

June 1999

No. 10

## The Trekker





## TRANSPORT/WALKS

All walk leaders are reminded that they are not to order buses. You must ring Kevin Beegan on a Tuesday detailing how many people you have coming on your walk. Kevin will then decide how many buses will be required.

All members **must** be contacted regarding walks whether one feels they are going or not. No member has the right to decide who goes on a particular walk. All have this right.

If you have not made up your mind regarding a walk by Tuesday you take your chance on whether or not transport is available for you.

## REMINDERS

Again we must remind members about parking near the shops on Belleview Road. Please ensure you do not inconvenience those who are shopping. There have been some complaints in the "Residents Newsletter" regarding parking on Sion Road. So please take care when leaving your car. Also members are reminded that prompt payment of Annual Subscriptions is important. Please pay within eight weeks of the AGM. This will ensure your are covered by our insurance policy.

## *The Two Travellers*

"All over the world," the traveller said,  
"In my peregrinations I've been;  
And there's nothing remarkable, living or dead,  
But these eyes of mine have seen.

From the land of the ape and the marmozet,  
To the tents of the Fellaheen."  
Said the other, "I'll lay you an even bet  
You were never in Farranalleen."

"I've hunted in woods near Seringapatam,  
And sailed in the Polar Seas.  
I fished for a week in the Gulf of Siam  
And lunched on the Chersonese.  
I've lived in the valleys of fair Cashmere,  
Under Himalay's snowy ridge."  
Then the other impatiently said, "See here,  
Were you ever at Laffan's Bridge?"

"I've lived in the land where tobacco is grown,  
In the suburbs of Santiago;  
And I spent two years in Sierra Leone,  
And one in Del Fuego.  
I walked across Panama all in a day,  
Ah me! but the road was rocky."  
The other replied, "Will you kindly say,  
Were you ever at Horse-and-Jockey?"

"I've borne my part in a savage fray,"  
When I got this wound from a Lascar;  
We were bound just then from Mandalay  
For the island of Madagascar  
Ah! the sun never tired of shining there,  
And the trees canaries san in."  
"What of this?" said the other, "sure I've a pair,  
And there's lots of them over in Drangan."

"And I've hunted the tigers in Turkestan,  
In Australia the kangaroos;  
And I lived six months as medicine man  
To a tribe of the Katmandoos.  
And I've stood on the scene of Olympic games,  
Where the Grecians showed their paces."  
The other replied, "Now tell me, James,  
Were you ever at Fethard Races?"

"Don't talk of your hunting in Yucatan,  
Or your fishing off St. Helena;  
I'd rather see young fellows hunting the 'wren'  
In the hedges of Tobberaheena.  
No doubt the scenes of a Swiss canton  
Give me a sunset on Slievenamon  
From the road at Hackett's Farm.

"And I'd rather be strolling along the quay,  
And watching the river flow,  
Than growing tea with the cute Chinee,  
Or mining in Mexico.  
And I wouldn't much care for Sierra Leone,  
If I hadn't seen Killenaule,  
And the man that was never in Mullinahone  
Shouldn't say he had travelled at all."

*C.J. Boland*

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## MOUNTAIN RESCUE

The following is an outline of the procedure which might be adopted when the need to call Mountain Rescue arises. This is an extract from an Advisory Note on Radio Communications for Hillwalking Clubs prepared by Dr. Gerry Butler, C. Eng. M.I.E.E., Radio Technical Adviser, Irish Mountain Rescue Association. We are indebted to Dr. Butler for permission to publish his paper in the *Trekker*.

Dr. Butler, together with his colleague, Michael Treacy, from the Dublin/Wicklow Mountain Rescue Team recently made a presentation to the Trekkers on Mountain Rescue. The presentation was informative and interesting and helped to clear the air about the availability of the Mountain Rescue Service and the professional help which they provide.

### **Calling Mountain Rescue (General Procedure)**

The procedure outlined here applies definitely to the Dublin/Wicklow mountain area. A similar procedure is in operation in all other areas of the country.

**1. In the event of an emergency dial 999 and ask for MOUNTAIN RESCUE**

2. The Telecom operator will transfer you to the Garda Communications Centre at Harcourt Square. If not, then ask for Harcourt Square Dublin (the Garda net can connect you.)
3. You should give the Gardai your name, the number of the phone from which you are calling and its location (as exactly as possible).
4. The Gardai have a standard list of questions which they will ask you, to obtain necessary information. You should have as much information as possible immediately available.
5. You should remain at the phone. If the Gardai call back (as is the normal procedure) and the person making the call is not there, it may be treated as a hoax. The Gardai will probably send a car to contact you. Again, if you are not there the call may be considered a hoax.
6. For the above reason, if you have to leave the accident site to go to a hill-top to communicate using a cellular phone, for example, you must remain at the hill-top and not return to the accident site – you may move out of contact.
7. The Gardai will set off initial call pagers of the Mountain Rescue Team(s)
8. Team members (callout officers) whose pagers are triggered **will respond to the Gardai only.**
9. On discussing the details with the Gardai, a decision will be made to call out the teams, send a helicopter etc. A team member may call the phone, or go to the place, from which you raised the alarm to obtain further information.
10. The continued extent of the response will depend on the particular situation and the information available.

**NOTES:**

- A Telecom operator who answers the 999 call may be anywhere in the country, they will usually not know the local area.
- The operator may transfer you to Marine Rescue, Fire or Ambulance if your message is not clear. These services have a standard procedure to transfer all Mountain Rescue to the Gardai.
- The phone numbers given in the Mountain Rescue Handbook are for non-emergency and administrative purposes only. These numbers are not constantly manned and calls to any one, or all, of them may go unanswered.
- It is not possible to call out team members directly. Individual team members cannot directly activate the callout system and have instructions to advise you to contact the Gardai.
- It is not possible to activate callout pagers directly. The number is highly confidential and is not known to the majority of team members, even including those who are carrying the pagers.
- If a pager is triggered, the person carrying it responds to the Gardai only. If the Gardai are unaware of it having been set off then it will be regarded as a false page and ignored.
- Mountain Rescue does not listen to radio channels just in case somebody calls.

Dr. Gerry Butler,  
Irish Mountain Rescue Association

**Some thoughts about the trees we see and the forests we use.**

The trees are in their autumn beauty  
the woodland paths are dry.

“The wild swans of Coole” W.B. Yeats

There are few times of the year when trees look better than autumn. It is the time of year when colour change takes place. At least that is what it seems. It is after all what we see. But is it the reality? Well not really. In physiological terms what happens is that the chlorophyll within the leaves of some trees has ceased to mask the colours that now appear. Without chlorophyll, the process of making sugars, which ultimately becomes wood, ceases, the tree stops growing and takes time out to await the next year. Again that is what it seems. In reality however the process of bud making for next season has already begun and will continue over the next few months,.

So it is that one year slips into the next year, before the old one has even finished. A resource is being created by the repetition of this, year in year out, for up to two hundred years by millions of trees. This resource is both economic and ecological, makes a significant contribution to rural development, recreation and, if properly undertaken, landscape enrichment.

Ireland's lack of forests has been a matter of concern since the early part of this century. At that time Ireland had less than 2% forest cover while the rest of Europe had an average of over 30%. Although many of our place names were called after trees, few trees and even fewer forests graced the Irish landscape. Since the foundation of the state, afforestation was regarded mainly as a function of state. However, land with minimal, or no, agricultural potential was the only land considered appropriate for afforestation. For almost all the period of years between the foundation of the state and the early 1980's the maximum price per acre of potential forest land seemed to be linked for some extraordinary reason, to the prevailing price of a pair of men's shoes! In such circumstances it does not take a fruitful imagination to appreciate the quality of land planted in the first sixty years of statehood. Land of high elevation, peatland, or marginal agricultural land with severe agricultural constraints and minimal agricultural production potential became the norm for the state afforestation programme.

It was under these circumstances that the Wicklow uplands, the favourite haunt of the Trekkers, became afforested. About 14% of Co. Wicklow is under forest today and represents the highest percentage forest cover of any county in Ireland. This compares with the national average of 8%.

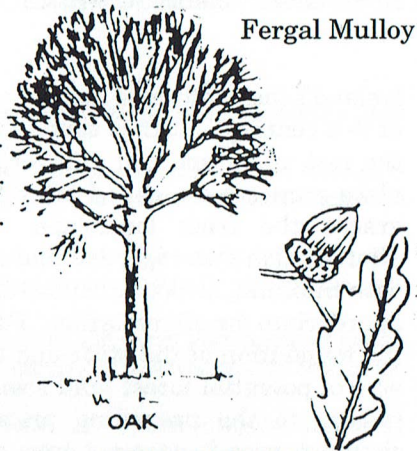
One of the most significant forestry problems in Co. Wicklow today is the increase of deer and sheep populations. The forest objective is to diversify forest species. Unfortunately both deer and sheep have a huge appetite for the diverse tree species foresters want to plant. Few species, other than sitka spruce, survive the attention of deer and sheep. Culling deer is a troublesome exercise from the viewpoints of public perception and the physical difficulty on the ground, while sheep are heavily supported by EU subsidies. It has been estimated that there are about 7 million sheep in Ireland of which 350,000 are in Co. Wicklow.

On the next walk through Wicklow, whether it be through the many miles of forest tracks or on open mountain, take another look at the trees of the forest, spot the changing colours and objectively assess the impact of forests on the landscape. Consider too the resource that has been created and is yours to enjoy. After all you helped to pay for it.

Finally, if Charlie Ryan can wax lyrical on the Wicklow Way during a recent walk about the vegetation being "unprofitably gay", you too can think of an appropriate poem and poet to capture your thoughts on autumn colours.

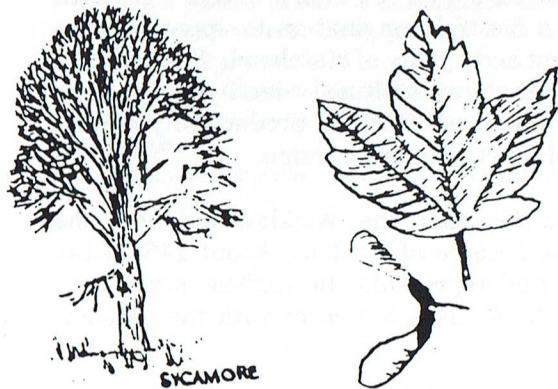
### THE OAK

The Oak has been growing all over Ireland since long before man arrived. It is our chief native tree and in the past supplied the timber needs for housing, furniture, shipbuilding etc. Oak wood is strong and does not easily rot. It needs very good soil to grow well, but the Forestry Division could not afford to buy such land. Besides, it takes about 100 years to produce a good Oak tree.



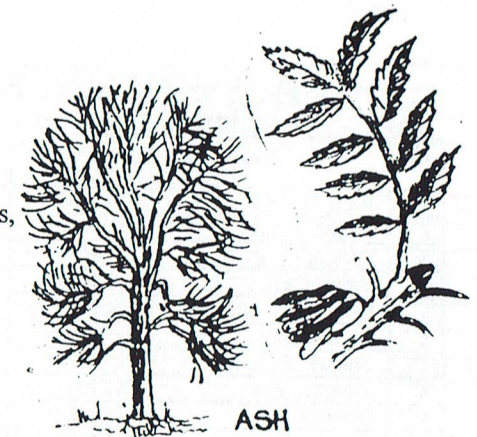
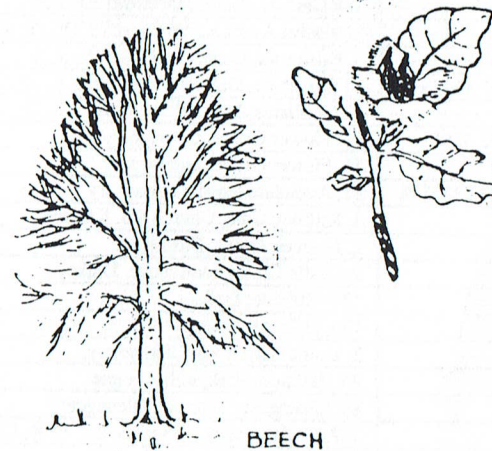
### THE SYCAMORE

The Sycamore produces a hard, smooth white timber, very suitable for veneers and in great demand for dancehall floors. It wears very smoothly. This species was introduced to Ireland in the seventeenth century and is now very common, but it needs good soil.



### THE MOUNTAIN ASH

One of the most beautiful of our native trees, it grows wild all over the country, but especially on mountains and in valleys. Its wood is not as valuable as the lowland or common ash which is excellent for hurleys, tool handles, and in ancient times, the shafts of weapons.

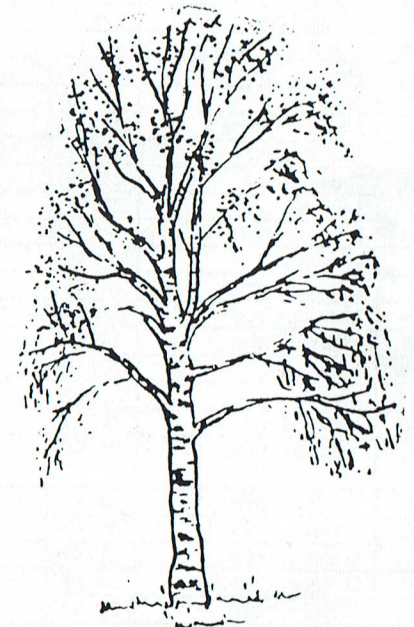
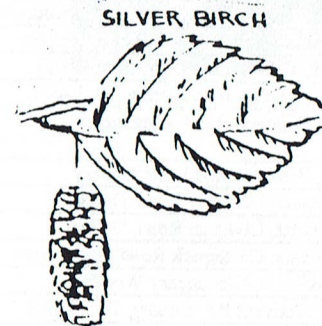


### THE BEECH

It was introduced from England about 200 years ago, but now it is very common. Beech can grow up to 100 feet in good soil. The Forestry Division has planted many (about 5% of state planting). Its wood is excellent for furniture and veneer.

### THE BIRCH

Another native tree, still very plentiful on waste ground and hillsides. It grows quickly in most conditions. After about thirty years it produces close-grained wood suitable for round articles such as tool handles and spools.



## SPRING WEEKEND – WALES APRIL '99

16<sup>th</sup> April, 6.20am. Dun Laoghaire Ferry Terminal, an intrepid band of Trekkers assembled for our Spring Trip to Wales. On arrival in Holyhead we were whisked by bus via Portmadoc and Harlech to the seaside town of Barmouth where our first walks was to begin.

Off we set crossing the wooden bridge across the estuary. Immediately we were halted. A toll had to be paid of 25p each. The walk resumed and continued up a beautiful estuary surrounded on either side by hills. Eventually Dollgellau was reached around 4.30pm where we stayed at "The Royal Ship" Hotel.

On Saturday two walks took place. The "A walk" up Cadair Idris Mountain led by Bill Hannon and the "C walk" around the local area led by Micheal Dorgan.

Cadair Idris viewed from a distance is indeed a majestic mountain which in looks one could compare to the "Eiger" in the Alps. On the day we were to climb it the top half of the mountain was covered in snow. As usual the "A team" departed at 9.00am and reached the base of the mountain by 9.30am. A very steep climb over fairly rough ground brought us to a ridge and from there the summit could be seen in the distance. Half an hours climb later and it started to snow. We were now in an area with a covering of several inches of snow. The whole scene seemed surreal because we seemed to be walking in a blue-grey light. The summit was reached after a fairly short steep ascent. It was now decided to record the event for posterity. At this point Paddy O'Duffy came into his own. Out came his camcorder and filming commenced. The results you will have seen at Paddy's recent film show.

An hour or two later we were back at the base of the mountain and contrary to all the rules we headed for a local hostelry. After our drink a short walk returned us to Dollgellau.

Sunday morning was probably the highlight of the weekend for those of us of a religious persuasion. We attended 9.00am mass in the local church where we outnumbered the normal congregation. A local couple were celebrating their 50<sup>th</sup> Wedding Anniversary and after mass we were invited by the priest Father Rozzo to the vestry where we had sherry and wedding cake.

Around 10 o'clock we left for Holyhead and arrived home around 8.30pm. A truly memorable trip very ably organised by Dick Needham.

Brian Brennan

## Hill Walking - What to Bring

A group taking to the hills should bear two factors in mind relating to gear and equipment:

1. The gear which each individual should carry.
2. The equipment which the group should carry.

### Individual Gear

#### Footwear

Good footwear is essential to an enjoyable and safe walk. Uncomfortable boots can lead to blisters or sore feet, thus ruining a day's walk. Well designed boots will be comfortable, light, provide support for your ankles and have good soles for grip on wet rocks or steep terrain. Ideally they should also be waterproof.

Heavy socks, sometimes two pairs, are needed to complement the boots. When feet are getting sore, a change of socks sometimes helps.

If buying a pair of boots, make sure that, in trying them out, you wear socks similar to what you will wear on the hills.

On the question of whether boots or shoes, the advantage in most cases lies with boots. On rough ground boots have a better grip on the ground, are more waterproof and give better support to the ankles.

#### Waterproofs

Quality waterproofs are essential for treks in the Wicklow Hills. There is a huge range of waterproofs on the market, so before you decide which type you would prefer, maybe you should determine how much you are willing to spend.

Breathable garments have advantages over the traditional nylons and pvc's. With these "breathables" moisture vapour can pass out through the waterproof layer and at the same time rain will be kept out. Don't forget that perspiration is often as big a source of dampness as rain.

Features of a good rain jacket include:

1. Breathability
2. The hood should come over your forehead but not cover your eyes
3. A stiffened peak can protect your eyes or keep the rain off your glasses
4. Draw cords in case the weather turns nasty
5. Zips should be covered by a flap, to prevent rain leaking in
6. Cuffs should be adjustable, usually with velcro straps, to stop the rain coming in, or, when opened, to help let moisture ventilate out
7. All seams should be taped, to prevent rain leakage
8. Pockets should be zipped with flaps. Make sure that the map pocket is large enough to hold a map.

#### Waterproof Over-Trousers

Features to watch out for when selecting trousers include some of the above. A most important feature is a zip, from ankle to knee, which enables the trousers to be put on quickly without having to take one's boots off.

### Gaiters

Gaiters can be used to keep snow, mud or water out of one's boots. They are also extremely useful for walking through high wet heather or in crossing a river.

### Head gear

The greatest source of heat loss is an unprotected head. Some head gear is essential to reduce the risk of wind chill. A fleece lined windproof cap can keep the ears nice and warm in a hard wind on top of Lug.

### Gloves

Mitts or gloves should be windproof. A spare pair can often make life easier,

### Outer Clothing

In winter time it is advisable to avoid cotton garments, because cotton quickly goes cold and remains cold when wet. This applies even more so to denims. Synthetics or wool are superior.

The garments you wear next to your skin will get damp from the perspiration from your body. To avoid the resulting cold, these garments should be made from synthetic materials such as polypropylene or polyester e.g. thermal underwear.

Woollen jumpers retain heat very well. Two light woollens are better than one heavy one. Fleece garments have replaced woollen jumpers in recent years. Fleeces are better because they are lighter, do not absorb water to the same extent, dry quickly and are very durable.

### Rucksack

Rucksacks are classified into different grades by size. A 20-30 litre capacity is adequate for a day's walk in Wicklow. Features to watch out for are padded straps, a waist strap for stability, a padded back for comfort, a few exterior pockets. A rucksack liner, such as a large plastic bag, should be placed into the bag to keep its contents dry.

### Bivi Bag

Each member of the group should carry a bivi bag for emergencies. These bags are inexpensive, light, waterproof and windproof. They are also useful for seats at lunch time.

### Flask

A hot drink can often lift your spirits on a cold wet day, when there is still a considerable walk ahead of you. The flask should not be too big, because of the extra weight. Stainless steel flasks are light and unbreakable. Plenty of liquids during the day can help your energy.

### Trekking Poles

Trekking poles or walking sticks are becoming more and more common with the trekkers. People who use them say it makes the walk less tiring. You also have three points of contact with the ground as opposed to two. This can improve balance especially on steep terrain. They are also very useful for crossing rivers and checking depth. A trekking pole that folds away can be stored in the rucksack when not needed.

### Lunch

The food that you carry is a personal choice, but you should remember that with arduous walking, eg the climb by Art's Lough, you use up a lot of calories. Researchers have shown that men burn 3500 - 4000 calories on a walk; 2500 - 3500 for women. Some of these

calories have to be replaced. Fat contains twice as many calories per gram as protein or carbohydrates, but are hard to digest and slow to release energy. Proteins are found in most foodstuffs. Carbohydrates very quickly release energy and should therefore make up most of your lunch.

Cereals, bread, biscuits, cake, crispbread, grainbars - all have a high content of carbohydrates.

Sugar containing foodstuffs, such as chocolate, give you a quick blast of energy but this energy doesn't last long. Nibbling chocolate during the course of the day can be useful for keeping energy levels up.

### Whistle

Every member of the group should carry a whistle, preferably one with a high-pitched shrill sound. If you lose touch with the group, do not hesitate to use the whistle until contact is re-established.

### Head Torch

It is advisable for each member to have a torch, together with spare batteries and bulb.

### Group Equipment

Some safety items which the group should carry were mentioned in the last issue of the "Trekker". These should be divided out amongst the group to avoid any individual being overloaded. They include:

### Map & Compass

Somebody must be able to use them. The leader of the day should always carry map and compass. Anybody else with an interest in improving navigation techniques should also carry them and should keep in regular contact with the map, relating it to the surrounding ground.

### First Aid Kit

This kit should be equipped to deal with breaks, sprains, headaches, cuts, blisters, sunburn etc.

### Telephone

In an emergency, a mobile telephone might be the most important item of equipment a group could have. However, its use should be restricted to genuine need.

### Kishu, an emergency shelter.

### Rope (not essential in Wicklow)

Set of spare clothes, in case somebody gets very wet, e.g. by falling into a river.

Finally, before setting out, a ROUTE CARD should be drawn up and left where it will be readily found in the event of serious delay in the group's return.

## DOWN UNDER TREKKERS

As we rounded a bend in the rail we came across a worm on the path. It was pinkish-white, ¾" thick, and 20" long! A scrub turkey, similar in size to our own turkeys, lurked in the undergrowth waiting for us to pass before it inspected its next wriggling meal.

The Sims family were "down under" at the invitation of a long-time friend, Mike Fox, who went to live in Oz in the 60's. Based in Brisbane, the Fox's were treating us to a marvellous Christmas holiday in the sun. Our time was divided between Queensland's beaches (there are miles of them) and the mountains known as the Great Dividing Range. The "Divide" runs inland down the East Coast of Australia through Queensland and New South Wales and is renowned for its natural rain forest.

The worm-encounter was our first experience of the Queensland rain forest. We had arrived late in the afternoon at the Binna Burra Mountain Lodge, 2600ft up in the Lamington National Park, and were taking a late afternoon walk. IT had rained for the previous 18 hours so we had arrived at a perfect time to see some of the forest inhabitants that are not around on drier days. The worms had come to the surface to escape drowning in the saturated ground (as they would anywhere).

The worms were not the only creatures encouraged by the wet conditions. We soon found leeches on our boots (and on our legs on subsequent walks) but fortunately the weather remained dry after our arrival so these blood-sucking companions eventually became less prevalent.

Our first major walk was the Ships Stern – so called because it culminated on a rocky outcrop that was shaped like the stern of an old sailing ship. It was a full days walk and eating lunch we looked over to Egg Rock and could see the building development of Surfers Paradise down on the coast. This walk also introduced us to the giant trees of the forest, such as the strangler fig. This tree grows around its host tree as a vine and eventually encases it to the point where the host dies and the fig continues on to become a hollow giant of a tree reaching 30-40m in height.

Returning on this walk. Mike pointed out the lairs that trap-door spiders make in the muddy banks along at the sides of the trail. They make their home in a tube (a hollowed-out tree-root) and on the end of it they build a lid (a trap-door). When they hear potential prey tapping on the lid, they rush out and eat lunch.

A days rest – and then it was Christmas day. We were staying in pre-erected tents in Binna Burra, so there wasn't room for a tree and fairy lights, but Christmas morning was still marked by exchanging of gifts. Maeve got a foot massager. Maureen got books and a CD (which she couldn't play until we returned to Brisbane), and Dad got his usual pair of socks (with frogs on?). The day was rounded off with a magnificent Christmas lunch at the Lodge after which everyone went to sleep (in the sun).

The Lodge at Binna Burra is one of two well-known mountain lodges in the National Park, the other is O'Reilly's. The O'Reilly family settled the area 80 years ago and over the years encouraged people to come and explore the area. As part of our Christmas recovery programme, we set out from O'Reilly's Lodge to walk to the Blue Pool – a deep pool in a river that ran through a local gorge. But first we had to experience a walk through the treetops.

The tree-walk is a 1k trip along walkways suspended in the trees, where at one point you can climb a ladder to a treetop. At 50m off the ground we looked out across the canopy listening to the birdcalls (and down to the ground below.)

After a week in the mountains, it was time to return to Brisbane. On the morning of our departure, we started to pack up the car to find a spider on the outside of the car door. It was the size of a saucer and very hairy. None of our Australian friends knew what it was, or whether it was dangerous. After five minutes of discussion, someone opened the car door and the spider disappeared inside. Some thirty minutes later having inspected as much of the interior as possible we hadn't found the spider and so had no option but to complete the packing and take our chances.

It was at this point that Mike recalled the statistic that in Australia a high proportion of road accidents are caused by spiders dropping down from concealed places inside the car and scaring the \*!?!\* out of the driver (who loses control and drives into a lamppost). IT was in this tense atmosphere that Mike and I drove my car back to Brisbane – with out trousers tucked into our socks. It was only on the following morning, when we found the spider on the back seat of the car (it was dead with the heat) that we realised that we had travelled two hours with our tarantula-sized guest concealed amongst the luggage.

This was our final brush with Australian wildlife as a few days later we bade the Fox's farewell with thanks and promises of return visits, and headed home.

(P.S. You can see some pictures of Lamington National Park at <http://travel.nf/qld/lamington.htm> if you have access to the Internet.)



## “The Curse of Lugnaquilla”

Is it possible that Lugnaquilla is not the peaceful majestic mountain it appears to be? When viewed from afar one invariably says to one's self “Ah Lug” with a sense of satisfaction on having glimpsed its noble profile.

But there is another aspect of “Lug” which you may never have dared to contemplate and that is that it may put a curse on you. “How ridiculous,” I hear you say, who ever heard of a mountain cursing someone. Others will think he's even more daft than they though. But let's take a closer look because all may not be what it seems.

How many of you have had something happen to you as you climbed “Lug”? None of you? Think again. Did the weather close in and force you to retreat back down to Glenmalure, were you nearly blown off the summit by a gale, did you find yourself about to walk off a cliff, or maybe you just collapsed like myself.

You see I think there is a curse. Twice I've collapsed, once I have hurt my shoulder, a couple of times I felt sick on the mountain, practically everytime I climbed it something happened and I know it has happened to other Trekkers. So think again. Instead of a nice peaceful mountain maybe a monster lurks waiting to wreak havoc on all those who dare to climb its back. Who knows what may have occurred in the far distant murkiness of time.

And so as you next approach “Lug” you can stop and stare, and ask yourself if you are about to be cursed and then carry on regardless.

Brian Brennan

## WALK LEADERS September – December 1999

DATE	WALK	LEADER 1	LEADER 2	LEADER 3
4 <sup>th</sup> Sept.	B	R. Needham 284 9571	M. Byrne 282 0553	J. Brandon 285 9563
11 <sup>th</sup> Sept.	A	J. Furey 289 3045	K. Trant 282 7591	G. Barry 285 4906
	C	J. Needham 284 9571	C. Dorgan 285 8170	H. Fitzpatrick 285 6502
25 <sup>th</sup> Sept.	B	F. English 280 4363	E. Logan 285 2548	C. Brandon 285 9563
2 <sup>nd</sup> October	B	F. Mulloy 285 5614	N. Boyne 269 3984	R. Doyle 284 1787
Dates to be Confirmed OCTOBER WEEKEND		R. Needham 284 9571 TO BE DECIDED		
23 <sup>rd</sup> Oct.	B	D. O'Hegarty 280 8335	T. Tuttle 285 4283	R. Ryan 285 3960
6 <sup>th</sup> Nov.	B	P. O'Duffy 280 4789	J. Brandon 285 9563	C. Stephens 285 9062
13 <sup>th</sup> Nov.	A	J. Moore 285 5035	K. Moore 285 6592	E. Gallagher 285 5162
	C	M. Dorgan 285 8170	N. O'Reilly 280 9929	M. Beegan 285 1698
27 <sup>th</sup> Nov.	A	C. Behan 280 5610	P. Owens 285 0435	M. Condon 289 3258
	C	T. Gillan 298 5377	C. Furey 289 3045	M. O'Duffy 280 4789
4 <sup>th</sup> Dec.	B	L. Walsh 288 2042	R. Kirker 284 0784	M. Lane 285 9259
11 <sup>th</sup> Dec.	A	B. Bracken 285 7914	B. Lane 285 9259	S. Trant 285 3979
	C	M. Tinsley 285 2126	A. Keegan 285 4682	B. Brennan 285 5700
25 <sup>th</sup> Dec.	Christmas Day – Walkers will be excused.			

**WALK LEADERS**  
January – June 2000

<b>DATE</b>	<b>WALK</b>	<b>LEADER 1</b>	<b>LEADER 2</b>	<b>LEADER 3</b>
1 <sup>st</sup> January	A	P. Owens	B. Brennan	S. Trant
8 <sup>th</sup> January	A	D. Kirker	R. Doyle	M. Armstrong
	C	K. Pierce	J. Brandon	N. O'Reilly
22 <sup>nd</sup> January	B	E. Logan	F. English	R. Crowley
5 <sup>th</sup> February	B	Mike Sims	Maeve Sims	T. Tuttle
12 <sup>th</sup> February	A	J. Furey	G. Barry	C. Mangan
	C	D. Ryan	C. Dorgan	M. Beegan
26 <sup>th</sup> February	B	R. Kirker	K. Moore	C. Brandon
4 <sup>th</sup> March	A	P. Owens	K. Pierce	J. Furey
11 <sup>th</sup> March	A	C. Hannon	E. Gallagher	B. Lane
	C	H. Jack	C. Stephens	M. Berthiaume
25 <sup>th</sup> March	B	J. Moore	M. Byrne	M. Lane
1 <sup>st</sup> April	B	F. Mulloy	L. Walsh	J. Brandon
8 <sup>th</sup> April	A	M. Condon	B. McKean	R. Doyle
	C	R. Needham	H. Fitzpatrick	M. Forde
Dates to be Confirmed		APRIL WEEKEND		
23 <sup>rd</sup> April	B	T. Gillan	Mike Sims	T. Tuttle
6 <sup>th</sup> May	B	D. O'Hegarty	J. Brett	C. Stephens
13 <sup>th</sup> May	A	F. Trant	C. Behan	P. Owens
	C	R. Needham	M. O'Duffy	A. Keegan
27 <sup>th</sup> May	A	B. Bracken	D. Kirker	L. Walsh
	C	M. Dorgan	D. Ryan	M. O'Duffy
3 <sup>rd</sup> June	B	P. O'Duffy	J. Needham	N. O'Reilly
10 <sup>th</sup> June	A	E. Gallagher	M. Tinsley	K. Trant
	C	Maeve Sims	D. Brennan	M. Berthiaume
Dates to be Confirmed		JUNE WEEKEND		