set	m19	84.08
14	D P Barry	Gen		96.23	15	K Gould	CO		85.05
15	I MacNeill	3Roc	m21	96.32	16	P Frating	CO		85.12
16	F McCormack	CO		97.54	17	G Donohue	Co		85.16
17	E Flegg	Set	w15	107.22	18	M Convery	3Roc	w15	85.51
18	S W	Set	m19	108.28	19	P Walsh	Set	m43	90.24
19	A Butterfield	Duo	m21	110.41	20	S Murray	Set		90.40
20	T Corrigan	Bso	m21	115.37	21	J B Dunlop			90.53
21	D Dunne	Plo	m19	117.48	22	J Shiel	3Roc		91.01
22	W Kee	Set	m21	124.33	23	M Healy	Gen	w19	95.32
23	C Cottell		m21	129.44	24	J Gray	3Roc	m35	96.42
24	P Harrington			133.37	25	M Carey	CO	m19	97.01
25	D Molloy			134.12	26	J Kelly	Ucd	w17	97.05
26	M McElhiney	Set	w19	136.36	27	S Carolan	CO	m19	97.07
N/C	P Thompson	Ajax	m21	61.25	28	S Donohue	Bso	w17	97.36

YELLOW COURSE CONTD.

51	C Hind			74.16
52	T & A Russell Eco	m10		76.10
53	E McGrath			77.32

WHITE COURSE 700m 50m

1	J Elworthy			9.45
2	R Elworthy			9.49
3	C Carroll	3Roc	m15	9.52
4	Butler			
	R Craig			15.41
5	H Duggan			
	L Craig			
	P Craig			15.48
6	C Whittle			15.50
7	B Quinn	Ajax	w13	16.35
8	J Larkin	Ajax	w35	16.37
9	G Staunton	3Roc	w35	17.24
10	J Staunton	3Roc	m11	17.27
11	N O'Brien	Ajax	w11	17.29
12	S O'Mahoney		w11	17.34
13	E Lynch		w11	17.39
14	J Lambkin		w11	17.46

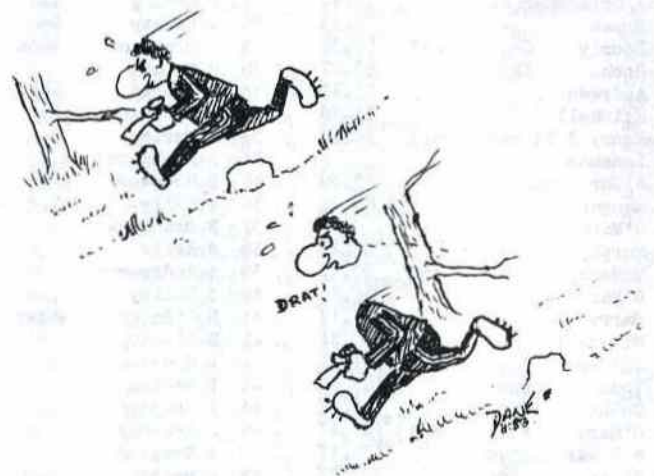
WHITE COURSE CONTD.

15	R Kavanagh	DIso		19.37
16	M B Berkley	Ajax		20.06
17	R Kiersey		m11	20.46
18	S Mooney		m11	21.09
19	J & S Larkin	Ajax	w11	21.17
20	H O'Brien	Ajax	w11	21.41
21	G Carolan		m11	22.04
22	Melanie		w11	22.53
23	B Cotter			23.09
24	C Cotter			23.13
25	M Stuart			25.08
26	J Quinn	Ajax	w10	25.09
27	S Carroll	3Roc	m10	27.40
28	A Lasey			29.48
29	A Sweeney	Gen	w11	30.07
30	J Buckley	Ajax		30.48
31	B Walsh			31.31
32	C O'Brien			36.22
33	O'Regan			44.04
34	M P Sheridan			44.15
35	P Stuart			45.07
36	G Barry			47.44
37	I Masters on			65.30

The following times were inadvertently left out when results were being done :

Orange Course: A Dillon Ajax w15 72.49 ; B Roberts DIso m11 80.57

Yellow Course: K Convery 3roc w10 83.16



Cover Photo: Ronan Cleary (3ROC), IOA treasurer and Irish Orienteer financial controller, in training on Three Rock Mountain. (J,May)

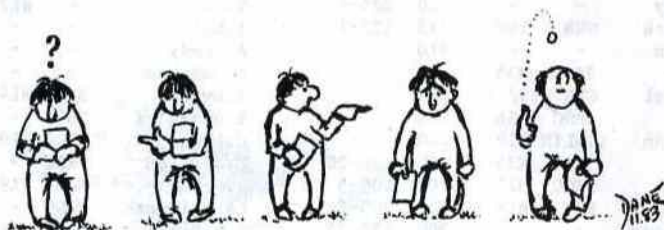
RESULTS OF THREE ROCK OC CHRISTMAS SCORE EVENT AT PINE FOREST, CO. DUBLIN, ON 26.12.1983

1	J.May	3ROC	M21	465	575-110	60	P.Walsh	SET	-	165	-
2	J.McCullough	3ROC	M21	410	575-165		J.Kelly	UCDO	W17	165	220-55
3	P.Smyth	SET	M21	375	395-20	62	M.Deer	ECO	M21	160	245-85
4	T.Russell	ECO	M35	310	-		U.McPherson	Dunkerry		160	-
5	B.Buckley	SET	M35	305	310-5		B.Curtis	UCDO	M19	160	200-40
6	P.Walsh	3ROC	M17	300	320-20		A.Shiel	SLOW	W19	160	-
7	P.Gargan	AJAX	-	290	305-15		G.Eager	GEN	M43	160	-
8	I.McNeill	3ROC	M21	285	-	67	J.Morrissey	GEN	W19	155	-
9	B.Phelan	3ROC	M21	275	300-25		P.Kilcullen	-	-	155	190-35
	L.Donovan	3ROC	M17	275	280-5		Reidy Family	ECO	-	155	200-45
11	J.Schulmeister	DUO	M19	265	-		A.Butterfield	DUO	M21	155	-
	K.Davies	DUO	M21	265	-		G.Cagney	-	-	155	190-35
	R.Cleary	3ROC	M21	265	270-5	72	L.Diamond	GEN	M50	150	-
	T.C.Tyner	3ROC	M43	265	300-35		F.McGoldrick	Tho	W19	150	-
15	T.McCormack	GEN	-	255	260-5		M.McDonald	UCDO	-	150	-
	S.Doorly	UCDO	M21	255	305-50		A.Smeaton	UCDO	-	150	-
	L.Roe	3ROC	M35	255	260-5		F.Sweeney	GEN	W17	150	-
18	C.Dunlop	SET	M43	250	260-10		D.Buckley	-	-	150	-
19	R.Bryson	AJAX	M21	245	250-5		I.O'Hanlon	-	-	150	-
	P.Ryan	GEN	M21	245	-	79	A.Martinez & Co	-	-	145	-
21	D.Carroll	3ROC	M19	240	-		H.Wood	DUO	W19	145	155-10
22	B.Heaney	UCDO	M21	235	250-15		H.O'Brien	AJAX	W11	145	-
23	S.Clarkw	3ROC	W17	230	-	82	A.O'Regan	-	-	140	-
	R.Doorly	GEN	M19	230	-		M.O'Hara	AJAX	-	140	-
	D.Murray	-	-	230	-		A.O'Bradaigh	-	-	140	145-5
26	P.McManus	3ROC	M21	225	265-40	85	McHenry/Pierce	-	W17/19	135	-
	S.Rothery	3ROC	M50	225	-		P.Butler	-	-	135	-
	D.Quinn	GEN	M21	225	240-15		N.Carroll	3ROC	W17	135	140-5
	J.de Lacy	ECO	M21	225	250-25		T.Carroll	3ROC	M13	135	155-20
30	J.Flanagan	BSO	W19	220	-		A.Sloane	3ROC	W19	135	145-10
	C.A.Conway	-	-	220	225-5		C.Smyth	-	W17	135	-
32	W.McCormack	GEN	W19	215	225-10	91	A.Kelly	-	-	130	150-20
33	S.Johnston	-	-	210	-		A.Brady	-	-	130	140-10
	D.Kennedy	3ROC	M35	210	-		U.Osborne	-	-	130	150-20
35	S&H.O'Friel	GEN	W13/15	205	-		R.Lynam	3ROC	W19	130	-
	J.Lynam	3ROC	M56	205	-		B.niMhuiri	OBCS	-	130	-
37	M.McPherson	TIGLIN	W19	200	-		C.Lynam	3ROC	W19	130	-
	N.Carroll	3ROC	M35	200	220-20	97	M.Brennan	3ROC	-	125	-
	P.Conroy	3ROC	M21	200	205-5		R.Roche	GEN	W19	125	-
	S.W.	SET	M19	200	205-5		L&P.Kiernan	3ROC	-	125	-
	C.Harrington	-	-	200	225-25		B.McCabe	AJAX	-	125	-
42	P.McCarthy	DUO	M21	195	-		E.Conroy	-	W19	125	-
43	P.Keane	3ROC	M35	185	-	102	M.Moloney	-	M50	120	160-40
	T.Harbinson	-	M21	185	-		S.Finn	-	M43	120	160-40
	P.Brennan	SET	M19	185	205-20		M.Roche	-	-	120	130-10
	K.O'Friel	GEN	W17	185	195-10		C.O'Friel	GEN	W35	120	145-25
	H.O'Friel	GEN	M19	185	195-10		C.McAuley	DIso	M21	120	-
48	J.Doorly	GEN	-	180	185-5		J.Blackmore	3ROC	-	120	140-20
	E.Pierce	-	-	180	-		H.O'Brien	AJAX	M11	120	-
	P.Harrington	-	-	180	205-25	109	H.Newman	GEN	W50	115	-
	C.Carroll	3ROC	M50	180	210-30		O'Hagan Family	-	-	115	135-20
	D.niChallanain	AJAX	W17	180	200-20		Cremin Family	3ROC	-	115	-
	P.O'Brien	AJAX	M35	180	185-5	112	P.Stephens	3ROC	M21	110	130-20
54	D.Grace	-	-	175	-		D.Brady	-	-	110	-
	Dempsey	BOC	-	175	190-15		NP.Meagher	BSO	M19	110	135-25
	D.Large	GEN	W43	175	-	115	N.Carroll	3ROC	M43	105	155-50
	McHenry	-	-	175	-		T.Cleary	3ROC	W35	105	135-30
58	M.McCarthy	3ROC	W19	170	-	117	J.Fitzsimons	3ROC	-	100	-
	N.Maguire	GEN	M19	170	325-155		A.Phelan	-	-	100	-
							E.Diamond	GEN	W15	100	-
							K.McGill	-	W19	100	125-25

121	McHenry	-	-	95	-	142	B.Lynam	-	-	15	105-90
	F.McHenry/Pierce	-	-	95	100-5	143	B.Dalby	3ROC	M21	10	20-10
123	N.Keane	-	-	90	110-20		N.Meagher, Sn.	-	-	10	95-85
	B.McNeill	-	-	90	100-10		& S.Meagher	BSO	-		
125	JH.Newman	GEN	M56	85	150-65	145	N.Mooney	-	-	5	145-40
	B.Burke	GEN	-	85	105-20		Vard	Issy	-	5	145-140
	C.Hart	-	-	85	100-15		Russell Family	ECO	-	5	60-55
128	A.Spencer	-	-	80	135-50	148	M.Murphy	-	-	0	75-75
129	M.Walsh	SET	-	70	-	149	D.Dillon	AJAX	W11	-5	70-75
130	J.Conway	-	-	65	105-40		S&K.McCormack	GEN	-	-5	-
131	Phelan	-	-	60	-	151	O'Sullivan	-	-	-10	145-155
132	B&M.Browne	3ROC	W19/50	55	100-45	152	A.Dillon	AJAX	W15	-15	70-85
	Y&W.Ramsey	GEN	-	55	75-20		& K.Dillon	-	M50		
134	Gray Family	-	-	50	-	153	R.Doorly	GEN	W43	-35	55-90
	McHenry/O'Donnell	-	-	50	60-10	154	Orna&Donagh	-	-	-40	145-185
	V.Dempsey	-	-	50	100-50	155	I.Sorahan	-	-	-165	220-385
137	C.Ramsey	GEN	-	45	65-20		& P.Kelly	-	-	-165	220-385
138	McAvinchey Family	-	-	40	-	156	C.Kelly	-	-	-190	230-420
	O'Hagan	-	-	40	-		& J.Kelly	-	-	-190	230-420
140	NJ.Mooney	-	-	25	-						
141	C.McNeill	3ROC	W19	20	80-60						

The Club wish to express their thanks to all those who helped run this event, especially the Creagh family, and to all who helped run all our other events during the past year. May you all have a good O-year in 1984.

Note: The scoring system used was as follows: Controls scored between 10 and 40 points each. Maximum points available: 575. Thirty controls, fifty minutes, and a penalty of 5 points per minute late.



#### COACHING AND TRAINING FOR ORIENTEERING WEEKEND

Date: February 25-26 1984

Venue: Wesley College, Ballinteer,  
Dublin 16.

Coach: Tony Keyes, BOF.

The course is intended to teach orienteers how to teach orienteering to beginners - primary school, teenagers and adults, and also how to teach improvers and elite orienteers. All teaching methods will be demonstrated in selected forests.

Booking: Send IR£8.00 booking fee to Catherine Murtagh, 111 Haddington Road, Ballsbridge, Dublin 4, before FEBRUARY 1st.

For further information, ring Eileen Loughman, Chairman of the IOA Coaching Committee, at 863828, after February 2nd.

THREE ROCK OC	NIGHT-0	RESULTS	NIGHT-0	THREE ROCK OC		
PHOENIX PARK 18 NOVEMBER 1983						
A COURSE (8.6K)			B COURSE (7.9K)			
1.	J.MAY	3ROC	40-50	1. W.KEE	SET	82-58
2.	R.CLEARY	3ROC	55-19	2. P.KERIN	ST PAUL	99-30
3.	N.RICE	AJAX	56-02	R.BEHAN	"	"
4.	L.ROE	3ROC	77-47	3. P.QUINN	"	102-11
C COURSE (3.7K)			D COURSE (2.5K)			
1.	B.DALBY	3ROC	32-08	1. B.MILLER	SET	37-49
2.	D.KENNEDY	3ROC	37-04	P.BRENNAN	SET	"
3.	G.PARKER	3ROC	43-05	2. C.MURTAGH	SET	38-48
4.	J.MARTINDALE	TIPP O	45-42	L.O'BRIEN	SET	"
	S.CLARKE	3ROC	"	3. J.KELLY	UCDO	45-40
5.	A.GREEN	UCDO	85-40	4. E.MULLARKEY	3ROC	45-50
PINE FOREST 2 DECEMBER 1983						
A COURSE (5.2K, 190M)			C COURSE (3.7K, 160M)			
1.	J.MAY	3ROC	44-00	1. F.MALONE	3ROC	60-25
2.	J.MCCULLOUGH	3ROC	51-35	2. G.PARKER	3ROC	62-25
3.	R.CLEARY	3ROC	65-25	3. M.MacPHERSON	TIGLIN	70-05
4.	B.DALBY	3ROC	82-40	4. C.WALSH	3ROC	73-55
5.	A.BONAR LAW	GEN	84-20	5. T.CLEARY	3ROC	74-55
6.	L.ROE	3ROC	95-47	6. J.MARTINDALE	TIPP O	84-07
	P.THOMPSON	AJAX	RET.	7. R.BONAR LAW	GEN	89-05
D COURSE (3.5K, 110M)			8. D.LARGE		GEN	92-37
1.	C.BONAR LAW	GEN	56-55	9. W.KEE	SET	93-30
2.	V.CORCORAN	BSO	59-33	10. M.WALKER	TIGLIN	109-07
3.	J.MUNRO	BSO	60-47	P.O'LEARY	TIGLIN	RET.
4.	N.MEAGER	BSO	65-35	D.KENNEDY	3ROC	RET.
	D.SILKE	BSO	"	I.MCNEILL	3ROC	RET.
	M.WALL	BSO	"	-----		
5.	V.HYNES	RAVO	76-21	9. H.TOYE	UCDO	81-55
6.	T.BARRY	BSO	78-30	J.KELLY	UCDO	"
7.	C.CARROLL (S)	3ROC	69-05	10. E.O'HANLON	UCDO	82-00
8.	C.CARROLL (J)	3ROC	79-15	11. I.O'HANLON	UCDO	85-30
9.	A.GREEN	UCDO	81-55	12. T.DOLAN	WO	109-30
				P.STEPHENS	3ROC	RET.

#### MASSEYS ESTATE 16 DECEMBER 1983

B COURSE	C COURSE				
1. P.O'LEARY	TIGLIN	65-05	1. M.MacPHERSON	TIGLIN	59-55
2. J.MEADE	3ROC	74-35	2. T.CLEARY	3ROC	68-40
P.BRENNAN	SET	DISQ NO.11	3. J.CREAGH	3ROC	78-10
S.RYAN	SET	" 64-40 - DID'NT PUNCH!	-----		

NIGHT-0 NOTES:- ABOUT SIXTY PEOPLE HAVE SAMPLED NIGHT-0 OVER THE THREE EVENTS HELD PRIOR TO XMAS. MANY THANKS TO THOSE WHO HELPED TO STAGE THESE EVENTS AND TO THOSE WHO TURNED UP IN MASSEYS ESTATE ON A TERRIBLE NIGHT. BELOW ARE LEAGUE TABLE RESULTS FOR THE (A)&(C) COURSES USING THE BEST 2 OUT OF 3 EVENTS. FORMULAE USED IS 200-(Tc/Tw\*100).

A COURSE	C COURSE				
1. JUSTIN MAY	3ROC	100	1. MAEVE MacPHERSON	TIGLIN	92
2. RONAN CLEARY	3ROC	58	2. GORDON PARKER	3ROC	81
3. LARRY ROE	3ROC	-4	3. TRINA CLEARY	3ROC	81
			4. JULIE MARTINDALE	TIPP O	59

SEE FIXTURE LIST FOR MORE OF THE SAME!