

Shramrock Oringen June 2007

Kevin, Jane and Ribbo all entered and attended the Shamrock Oringen this year held on the Sheeps Head Peninsula in County Cork, Ireland. For the week we shared a house together with Pete's wife Kate in the village of Kilchrohane on the peninsula. As it turned out a spacious abode with 4 bedrooms though we only needed two despite threats to exile certain people to the spare rooms for supposed misdemeanours.



Pete and Kate left Wales on the Thursday staying in Cork whilst Kevin and Jane left Wales on Friday spending the night in Bantry. The first days event was on Saturday with courses advertised as being short. The M45L for instance being 4.6km. However this didn't take into account the weather which on day 1 deteriorated rapidly as the day wore on. Kevin and Jane arrived first passing Pete and Kate en route to the start. By now drizzle /light rain was falling but after starting the mist really came down as the rain intensified.

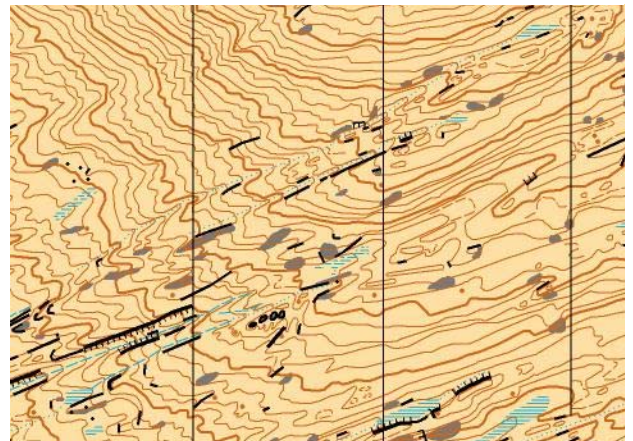
The first day was at Ross Kerrig (just East of Kilchrohane) and consisted of open hillside - a bit reminiscent of the slopes of Llangynidr / Llangatock. Difference was that there was lots of parallel rock features (fault lines) many of which were not mapped, interspersed with marshy bits. There was also a long distance path through the area - The Sheeps Head Way but this was not marked on the map.

On starting the initial 'lowland' weren't too bad but climbing higher and higher relocation became a problem and with the areas between the parallel fault lines becoming waterlogged it was difficult to discern what was marked on the maps and what wasn't especially as visibility deteriorated to a few yards. At one point I came across wooden posts marking a ridge trail which ran in the direction of my next control - assumed it was the unmarked Sheep's Head way. Following it it suddenly descended over an almost sheer cliff necessitating a change of route choice. It was reassuring coming across

other people as this indicated a control was nearby and that one was still on the area.

Despite the atrocious conditions we all completed successfully though the walk back to the car was rather wet and confusing for some. Wandering back in the now heavy rain confused orienteers lingered around arbitrarily near occasional dumped packages of drinks unsure whether they were for the competitors or not. Obviously the Irish way of distribution. The route back to the car park also went back through the start so to avoid compromising starters it deviated sharply down a steep slope, through a marsh and up the slope again to re-join the trail. As if we weren't wet enough.

Back at the car myself and Jane changed and looked out for Pete and Kate as they knew where the house was (supposedly). Alas Pete had a sub 3km course so had left early. Thus we ventured off into Kilchrohane to follow the typical Irish instructions we were given - find



the pub, take the track, look for the white bungalow with yellow one beyond. Problem was - there were two pubs in the village with a road junction at each. After a couple of abortive attempts which all matched the instructions we tried the third choice - a decidedly rough track. Driving down a car followed Jane down flashing its headlights. Panicking Jane accelerated away thinking it a local. However it was Pete - out to find and guide us in. Luckily we realised our error when only 50m past our booked abode.

That evening we ventured down to the pub for some Guinness and a visit to the event centre which was supposed to be open. Irish timing however came into force. Though supposed to be open for the advertised activities and posting of tomorrow's start times/today's times it opened approximately 2 hours late. Still Jane managed to track down the chap selling tee-shirts and we all bought one from the boot of his car, getting the first ones sold. Quite lucky really as next



time we saw him they had sold out.

Day 2 encompassed the same area as day 1 plus a lot more. The weather forecast was not that great when we looked at it the night before. From the instructions detailing how to get to the start it seemed that there might be a shortcut. However with the weather still bad we didn't get to recce a path through. The instructions mooted that it was just as quick for people staying in Kilchrohane to walk direct to the start rather than drive to the limited parking. We did this. Surprisingly setting out the sky was cloudless and the sun blazed down incessantly, conditions which were to last the whole next week making for an enjoyable week away as a whole. Anyway following the instructions we started walking and walked and walked. Supposedly it should have taken 45 mins but that was an underestimate. Aside an initial downhill bit and a km on the flat, the rest of the walk was uphill (like walking up Cwn Lickey) ascending what seemed like several hundred metres. Up and up and up we went. After an hour the start could just be espied in a small pass up above through a very boggy area, just to sap any remaining energy one may have saved up. I arrived with just about a minute to spare totally knackered.

The area today was named Derrycluvane and Rosskerrig. The M45L course was 6.9km today with 250m climb. Initially from the pass it went down but soon the term what goes down must go up came back to haunt. The second part of the area covered yesterdays terrain - it was good to see it properly and I managed to work out the bits I traversed yesterday. I even came across the Sheeps head Way markers again. In fact the previous evening in the house we read about it in a guide book which stated that in parts it went over steep precipitous cliffs in parts.

The only problem after finishing was that it was a long walk back to the house. One couldn't even stop at the pub for refreshment as we'd all left our all money behind!

Day 3 involved a 25 mile drive to an area just past Bantry at Cobdubh. Again an open hillside. Parking was in a cut-off road but unfortunately it couldn't accommodate all the cars. Therefore a quick bit of negotiation with a local and the overspill appeared to be in their front yard. We arrived early expecting to run and get away quickly. Unfortunately starts were retarded by an hour for some reason. Thus we ran in the hottest part of the day. M45L today was 5.3km with 375m climb. There was lots of initial climb today followed by a quick descent only to take you up, up and up again. There was also a phantom control on the control descriptions on my course (M45L) and probably others. It seems late planning removed a control, but it was left on the control descriptions. Hence confusion towards the end when numbers didn't match nor



did the number of controls.

Another problem today - earlier finishers took more than one bottle of water so leaving none for us. Still we did manage to scrounge some from the finish team plus a cuppa tea.

Overall - an enjoyable successful enjoyable week of Orienteering. Following this active few days, the rest of the week was spent touring, drinking the occasional Guinness or surrogate and keeping the female members of the party away from dangerous retail establishments all of which were more or less achieved. Next years Shamrock if anyone is interested in on the island of Inishbofin in County Galway off the west coast of Ireland. Apparently you leave your car on the mainland and take the ferry over to the Isle where you spend the next two nights or so. Date 31 May to 2 June.

Results for 2007:

Class	Pos	Name
M45L	11	Kevin Bush
M45S	3	Peter Ribbans
W50L	5	Jane Ritchie

Juniper House Diary or Tales from the Scottish 6 Day

Saturday: Four different parties arrived at Juniper House near Boat of Garten viz. Kevin & Jane, Nigel & Liz, Kate & Gareth and Nick and Caroline travelling up from different locations - Bleasdale in the Forest of Bowland, Southport and Cardiff. Some had plans to visit the event centre in Grantown but after a communal meal was mooted all stayed in for what turned out to be an excellent meal washed down with wine and ale. Clare en route to the camp site was a guest eater was sworn to secrecy lest we be invaded by other campers later in the week, especially as the weather forecast wasn't that good. Her eyes lit up when she realised we had hot showers and a whirlpool bath!

Sunday: A wet physical day of orienteering. The club tent proved a very welcome meeting point for many Swoc'ies. Adrian made a total hash of control 1 on his course his mind distracted by the fact that he'd promised to show his kids how to tackle a white but had to leave them to their own devices. Thus unable to find the control he wandered back, gave them some coaching and returned to his course. Control one



eventually took him over 30 minutes to find a s a consequence! Post event, Clare had obviously talked in her sleep or her eyes were still lit up as 3 more campers joined us for eats and a shower / whirlpool bath. As permanent

house incumbents returned from the event they were greeted by apologies from Lauren as to hers and Clare's state of undress wearing as they were only towels, with one patriotically flying the Welsh flag. Speculation for this situation was that they may have been producing a 'SWOC lasses Calendar' in WI style as a fund raiser for the junior squad. However that will only be proved right on publication (so watch out for flat oblong packages in your Xmas stocking this year). Their appearance did however nearly result in one tragic accident when Gareth

surprised by them draped around the sitting room on entering, walked into the settee. Luckily disaster was averted - he didn't spill a drop of his ale / wine.

Monday: Another wet yet more physical day with the area being slower than day 1. Kevin was last to finish returning to rapturous cheering from an assembly of sadistic swoccies in the club tent, by now one of the few remaining on the rain swept field. Why sadistic you may ask - well as he got to the tent and sat down to change they disassembled the structure around him to leave him semi-dressed in a downpour. A photo was taken too (perhaps an addendum to the presumed calendar mentioned earlier?) That evening the Juniper House mob ate out in nearby Boat of Garten in a restaurant called Anderson's. Good fare was enjoyed by all and the establishment is well recommended if you're in the area. Following this the return home by the group was akin to a night event as they navigated back across a damp field aided by two touches a process also involving trying to locate a plank bridge over a swollen brook in high grass. Despite the effects of wine from a previous drinks point, the party all returned to base safely within the time limit (i.e. before midnight).

Tuesday: A drier day. To aid identification of their car in the event car park Kate got Gareth to pull up some large strands of Ragweed in the entrance to erect on the roof rack. After having done so an Irish orienteer in an adjacent vehicle told him to wash his hands as the plant was highly poisonous. As to the event itself, Adrian managed to run into a rock and jar his knee which gave him the opportunity to lie done for ten minutes, albeit in agony. Still he managed a full recovery to complete his course.

With the rest day tomorrow Juniper House that evening hosted the SWOC barbeque which many club members attended. However though dry it was a bit chilly to remain outside so aside cooking hot fare on the BBQ, all eating, drinking and general activities took place inside. Most of the juniors returned to the camp site early to party on whilst the adults looked forward to a lie in next day. There was also the consumption of lots of left over food to look forward too.

Wednesday: Best weather of the week so far - loads of sunshine and warm temperatures. Whilst some enjoyed

grockling activities Gareth and Nick entered the MBO event which turned out to be an arduous 50km instead of the mooted 30km. Caroline and Clare meanwhile took in some Monro's whilst Kevin and Jane endured a 1km nature trail at Cawdor Castle whilst Kate did some painting.

Thursday: A technical sandy area today (1:7500 map) and good weather. Again the club tent provided a good rallying point. Following the event all the Juniper House mob ended up in nearby Findhorn - base of the first ever Scottish 6 days back in 1977. There seafood and ale



was enjoyed by some in The Kimberley PH whilst others walked to the nearby point to see the seals or taste the local ice cream. Kate meanwhile took over a nearby bench to paint some water colour landscapes of the bay area.

Back home later, there was the usual communal meal, again with more guests. Thence all ventured out to the evening quiz in the marquee on the camp site. Waterlogged earlier in the week they were now allowing vehicles back in, though we parked outside to be safe. The Juniper crowd minus Kate entered as a SWOC Vets side, being joined also by Lyndon. The

juniors also entered a side and recruited lots of ringers from Ireland, whilst Alan Mac guested in a Wessex team. With over 30 teams overall the vets overcame most opposition to finish third winning £40 food vouchers at RDs bistro in Aviemore. The round on Scottish History and history of the Scottish 6 day event was their undoing. The junior side meanwhile was almost the strongest on the night ... in other words they were just above foundation level holding the rest up.

Friday: Certainly not a classic area today. With assembly a reasonable trek from the car park no tent today - just a ground sheet. Nick was first off and passed his comments onto Kevin part way through his course as the latter was en route to the start as he crossed the road. The comments did not enamour the area and in fact several others made similar remarks at the end. The area was a bit reminiscent of some Welsh Forests with the boggy part of Pwll Ddu added in. Still despite this Kevin managed his best run of the week so had better perception of the area than others. Lyndon managed to go to the wrong start but luckily with his real one nearby was able to get there just in time. At least he had a good intense warm up. The Yangtze Dolphin or 'Baiji' became extinct this week. Unfortunately not so the Tick with several attached ones being extricated post event with tweezers. So far Gareth has the record this week with 4 in one event, closely followed by Kate. The Dallimore's returned home today to perform in a sailing event in Weymouth on Sunday. Their vacated room was soon filled with a couple of camping juniors.

Saturday: Last day. Nice area today albeit a bit heathery in places and rain from midday onwards. Best runs of the week for some. Jane happy on the conclusion having had her best ever finish in a six-day or multi-day event for that matter finishing with a bronze award.

Kevin

NAME	CLASS	DAYS	POS' N	POINTS
Clemence, James	M45L	6	22/129	4817
Manning, Gill	W55L	6	15/85	4776
Dallimore, Nick	M50L	5	35/163	4736
Dallimore, Caroline	W50L	5	21/95	4727
Farnworth, Rachel	W40S	6	12/73	4711
Graham, Malcolm	M40S	6	19/94	4702
Manning, Rhys	M21L	6	15/68	4687
Farnworth, Stephen	M40S	6	21/94	4683
Andrews, Mark	M35S	6	13/59	4640
Balmond, Kate	W55S	6	14/59	4557
Dallimore, Clare	W20L	5	11/23	4322
Mackenzie, Alan	M55S	6	38/76	4160
Ferrand, Lauren	W18A	6	23/42	4079
Bryant, Jeff	M50S	6	58/103	3848
Ritchie, Jane	W50L	6	63/95	3713

NAME	CLASS	DAYS	POS' N	POINTS
Moir, Adrian	M45L	6	89/129	3686
Tough, Graham	M60L	6	105/149	3679
Ferrand, Nigel	M50L	6	112/163	3677
Bryant, Noelle	W50L	6	69/95	3597
Farnworth, Alice	W10B	6	22/28	3349
Sutherland, Jamie	M35S	3	40/59	3292
Buffett, Gareth	M55L	6	113/138	3288
Morgan, Carys	W21L	3	36/43	3044
Graham, Rhona	W12B	5	09-Oct	2824
Bush, Kevin	M45L	6	117/129	2484
Farnworth, Emma	W12A	4	35/35	2409
Sutton, Lyndon	M55L	5	124/138	2406
Clemence, Lizzie	W16A	2	58/60	1739
Graham, Morven	W14A	4	49/51	1367
Bryant, Holly	W16A	3	60/60	1259

MTBO

Ultralong (50km)
 3rd Nick Dallimore 3h 10m 11s
 9th Gareth Buffett 4h 21m 39s

CALENDAR

September

22/23rd D O Caddihoe Chase Cookworthy Forest Oakhampton www.devonorienteeing.co.uk

30th HOC Frownhope Park

October

6th Dartmoor Long O www.devonorienteeing.co.uk

7th Quantock Long O Pinkery Simonsbath www.quantockorienteers.co.uk

14th Compass Sport Final Blidworth Mansfield

20th SWOC Local Mynydd Llangynidr & SHI, Nick Dallimore 029 20842481

20th SWOC AGM & Club Dinner Trefil

21st SWOC 1hr Score event Storey Arms & SHI Relay, Nick Dallimore 029 20842481

November

3rd NGOC Local Mallards Pike Forest of Dean www.ngoc.co.uk

10th S Wales Development Day—see below

17th NGOC Informal Bixslade Forest of Dean www.ngoc.co.uk

25th BOK Cannop Ponds Forest of Dean www.bok.co.uk

December

1st(Sat) SWOC Local Wenallt. Malcolm Graham 029 20520285

9th SBOC Welsh League Pembrey Country Park

29th SWOC Xmas Score Pontcanna Fields Cardiff. Clare & Lauren, 029 20842481.

30th Les Croupiers Old Father Time 5Km (Pontcanna) www.lescroupiersrunningclub.org

January

1st NGOC Score event Kidnalls Forest of Dean mass start

5th NGOC Night Blakeney Western Night League

13th NGOC Compass Sport Cup 1st Round Sallowvallets Forest of Dean

26th NGOC Local Symonds Yat

February

3rd SWOC Welsh League Mynnydd y Gaer

9th NGOC Local Mallards Pike North

16th NGOC Night Bixslade WNL

23rd BOK British Night Champs

March

15th March SWOC Local St Julians Wood, Newport., Nick Dallimore, 029 20842481

April

13th April SWOC Local Porthkerry Park, Barry. Pete Colbert, 029 20763827

Events further afield

10/5-12/5 Belgium 3 Days Arlon near Liux www.3days.be

28/6–5/7 World Masters, Portugal.

21/7-25/7 Oringen Sweden www.oringen.se

30/7-3/8 Nordvestgaloppen 2008 Norway

Check www.worldofo.com for details

S Wales Development Day
Parc cwm Darren Sat 10th Nov 10—4pm

Details are sketchy at time of going to press but this is a WOA initiative. All I can find out is that any club member is welcome to attend and there will be speaker with 'relevant experience' presumably in development. There will be a score event put on at some time during the day. See the website for more details closer to the date.

SWOC Club Final Ranking List 2006—7

Pos	Name	Class	Points	Counting	Events	Events included
1	Judith Powell	W65	2919	10		3 Sep 06 Cleve Hill
2	Frank Ince	M65	2758	10		16/17 Sep 06 Caddihoe Chase
3	James Clemence	M45	2753	10		24 Sep 06 JH1
4	Jill Manning	W55	2703	10		30 Sep 06 Minchiphampton
5	Clare Dallimore	W20	2646	10		1 Oct 06 Whiteford Burrows
6	Caroline Dallimore	W50	2584	10		8 Oct 06 Cwmdare
7	Kate Balmond	W55	2484	10		14 Oct 06 Worcester Beacon
8	Lizzie Clemence	W16	2467	10		21/22 Oct 06 Twin Peaks
9	Nick Dallimore	M50	2447	10		22 Oct 06 Bogendreip
10	Rhys Manning	M21	2405	10		29 Oct 06 Malvern Hills
11	Lauren Ferrand	W18	2392	10		4 Nov 06 Haresfield
12	Rachel Farnworth	W40	2364	10		12 Nov 06 Merthyr Common
13	Malcom Graham	M40	2353	10		12 Nov 06 Dalguise
14	Jamie Sutherland	M35	2352	10		19 Nov 06 Dalemainin
15	Neil Grant	M55	2281	10		26 Nov 06 Moseley Green
16	Carys Morgan	W21	2265	10		26 Nov 06 Winterfold
17	Sue Colbert	M60	2221	10		3 Dec 06 Margam Park
18	John Mills	M55	2173	10		3 Dec 06 SHI
19	Alan Mackenzie	M55	2167	10		10 Dec 06 Gregynog
20	Jeff Bryant	M50	2109	10		7 Jan 07 DEVON
21	Peter Colbert	M55	2105	10		14 Jan 07 Mallards Pike
22	Graham Tough	M60	2099	10		14 Jan 07 GO
23	Nigel Ferrand	M50	2089	10		21 Jan 07 Ashridge
24	Noelle Bryant	W50	2047	10		21 Jan 07 Cranham
25	Holly Bryant	W16	2037	9		27 Jan 07 Old Hills
26	Peter Ribbans	M50	1961	10		28 Jan 07 Concorde Chase
27	Rhodri Buffett	M20	1942	7		3 Feb 07 Moseley Green
28	Lyndon Sutton	M55	1940	10		4 Feb 07 Wendover
29	Gareth Buffett	M55	1904	10		4 Feb 07 Worlebury
30	Mark Andrews	M35	1879	10		10/11 Feb 07 Sheringham
31	Stephen Farnworth	M40	1872	9		11 Feb 07 Draethen
32	Jane Ritchie	W50	1843	10		18 Feb 07 Wim
33	Michael Bryant	M18	1784	10		25 Feb 07 MV NE
34	Adrian Moir	M45	1779	10		3 Mar 07 Blakeney
35	Emma Farnworth	W12	1673	9		4 Mar 07 Welsh Champs
36	Michelle Tinker	W21	1574	6		11 Mar 07 SROC NE
37	Kevin Bush	M45	1552	10		11 Mar 07 Warmley
38	Helen Sharp	W40	1513	7		18 Mar 07 CC Trophy
39	Morven Graham	W12	1462	3		24 Mar Kidnalls
40	Clare Grant	W50	1344	9		25 Mar 07 Weston Heath
41	Ian Kennett	M40	1343	8		25 Mar 07 Sarum Saunter
42	Richard Jones	M40	1332	9		7/8 Apr 07 JK
43	Alice Farnworth	W10	1325	8		15 Apr Breakneck Bank
44	Nyall Meredith	M50	997	10		15 Apr Clyne Valley
45	Rhona Graham	W10	954	7		22 Apr FCC
46	Alun Morgan	M60	830	6		28 Apr Sheepscombe
47	Mike Down	M50	698	5		29 Apr Gare Hill
48	Havard Prosser	M55	609	3		5-7 May British weekend
49	Colin Powell	M65	587	3		20 May Caw Fell NE
50	Jeremy Parr	M35	525	3		26-28 May Sins
51	Penny Bickle	W21	347	2		9/10 June Twin Peaks
52	Tessa Lewis	W35	345	2		16 June Broughton Burrows
53	Peter Nicholson	M55	338	2		16 June Scot Champs
54	Hywel Butts	M21	233	2		17 June Fonthill
55	Vladimir Kuznetsov	M45	218	1		23 June JIRC
56	Ailsa Graham	W10	172	1		5-11 Aug Scottish 6 Days
57	Richard Howells	M45	133	1		25/26 Aug White Rose
58	Alex Kennett	M10	106	1		

Please let me have any missing results. John Mills (john.w.mills@btinternet.com)