

# IOC 2015

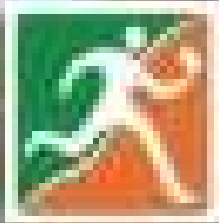
Organised by Lagan Valley Orienteers

IOA major Events Conference

30 January 2016

Harold White

Event Co-ordinator



Action Photography

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# An ambitious programme

- Irish Sprint Championships incorporating an IOF World Ranking Sprint
- Irish Long Distance Championships
- Irish Relay Championships
- Irish Trail 0 Championships
- WOC style Sprint Relay
- The Lisburn City Race (part of the UK Urban League)
- Plus a reception, meal, and prize giving

# Focus

- The events provided a sprint/urban bias in the hope that some national teams would utilise the weekend as training for WOC in Scotland
- In the end few overseas competitors took advantage of this but it did provide useful experience for the Irish squad

# New Technology

- LVO switched its entry and results software to SportIdent Autodownload shortly before the event – This put pressure on training time for Mark Pruzina and his team
- We acquired SI software for allocating start times – This required meticulous care in setting up competitor details and in time spacing requirements, and probably took as long as doing it manually
- We used the touch-free SI Air Cards for the WRE Sprint and Sprint Relay as they were to be used at WOC. We were fortunate that Robin Strain from the WOC results team came to observe and help. – Some competitors had problems recording their times at the controls especially at the Sprint
- The IOF WRE start list and results had to be generated through Eventor, the new IOF software. Competitors had to register with Eventor.



# Website

- An initial holding statement with brief details was available from Spring 2014 on the LVO website
- Susan Lambe agreed to be the administrator of a stand-alone website ioc2015.org in November 2014
- Extensive details were published in December 2014
- These were amended and added to as necessary in the period up to the event
- The site also offered a Facebook feed that seemed to be well used
- Following the event the results, winsplits, routegadget and photographs were added
- It worked extremely well but some of the detailed information should have been available earlier
- Should IOA have a standard IOC website that can be carried forward each year?

# Marketing and Promotion

- With the focus on attracting national teams, Philip Baxter attended WOC 2014 and distributed invitation letters and flyers to team managers – This seemed to generate no interest by the managers who seemed to be concentrating much more on the actual WOC events

# Marketing and Promotion (Cont)

- Flyers were distributed at:-
- IOC 2014
- Lisburn Half Marathon June 2014
- Race the Castles September 2014
- JK March 2015
  
- The Lisburn City Race was advertised in the UK Urban League flyer December 2014

# Marketing and Promotion (Cont)

- The events were included in the fixture lists of:-
- LVO
- NIOA
- IOA
- BOF
- IOF (WRE Sprint only)
- World of O website
- Attack Point website

# Marketing and Promotion (Cont)

- Advertisements were placed in:-
- BOF Focus magazine – October 2014
- Compassport – October and December 2014, and March 2015
  
- Cost: £150 and £324 respectively

# Marketing and Promotion (Cont)

- Entries from competitors in Ireland were disappointing (238 V 259 in 2014. It is hard to know whether this was due to the location of the Championships, or whether it is an indication of a waning interest)
- Entries from Britain were up (Long 28 V 11 in 2014) but were disappointing with no major events being held in Britain over that weekend
- Entries for the IOF WRE Sprint were very disappointing with 3 entries from Britain and 3 from Europe
- Hopes of attracting local runners to the Lisburn City Race were unsuccessful

# Marketing and Promotion (Cont)

- Questions
- What, if anything, did we do right to increase the Irish entries?
- Is the day of the flyer over?
- Has advertising any effect?
- How can we attract elite competitors – Do we have to offer inducements?
- Can we market the event in any other cost effective way?
- Should we bother about marketing outside Ireland?
- Does social media help?

# Organisation Team

- 2 Co-ordinators
- 3 Day Organisers (Colin Henderson organised the Sprint Relay and The Lisburn City Race and Harold White organised the Relays)
- 5 Planners ( Philip Baxter planned the IOC Relays and the Sprint Relay)
- 4 Controllers (Richard Williamson controlled the Sprint Relay and The Lisburn City Race)
- 1 Start Team Leader
- 1 Entries and Results Team Leader
- 1 Volunteer Recruitment, Information, and Registration Officer
- 1 Safety Officer (Colin Henderson was Safety Officer on Days 2, 3, and 4)
- 1 Parking Leader
- 1 Website Administrator
- 1 Publicity Officer
- TOTAL 21
- Plus 2 IOF Event Advisors
- 3 External Controllers



# Organisation

- With so many events, each event team worked independently with the Co-ordinators being the common link
- We minimised the number of Organisation Team meetings (8 in 16 months). Everyone in the team was invited to these meetings but the average attendance was 8. However the attendees varied depending on the topics under discussion. The topics covered mainly dealt with the general arrangements, and the co-ordination of activities between the different events
- All received copies of the minutes
- Team leaders and teams (Starts, Information and Registration, Entries and Results, and Parking) performed the same job over all four days

# Volunteers

- Ann Savage was appointed Recruitment Officer (This proved to be an uphill task beyond about 20 club members)
- A core team was the Starts Team led by Harry Bell with 9 members This was barely enough for a single start location and was certainly not enough for the Day 2 event with two starts, with five people at the High Start and four people at the Low Start especially with the very bad weather
- A second core team was Entries and Results led by Mark Pruzina with four members

# Volunteers per Event

- Day 1 IOC and WRE Sprint 29
- Day 2 IOC Long Distance 18
- Day 3 IOC Relays 17
- Day 3 Trail O 9
- Day 4 Sprint Relay 22
- Day 4 Lisburn City Race 24
  
- The urban events require a lot of marshalls for road crossings and control security ( Some marshalls were out guarding controls for five hours!)

# Timing

- Decision by LVO to undertake IOC – January 2014 (8 months too late!)
- Course planning only completed in March 2015 (Gave limited time for controlling and should have been completed by end January at the very latest)
- Map printing method only agreed in April after LVO and BML Printers proofs failed the IOF tests
- Lisburn Urban map survey only completed in week running up to the event
- As a result no paper proofs of the final maps were available
- Final details were published on Monday 27 April
- Start Lists were published on Thursday 29 April

# Entry Dates

- First closing Individual Sunday 12 April (19 days before event)
- Second closing Friday 24 April (7 days before)
  
- First closing Relays Sunday 19 April (12 days before event)
- Second closing Sunday 26 April (5 days before)
  
- With 'late' entries costing 50% more than at the first date, late entries were relatively limited and there were no late entries after the second closing date
- With the need to create proper seeded start lists and to reduce the pressure in the run up to the event it would suggest shortening the late entry period to 7 days for the individual and 5 days for the Relays)

# Entry Fees

- Held at the equivalent of the 2014 fees
- IOC Sprint senior £8.00
- IOC Long Distance £16.00
- IOC Relays (Team £40.00
- IOC Trail O £10.00
- Lisburn City Race £12.00

# Financial Outcome

- WRE Sprint -£1005
- IOC Sprint +£310
- IOC Long Distance +£1822
- IOC Relays +£1037
- IOC Trail O -£379
- Sprint Relay -£478
- Lisburn City Race -£857

# Sponsorship from Lisburn City Council

- POSITIVES
  - - Financial certainty at an early stage
  - - Assistance with publicity
  - Benefit of the use of Council's sports and other facilities
- NEGATIVES
  - Additional workload
  - Completion of Risk Assessment forms and meetings
  - Submission as to how the money was spent



# Maps and Mapping

- New maps of Drumard, Lisburn Urban, and Aberdelghy. Drumard and Aberdelghy were surveyed by Stephen Gilmore and Alan Gartside respectively. Lisburn Urban was surveyed by a team of seven led by Stephen Gilmore
- Vegetation of Hillsborough map was re-surveyed after forest thinning
- Minor amendments were made to the Slieve Croob map for the removal of vegetation
- Due to the problems in receiving approval from IOF for using the LVO printer, we used BML Printing (Nigel Benham) for most of our needs as they were the printer for JK 2015 that had two IOF events.
- BML costs were for runs of up to 250 maps was 41p for A4, 58p for A3, and 70P for A3+
- We used two sided maps for the Sprint, Relays, and Sprint Relay that gave better clarity of the courses
- We forgot to order blank maps for the start lanes

# The Events – Sprint and Urban

Permissions – Residents (private and commercial), police, etc

Marshalling – Road crossings and control security

Trestles (IOF requirement that all controls should be of the same style)

Need to ensure that what is shown on the map agrees with what is on the ground – gates, passage ways open or not?

Impossible to embargo

# The Events – Safety – Slieve Croob

- At the IOC Long Distance event eight competitors were officially treated by the Red Cross and at least one was seriously affected by hypothermia. A second ambulance was summoned but the seriously affected person had recovered enough by then not to be sent to hospital. Many others suffered from the early stages of hypothermia.
- Four First Aid personnel from the Red Cross were present with an ambulance, and four nominated club first aiders
- In the preparations for the event we had considered shortening the M21E course from Course 1 (11.6k) to Course 2 (7.1k) if the weather was bad but with the delay in preparing the maps , the additional Course 2 maps were not ordered.
- The weather worsened over the day, and from the time the Organiser, Safety Officer , and Controller agreed that the event should proceed.

# The Events – Safety – Slieve Croob(Cont)

- Both starts were located in exposed locations with limited shelter and competitors arriving early for their start times got cold. Later competitors were allowed to start when they arrived.
- Many competitors had insufficient clothing for the cold weather. (It required a second layer, hat and gloves. Notice needed to be given at the exit to the car park)
- The Safety Officer was based in the competition area to deal with any immediate problems with his Assistant based at Assembly who would co-ordinate any rescue operations.
- The Water Station for M21E competitors in the Northern part of the competition area was manned and could have responded to any incident.
- Several competitors retired using the safety bearing to reach the Western boundary road.
- The radios were essential for the recovery of competitors
- All competitors were accounted for by Courses Close time (Competitors were sensible and retired rather than spending an excessive time on the course)

# The Events – Safety – Day 4

- At the Day 4 Sprint Relay and Lisburn Urban Race four competitors had to be treated by the Red Cross personnel for minor cuts and abrasions (The higher running speeds and hard surfaces increases these risks)

# The Events – Compliance with the Guidelines (Based on Recommended Winning Times)

	IOC Sprint	IOC Long Distance	IOC Relays
Number of competitive championship classes	32	30	7
Number of winners meeting the Recommended Winning Time	19	8	0
% Compliance	59%	23%	0

# The Events – Compliance with the Guidelines (Based on Recommended Winning Times) Cont

- In the Sprint the biggest variance was on Course 5 with 5 out of 8 classes having too short winning times. The classes involved were the M65 plus and W50 plus classes.
- In the Long Distance the eight classes where the winners met the Guidelines were M20E, M35L, W45L, M70, M14, W14, W12, and M10. Most of the other classes had winning times shorter than the Guidelines other than those for the W40L, M75, W65L, and W10 classes (Courses were known to be too short when first presented but fortunately it was too late for a major revision)
- In the Relays all of the classes had team winning times 15% to 30% longer than the Guidelines although some of the individual runners met the individual lap Guidelines

# The Events – Entries, Starters, and DNF's

	Entries	Starters	Finishers	% MP's and DNF's
WRE Sprint	54	54	49	10%
IOC Sprint	165	147	132	10%
IOC Long Distance	276	236	181	23%
IOC Relays	196	192	179	7%
IOC Trail O	43	41	41	0
Sprint Relay	38	38	36	5%
Lisburn City Race	141	139	132	5%



## The Events – Entries, Starters, and DNF's (Cont)

- The biggest dropout rate was at the Long Distance event with 40 non-starters and 55 mis-punches, and retirements
- The highest dropout rates were on Courses 1 (26%), Course 2 (24%), and in classes M35(42%), M16(36%), M/W65 plus(24%) and M14(25%)

# The Events – IOC Relays

- Team numbers are rising (64 in 2015, 53 in 2014, and 45 in 2013)
- Entries by class in 2015:-
- Open Premier: 10
- Women's Premier: 3
- Handicap 6: 9
- Handicap 12: 17
- Handicap 18: 13
- Junior 48: 8
- Junior 36: 4

Course/ Class	Open Premier	Women's Premier	Handicap 6	Handicap 12	Handicap 18	Junior 48	Junior 36	TOTAL
A1	4		2					6
A2	3							3
A3	3							3
B1		1	4					5
B2		1		5				6
B3		1						1
C1			3		5			8
C2				6				6
D1				6				6
D2					5			5
LG1					3	2		5
LG2						3		3
Y1							1	1
Y2							1	1
O1						3	2	5
TOTAL	10	3	9	17	13	8	4	64

# The Events - IOC Relays Cont

- The current Guideline (G4) only offers three course options per class so that for competitive classes or those with significant entries following could become an issue for first leg runners.
- This is less of a problem for second and third leg runners as teams tend to get separated as the event progresses.
- An analysis of the 2015 results suggests that this was only an issue for the Open Premier Class.
- My suggestion would be to introduce 'forking' for the Open Premier class and for simplicity's sake to leave the other classes/courses as they are. This would mean that each first leg runner in the Open Premier class would run one of nine course combinations

# Publicity

- Always an uphill task
- Support from CompassSport with a five page article in the June 2015 edition, and The Irish Orienteer
- Support from Lisburn Council in terms of a pre-event press release and photograph
- Local newspaper (The Ulster Star) accepted a report written by Stephen Gilmore and photographs taken by John Sheils of Action Photography who was sponsored by IOA

## Lisburn City Festival of Orienteering

by the Editor

In May 2015 the Irish Championships were held in Northern Island in the Lisburn area, a short distance south of Belfast. LVO were the main organisers and a lot of those mobilised for the JK in 2011 were involved, including the co-ordinator, Harold White, who ensured the whole weekend came together.

Held over the Bank Holiday weekend at the start of May, the event benefitted from TioMia moving its dates to the following weekend, allowing various elites to be present who would otherwise not have been.

The Festival started with a Sprint Race on Friday late afternoon on a new map in a suburb of Lisburn. It was a Housing Estate which reminded me of the JK Sprint at Livingston. JK 2011 Sprint planner Igor Stefko LVO planned the courses. The 21Es using SPORTidents touch free Ar system, which worked very well except for the last control, where Irish Champs favourite Nicolas Simonin came a cropper as his unit failed to register, he failed to check it flashed and beeped, and was disqualified. He made up for it later in the week by winning the Long and anchoring his relay team to a win. The event was a World Ranking Event, originally turned down by BOF but accepted by IDA and WRE status was eventually gained. As the Irish OA never use all their allocation of 6 WREs a year, having the IOA use one of their quota up, especially in a year with a Scottish WOC, was certainly a good idea in the end.

The Long Distance Championships were held on Slieve Croob which was Day 3 of JK 2011. In contrast to 2011, 2015 was much more fun! whistles and goggles were compulsory as there was much rain and some wind. However, the biggest problem was the 3 degrees temperature which meant people were freezing if they didn't dress sensibly. An antex O top covered by a non waterproof pertex bag conforms with the rules but doesn't do the job and puts you at risk. I stuck a long sleeve thermal under my O top and a fully waterproof Goretex jacket, topped with a BUFF. I was more or less comfortable in this all the way round for just under 80 minutes of running, and I was moving quite quickly through the terrain. The cloud and mist which would have really made things fun stayed relatively light and you could always see at least 100m. In fact, it was similar to the Lakes 5 Day 1 last year but 10 degrees colder! It is a tribute to all involved however that everyone came back safely. I have to confess to actually quite liking such weather as it makes completing the challenge set by the planner and server,



Hillsborough Forest in the relay.

so much more rewarding.

Sunday kicked off with the Relay, planned by Philip Baxter LVO, on a small but interesting forest area, with the highlight being the Arena in a castle, the ramparts from which you could watch the race, see competitors run through the spectator controls and hui down abuse on people who you thought could be trying harder! After early rain, the day cleared and the race went ahead as planned, albeit a delayed. A first for me was that they gave dibbers to all competitors to use with their maps, in the map bags.

Aberdeighy Golf Course  
Scale 1:4000 2.5m  
Survey & cartography by Alan O'Leary  
© Lough Valley Orienteers 2015

I guess if you have enough dibbers it saves all the dibber number changing fuff and you just have to worry about name changes. The courses are quite a simple affair with Men's and Women's Open, Handicapped 6, 12 and 18 and Junior 36 and 48. Your team handicap was based on the ages in your team, scoring using a points table. No separate Men's and Women's categories needed then and you got a higher handicap as a woman.

The highlight of the race was seeing Nicolas Simonin from Bishopstown OC go out in 5<sup>th</sup> place on last leg, 6 minutes

down, and coming back with a minute lead, running the last leg over 7 minutes quicker than anyone else.

Josh O'Sullivan-Hourihan and Nail McCarthy completed the

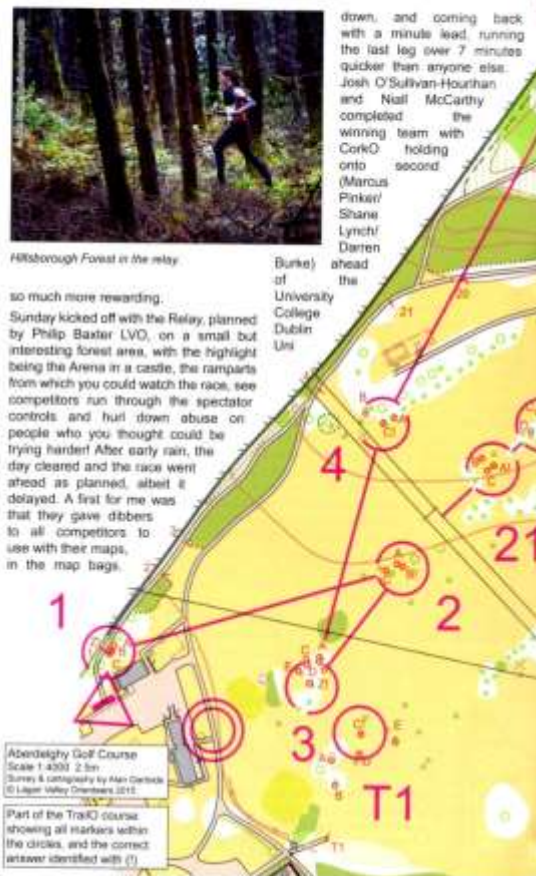
winning team with CorkO holding onto second

(Marcus Pinkin/ Shane Lynch/ Darren

ahead

the

Burke) of University College Dublin Uni



Team (Kilian Corbett/Laurence Quinn/ Colm Moran), Nicolas Simonin has been living in Sweden for some years now, running for Lidingsö and is not seen in Ireland so often, so it is good to see him showing off his talents on home soil and encouraging his teammates.

In the Women's Premier, only 3 teams took part with CNOC taking the honours (Caoimhe O'Boyle/Regina Kelly/Niamh O'Boyle), 2.5 minutes ahead of CorkO (Tara O'Donovan/Niamh Corbett/Fiona Lynch). LVO Belles completed the medals

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# SPORT

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Medal joy for Lisburn gymnasts at Celtic Cup  
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Event: Entries from across Britain and Europe



**Distillery Awards**  
celebrates 30th anniversary

**A unique weekend of major orienteering events will take place this weekend from May 1-4 in Lisburn City, which will attract 300 elite international orienteers.**

The festival, which includes the Irish Orienteering Championships 2013, will stage the inaugural Lisburn City Race that will form part of the UK Urban League.

Alderman Paul Porter, Chairman of the Council's Leisure & Community Development Committee, speaking at the launch, said: "On behalf of the Council I would like to thank Lagan Valley Distances for organising the Festival, which will include three Irish Championships, a World Ranking Sprint, Trail O competitors with a disability, World Championship style Spring Relay and the first NI City Race.

"I understand that entries have been confirmed from across the British Isles, Europe and Scandinavian countries, the home of orienteering.

"This is excellent news for Lisburn in terms of both leisure and tourism," Mr Porter said.

"I wish all competitors every success and I hope you enjoy the first NI City Race taking place within Lisburn," concluded Alderman Porter.

Work is progressing well in preparation for the event with the locations confirmed and the key team members appointed.

New maps have been prepared for the Sprint, Spring Relay, the urban Lisburn City Race, and for the Trail O competitors that will use the Aberdeen Golf Course, while the existing maps for the Long Distance and Relay races at ShreeveGreen and Hillborough Forest.

The weekend is not only designed for the top orienteers but also to provide an opportunity for new competitors, especially through the City Race.

Urban orienteering has been recently introduced and has proved to be very popular with competitors only needing their personal running gear.

The last London City race attracted over 1,000 competitors and the Lisburn event is part of the inaugural UK City Race League.

The events on 1st and 4th will be based at Laurehill Sports Zone just off Prince William Road, Lisburn and Lagan Valley Island, and there will be courses for orienteers for beginners.

For more details go to the website [www.lorc.org/city-race/](http://www.lorc.org/city-race/)

The local organizer Colin Henderson said: "This is a great opportunity for orienteering and for Lisburn. "We are delighted to be able to host so many major events over the weekend especially the first City Race in Northern Ireland which we hope will be extended to other Cities in Northern Ireland."

Lagan Valley Orienteers are very grateful to Lisburn & Castlereagh City Council for their generous support for the Festival.

Writes

Distillery to host 30th anniversary dinner



Whitehead says Tommy O'Connell will attend the dinner.

Lisburn Distillery team announced plans for a special 30th Anniversary Spectator's dinner to commemorate the club winning the Co-Antrim Shield in 1983.

This match saw the Whites defeat Ballymena United 2-1 at the Oval in what was their first ever trophy success after moving to New Grosvenor.

Players and staff from the team that night have been invited to attend for what promises to be a hot night of nostalgia.

Thomas will take place on Saturday May 4 and will be held at the Beechcroft Hotel in Donaghadee.

The event will also feature a table magician as well as a small football related auction & ballot on the night.

All attendees are being expected to wear lounge suits.

Tickets to be the gate event cost £10 and already over 600 have been sold so anyone hoping to attend is advised to move fast to secure their place as what promises to be a great night for all things Lisburn Distillery.

You can reserve your place by speaking to any of the club's directors, manager Tommy Kinneil or directly call into the club shop and leave your details and they will get in touch.

# SPORT ORIENTEERING

Orienteering: Local winners at prestigious event

## Superb turnout as Lisburn Festival of Orienteering is a runaway success

By Richard Whelan  
@richardwhelan

Staging the six separate events of the Lisburn City Festival of Orienteering within 11 hours over the May Bank holiday weekend was a mammoth task for local club Lagan Valley Orienteers.

Friday evening saw a World Ranking Sprint event held at Lough Hill sports centre, featuring overnighters navigating through the city's streets and parkland in the darkness.

British orienteer Murray Strain, currently ranked as 10th in the world, did not disappoint by claiming victory with his lightning start for the day's course.

Leading Irish orienteer Ian MacKenzie, who has been Co. Cork for several years and stays in Blackdoon in the town of Carrigrohane, not only secured the lead but was substantially disqualified, as he did not finish correctly at the final control, an unusual place and the Irish title went to Co. Kerry's Darren Burke.

Third place went to Nick Barnhill from South Yorkshire while third place on the ladies course went to Irish wife of only six months, Jane. Kristie Maxwell from the Scottish Borders took second place, beaten to the Irish by a somewhat Paddy O'Boyle from Co. Kerry.

Local interest peaked on the Miller brothers from Bryansmore with older brother Jack drawing on his Junior World Championship experience to beat brother James. However, father Jim had also entered the World Ranking but, managing to catch up with James, he was unable to make the lead.

Presenting the prizes Mayor of Lisburn City & Carrington City Council, Thomas Barrett, spoke of his pleasure in seeing the success of the event brought into the city.

The winner for Saturday's Long Distance Championship race would be seen from the finish area at Lough Hill, but by Saturday morning it was a different picture, with approximately the same structure, strong winds and leading rain sweeping over the City.

A number of competitors based in the area had to return,

a storm to which fully tested the organising club's contingency plans.

Despite the conditions racers who were able to demonstrate a quality navigational skill did complete the course in fast times. With so many in the local hills offering opportunities for once winners seem reduced.

However, the Club was held in Lough Hill were able to replace in a week for another there to the 700m climb and on the 10th. Several trophies by Andrew Emond from Antrim paid off handsomely with a win to Mrs. Theresa's from Miller proved that he knew his way around the Stranmillis hills with his win.

Although now living in Lancashire, Chris Smith made it worthwhile by returning to his native Lisburn for the chance to represent his home town. Other winners from Lagan Valley Orienteers included Sharon O'Shea, Paul Priddy and Billy Reid.

Hillsborough Forest looked as damp as the afternoon but Sunday morning, but conditions did improve before the main start of the relay championships by the support of Hillsborough Park.

In the relay, teams of three pass the map on to each other at that every team covers the same ground, but in a different order.

Both the men's and women's Premier classes went south of the border with the ladies from Carrigrohane and the men from Co. Wick picking up the trophies. Locally the Lagan Triathlon team of Phil Stuart, Heather Carran and Wilbert Redinger were victorious in the Ladies relay category.

In contrast the boys' event in a male relay afternoon at 21st St. Abrogility Golf Course, the venue for the Trail Orienteering Championships.

The format of the event involves an equal lead on the judgement of map and terrain from the trail, allowing female and male to compete on an equal basis.

The quality of all courses planned by the organiser Alan Gaulton is so highly regarded that this was a sell-out event for the British team, with John Bowley from Warrington leading the Wilson Trophy and Peter Roberts from Yorkshire being classed second.

There was success for Lagan Valley's Egle Flannery who



The awarding of the Women's World Ranking Sprint event with Sarah Daville (left), Chris Smith (second from left), David O'Boyle (third from left), and Sharon O'Shea (right).



The start of the Ladies relay race at Lagan Valley Forest. Photo by John Doherty, Action Photography.



Competitors of the Trail Orienteering Championships looking at a map on the ground. Photo by John Doherty, Action Photography.

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# Conclusions

- Ambitious programme that fully tested the club's resources
- Presented many challenges
- Raised questions about marketing and safety
- The prize giving meal provided a good social occasion
- In the end enjoyed by competitors and officials





