


International Orienteering

in South West Ireland



Shamrock O-Ringen '99

June 25, 26, 27 – Inchigeelagh



Invitation to the

11th SHAMROCK O•RINGEN

JUNE 25, 26 and 27, 1999

(Friday, Saturday and Sunday)

3 – Day Event with Chasing Starts on Final Day.

IOF WORLD RANKING EVENT

and

IRISH ORIENTEERING CHAMPIONSHIPS 1999

on Saturday June 26.

**CÉAD MÍLE Fáilte OR A HUNDRED THOUSAND WELCOMES
TO THE BEAUTIFUL
SOUTHWEST OF IRELAND**

Day 1: Gougane Barra, Co. Cork.

Day 2: Crohane, Co. Kerry.

Day 3: Inchigeelagh, Co. Cork.

In the aftermath of our hosting the 1998 World Cup races, Cork Orienteering Club invites you back to 3 days of challenging orienteering on the unique complex terrain of South West Ireland as well as the friendly hospitality and relaxation for which the area is famous. The organizers are committed to maintaining the same flexible approach as at previous events.

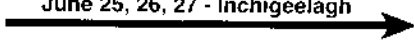
CORK ORIENTEERING CLUB, IRELAND.

International Orienteering in SW Ireland.



*Shamrock
O-Ringen '99*

June 25, 26, 27 - Inchigeelagh



COMPETITION DETAILS

COMPETITION CLASSES:

N	(Novice):	Men/Women.
S	(Short):	M/W 21 only.
L	(Long):	M/W 21 only.
E	(Elite):	M/W 21 only..
	Open Classes (no S, no L)	M/W 10, 12, 14, 16, 18, 20, 35, 40, 45, 50, 55, 60.

Note that course/class combinations may be reviewed or revoked according to numbers of competitors.

COURSES:

Course	Class Groupings	Approx Length (Days 2 & 3)
1	M21E	10.0K
2	W21E	6.8K
3	M20/21L/35	8.0K
4	M18/40	7.0K
5	M21S	6.4K
6	M45	6.4K
7	M50	5.7K
8	W20/21L/35	5.3K
9	W40 – M55	5.0K
10	W45 – M60	4.4K
11	W50/55	3.9K
12	W21S/W60+	3.6K
13	W18 – M16	5.0K
14	W16 – Men's Novice	4.0K
15	M14 - W14/Ladies' Novice	3.5K
16	W10/12 – M10/12	2.5K

★ **Day One Courses will be approximately 40 - 70% of above lengths.**

★ **Day Two Courses may be somewhat longer than indicated so as to integrate with Irish Orienteering Championships**

NOTE: Approx. winning times for Men's and Ladies' Elite will be 85 and 70 mins respectively on days 2 & 3.

NOTE: To enable inexperienced Juniors to participate, we will allow "non-competitive" entries in Classes W10, W12, M10 and M12, and supervision by relative or substitute is permitted.

COMPETITION AREAS:

Day 1 **Gougane Barra:**

To be surveyed in 1999, this area consists mainly of complex open moorland with some forest.
Day 1 Start times 16.30 - 19.30hrs. in the backdrop of the beautiful valley of St. Finbarr,
– Founder of Cork.

Day 2 **Crohane (IOF World Ranking Event and Irish Championships 1999):**

Surveyed in 1997/8, this area consists entirely of very complex open moorland and was used for the
1998 World Cup. Day 2 Start times 10.00 -16.00 hrs.

Day 3 **Inchigeelagh:**

1996 Survey. This area consists mainly of complex open moorland.
There is considerable contour and rock detail. Start times (chasing starts): 9.00 - 11.00hrs.

All Maps will be available at 1:10,000 and 1:15,000 scales and 5 metre contours from photogrammetry.

Entry Forms please to Bernard and Margaret Creedon, Mount Prospect, Douglas, Co. Cork, Ireland.

Tel: +353 - 21 - 361824.

Fax: +353 - 21 - 361825. Email: bcreedon@indigo.ie

ENTRY FEES:

Once again, entries will be accepted up to the event and indeed possibly on the day if maps and time slots are available. Entries are accepted on the understanding that competitors take part at their own risk.

- Payment:**
- (a) Please note that Eurocheques are not accepted by Irish Banks unless Cheque Card Number is provided and currency is specified in Irish Punts.
 - (b) Bank Drafts are not accepted by Irish Banks **unless** currency is in Irish Punts (otherwise, you pay the money and we never get it).
 - (c) To facilitate our many visitors from the UK, we will present sterling cheques to our Bankers. They will charge us currency equivalent cost plus commission – so please add 6% to total cost (e.g. if cost of entry is £100, please make out cheque for Sterling £106).

	Entries before 1st May, 1999	Entries Postmarked after 1st May, 1999
ADULTS	IR£8.00 per day	IR £10.00 per day
STUDENT (Full time)	IR£6.00 per day	IR £8.00 per day
JUNIOR (Under 18)	IR£4.00 per day	IR £5.00 per day
FAMILY *	IR£20.00 per day	IR £25.00 per day
plus	IR£2.00 per entry form to cover programme, results, etc.	

* Family consists of Parent(s) plus children in classes M/W18 or younger.

Cheques, Drafts etc: Payable to Shamrock O-Ringen 1999
Entries please to: Bernard and Margaret Creedon,
 Mount Prospect, Douglas,
 Co. Cork, Ireland Tel: 021-361824. Fax: 021-361825

Programmes:

These will be posted to all applicants whose entries are postmarked prior to 10th May, 1999. For later entries, control cards, and programmes may be collected at Registration in Car Park on Day 1, from 14.00 onwards. Note: It is likely that Sport Ident E-cards will be used,

PLEASE CUT HERE

SHAMROCK O-RINGEN '99 ENTRY FORM

Date Rcd.	Payment By	Entry No.
OFFICIAL USE ONLY		

PLEASE COMPLETE FORM IN BLOCK CAPITALS

Name and Address for Programme/Correspondence:

Name Telephone No:
 Address
 Country

We acknowledge that entries are accepted on the understanding that competitors take part at their own risk.

C I A S S	C O U R S E	FULL NAME (Surname First) (Maximum 19 Letters)	HOME TOWN	* C.L.U.B. (Abb.)	Y.I.A.R. O.F. B.I.R.T.H	P.R.O.G.R.A.M. D.A.Y			P.L.A.C.E O.F. S.T.A.R.T			T.O.T.A.L F.F.F.S I.R.£	P.L.E.A.S.E T.I.C.K D.A.Y	
						1	2	3	E.A.R.L.Y	M.I.D	L.A.T.E		199	200

* Please give FULL NAME of Club(s) below:

TOTAL EVENT ENTRY FEE
 plus IR £2 per entry form for programme,
 results, postage **IR £2.00**

TOTAL FEES ENCLOSED IR £

Note: Accommodation should be booked separately or through the contacts detailed over
 ** Note: Friday (Day 1) Competition will have first start at 16.30 approx.

OTHER INFORMATION

ACCOMMODATION:

- | | | | |
|---|-------------------|---|---|
| A | Bunk/Breakfast: | Contact: Síle O'Leary, Bun Coille, Ballingeary, Macroom, Co. Cork. Tel. 026-47052. | Note: Packed Lunches and Evening Meals also available at reasonable rates. |
| B | Hotel/Guesthouses | Contact: Creedons Hotel, Inchigeelagh, Co. Cork. Tel. 026 - 49012 | |

Tourist Office: Cork Kerry Regional Tourism Organisation, Ivernia House, Grand Parade, Cork Tel: 021-273251.

Approx. Travel Times by Car	Rosslare - Cork:	3 Hours	Event Centre: Inchigeelagh, Co. Cork.
	Dublin - Cork:	4 Hours	
	Belfast - Cork:	6 Hours	Note: Book early to avail of cheap flights.
	Cork - Inchigeelagh:	60 Minutes	
	Inchigeelagh - Gougane:	40 Minutes	
Inchigeelagh - Crohane:	60 Minutes		

BRIEF HISTORY OF SHAMROCK O-RINGEN

1989:

Day 1: Tír na Spidóige, Co. Cork. (March 17)
 Day 2: Bére Island, Co. Cork.
 Day 3: Tír na Spidóige, Co. Cork.

Elite Winners:

Ladies': Claire Bolland (MERO, U.K.)
 Open: Tom Eikanger (Bergen, Norway)

1990:

Day 1: Rosmór, Co. Cork. (March 17)
 Day 2: Killarney, Co. Kerry.
 Day 3: Rathgaskigh, Co. Cork.

Elite Winners:

Ladies': Claire Bolland (MERO, U.K.)
 Open: Neil Conway (NUOC, U.K.)

1991:

Day 1: Rathgaskigh, Co. Cork. (June 28)
 Day 2: Gaill Beag West, Co. Cork.
 Day 3: Gaill Beag East, Co. Cork.

Elite Winners:

Ladies': K. Fladmark (Bergen, Norway)
 Open: Carl Mittelholzer (Olg Kawoka, Switzerland)

1992:

Day 1: Gaill Beag, Co. Cork. (June 26)
 Day 2: Bére Island, Co. Cork.
 Day 3: Dunboy, Co. Cork.

Elite Winners:

Ladies': Liz Campbell (ERYRI, U.K.)
 Open: Iain Rochford (GO, U.K.)

1993:

Day 1: Foilanumera, Co. Cork. (June 25)
 Day 2: Loo Bridge West, Co. Kerry.
 Day 3: Killarney, Co. Kerry.

Elite Winners:

Ladies': Una Creagh (3ROC, Ireland)
 Open: Alastair Landels (New Zealand)

1994:

Day 1: Carrigalougha, Co. Cork. (July 22)
 Day 2: Carrigawaddra, Co. Kerry.
 Day 3: Bear na Gaoithe, Co. Cork.

Elite Winners:

Ladies': Yvette Hague (WAROC, U.K.)
 Open: Colm O'Halloran (LEE O, Ireland)

1995:

Day 1: The Black Lakes West, Co. Kerry. (June 23)
 Day 2: The Black Lakes East, Co. Kerry.
 Day 3: Bear na Gaoithe, Co. Cork.

Elite Winners:

Ladies': Liz Campbell (ERYRI, U.K.)
 Open: Bill Edwards (CORK O, Ireland)

1996:

Day 1: The Craggs, Co. Kerry. (June 21)
 Day 2: The Black Lakes West, Co. Kerry.
 Day 3: Tír na Spidóige, Co. Cork.

Elite Winners:

Ladies': Una Creagh (3ROC, IRE)
 Open: Steve Nicholson (FVO, U.K.)

1997:

Day 1: Cobduff, Co. Cork. (June 20)
 Day 2: Shrone Hill, Co. Cork.
 Day 3: Dunboy, Co. Cork.

Elite Winners:

Ladies': Jenny James (SYO, U.K.)
 Open: John Feehan (BVOC, Ireland)

1998:

Day 1: Crohane Lake, Co. Kerry. (May 22)
 Day 2: Crohane Mountain, Co. Kerry.
 Day 3: Black Lakes, Co. Kerry.

Elite Winners:

Ladies': Sarah Pattinson (MAROC, UK)
 Open: Fredrik Stuesson (GMDK, Sweden)