MACTIRE NEWS

Come and Try it Event

The Come and Try it event for beginners on Sport for All Day, April 22nd, was a great success with nearly 300 people taking part. Club members worked very hard to stage this event. Special attention was paid to publicity and the efforts of Charles O'Brien contributed greatly to the large turnout in uncertain weather. Many people started their orienteering in fine weather and then got drenched as the rains came. A group of 42 Girl Guides was especially heroic. They walked up to Pine Forest from Rathfarnham, had their lunch under the trees as the rain began and commenced orienteering as it began to pour. Most people coped well with the 3.3 Km and 2.2Km courses and with the rain. We hope they will remember the orienteering and not the rain. Special thanks are due to Mary Doyle for co-ordinating all the work.

JK Event at Easter Weekend

Most of our more enthusiastic members went to the Exeter region and had 4 successive days orienteering in summer-like conditions. The courses were a little longer than we are used to but everyone managed to finish. Perhaps the 2,000 + spectators and public address commentaries had something to do with this.

Other Business

The Phoenix Park map is currently being drawn. The Training officer has plans to help us imporve. Keep in touch by coming to events.

UCDO (by JK)

1978-79 has been a year of growing interest in Orienteering amongst UCD students. We arranged buses to 9 events and unlike previous years all except 1 were full. The highlight was the trip to Cratloe, our most ambitious expedition ever. This followed sorties to Kinnity and Woodstock. The UCD contingent at the JK79 numbered 10, a threefold increase on representation at the JK78. On the organizational side we have run severl campus events, one street event and events in Hollywood and Glendalough. We have also started mapping in Ballinderry.

On the 26th April we held our AGM and elected the 1979-80 committe, Brendan Cryan being elected next year's Captain. On May 13th we have the Intervarsity Championships in the Devil's Glen. Challenges have been sent by carrier pigeon to the other universities and 3rd level colleges in Ireland.

All in all its been a good year for UCDO. We have seen an increase in the number of "occasional orienteers" and more serious competitive orienteers (as evidenced by the JK turnout). We hope next year will continue this trend.

New Committee:

Captain:	B. Cryan	Publicity Officer:	D. O'Beirne
Secretary:	B. Devlin	Event Organiser:	J. Kehoe
Treasurer:	P. Moloney	Social Secretary:	Joan Morrissey
		Ordinary Member:	N. Daly

JK'79

An even greater Easterly migration of orienteers took place this year as approximately 150 competitors from this country (north and south) took to the various ferries to try their luck in Devon. The IOA bus (all were most grateful to John and Ronan for the splendid organisation - they might, I suppose, like it to be known that all dealings about tickets, changes, withdrawals etc. should be referred to the organisers) enabled about 50 people, including many juniors to gain experience abroad at a very low cost. There were no complaints either about the dormitory accommodation which many availed of.

For those of us who travelled by car and stayed in the greater luxury of tents and caravans it was an ideal week-end as the sun poured down for three days. Most of us made for the training event as experience has shown that it is very desirable to adjust to the different conditions pertaining in deciduous forests. This event was in part of the forest called Bramble Brook which was used for the Relays on Sunday. Nobody killed themselves but it was certainly a great help to know how much green etc. was impassable - a curious phenomenon was that in certain areas of fight the lines traversing which one might have been tempted ot take were in fact more difficult than the fight itself.

It was such a change to orienteer in sun and warmth that we hardly know what to put on, or take off - and there was a general drift in the direction of the outdoor shops selling a tempting array of t-shirts, heli hansens etc. I doubt there is anyone who managed to resist their attractions for the whole week-end.

A brief visit to the event centre was all we could permit ourselves that night as everyone attempted (mostly in vain from what I hear) to get some sleep before the individual event. Fernworthy - about 50 kilometres from Exeter is one of the few forests on Dartmoor. The roads are so narrow that the organisers had to enforce a strict one-way system with everyone expected to arrive before 12 noon and no-one who had arrived earlier allowed to leave before that hour. It was not a day to be tied for time. There was a longer walk to the start than we expected and a most complex system of lanes for starting. I was at the JK 2 years ago but the rain and snow must have affected my impressionability. This time there was no doubt about being in the centre of an international event. There must have been at least 10 starting lanes for the different classes and looking at the souvenir

maps afterwards there was an uncountable number of controls in the forest - as one of our better competitors found to his cost. I don't think that anyone could describe the orienteering as difficult though much of the wood was extremely rough - even in the supposedly runnable areas. Carey May and Wally Young made the prize-winners and several others were within minutes of the best.

Bramble Brook on Sunday lived up to its name - it was a very rough, tough forest with a climb up at the end that would kill the fittest (and how many of those are around?) - and with the sun beating down and the pressure on not to let your team mates down it was not surprising to hear many complaints about feeling ill on the way around. However, since it was a relay the distances were not too long and good times were brought in by many of the Irish competitors - rather than leave anyone out I will leave you to look at the official results. For all the roughness the forest was an ideal setting for the relay. The start and finish were in a natural amphitheatre which easily accommodated the large crowd of spectators and competitors. There was a slight problem trying to fight your way through the crowds into the starting box to wait for your previous runner and most people felt extremely nervous as they waited for their number to be called - in fact it became very confusing when team finishers were being announced simultaneously with first and second leg runners but for all that there did not appear to be many minutes lost by runners not being ready.

Since the relays began at 10.00 a.m. (John McC would applaud) we were able to repair for a delicious cream tea at an appropriate hour of the afternoon. The most unsociable closing hours of British public houses prevented us following that with some much sought-after scrumpy. Some mustered a little more energy for the disco that evening - even discos start and finish early over there - when you think about it it is quite impossible to impair your health at anything but orienteering at the JK. Nevertheless, we were reluctant to leave the following day but needs must and we headed for the relaxation event at Quantocks Forest - well chosen on the route home for most. Maybe we were all tired, but it certainly was the most difficult orienteering of the week-end - I think finishers were in short supply - partly because some of us over-estimated the amount of energy we had left and set out on too long a course.

There was no stopping to look at the map as we headed for Liverpool in great haste. All were somewhat pushed for time but no-one was left behind - even the bus got there in time.

SUSANNE CAWLEY

Results of Cratloe Event 11th Mar. 1979

Elite Course

M21A

1.	P. Healy	CO	81.53
2.	E. Rothery	Ajax	83.57
3.	R. Cleary	3ROC	92.54
4.	D. O'Callaghan	Ajax	93.28
5.	J. McCullough	3ROC	94.30

M35

1.	A. Flegg	Set	108.31
2.	P. Long	MO	1111.26
3.	C. Dunlop	Set	122.05
4.	T. McGrath	3ROC	123.56
5.	H. Quirke	CO	130.17

M21B

1.	B. Phelan	UCDO	118.00
2.	D. Deasy	Set	124.03
3.	T. Caffrey	UCDO	129.22
4.	G. Brennan	MO	131.44
5.	D. Larkin	UCDO	132.40

A Course

W19A

1.	C. May	Ajax	90.24
2.	P. Murphy	UCDO	117.40
3.	C. Nuttall	MO	119.45
4.	C. Murtagh	Set	124.44
5.	S. Cawley	3ROC	153.09

M19

1.	N. Finlay	DUO	94.47
2.	K. Cuniffe	ThO	111.40
3.	B. Cryan	UCDO	111.48
4.	N. Farrell	UCDO	119.33
5.	P. Moloney	UCDO	126.43

RESULTS OF GEN STREET EVENT DALKEY March 28th

A COURSE

M 21

1. D O CALLAGHAN	AJAX	43.02
2. J MURRAY	MAC	50.54
3. J BARNWELL	MAC	57.14
4. B FLANAGAN	3ROC	61.42
5. J MC LOUGHLIN	DUO	61.50
6. W FITZPATRICK	GEN	66.35
7. J MC CARTHY	-	87.50

M35

P MC CORMACK	GEN	54.00

M43

A BONAR LAW	GEN	55.32

2 Non Finishers

W 19 A

1. C MAY	AJAX	49.23
2. V DAVIS	GEN	74.24
3. U CREGAN	SET	78.03
4. B FLANAGAN	3ROC	84.45

1 Non Finisher

B COURSE

M 21 B

1. J MAY	3ROC	28.10
2. D KENNEDY	MAC	33.40
3. B DUFFEY	3ROC	42.35

M 19

M HARRIS	Wesley o.	33.20

M 15

R DOORLY	GEN	45.40

M 13

1. B WHITE	W.O.	48.10
2. BOLES VAN DER FLIES		48.45
3. M SHAKLEDON		53.40

4 Non Finishers

W 19 B

GEOGHAN & EGGINGTON	56.00
MORIARTY & MURPHY	53.32

1 Non Finisher

IOA

Extraordinary General Meeting

After Grade 1 event in Villierstown, Co. Waterford.

To discuss.
1) Regional Councils
2) Proposal of 2 extra positions on IOA Executive
   (a) Public Relations Officer
   (b) ~~Training and Development Officer~~ Mapping Co-ordinator
3) Any Other Business

RESULTS of GEN Event at Trooperstown. 25th March

A. Course

M21A

1.	P. McCormack	GEN	75.55
2.	D. O'Callaghan	AJAX	79.54
3.	E. Rothery	AJAX	84.50
4.	J. Murray	MAC	92.00
5.	P. Flanagan	3ROC	117.06
6.	John Ryan	SET	123.05
7.	Joe Ryan	GEN	144.49
8.	D. Larkin	UCD	153.03
9.	P.H. Ryan	GEN	155.05
10.	G. Smith	MAC	155.16
11.	H. Boyle	GEN	180.00

M35

1.	C. Dunlop	SET	106.54
2.	A. Bonar Law	GEN	124.50

B. Course W19A

1.	C. May	AJAX	63.30
2.	E. Loughman	GEN	76.39
3.	C. Nuttall	MO	88.52
4.	M. Walsh	3ROC	90.10
5.	M. Thornhill	GEN	90.15
6.	B. Flanagan	3ROC	97.03
7.	U. Cregan	SET	100.41
8.	S. Cawley	3ROC	116.40
9.	E. McCarthy	SET	139.45

M21B

1.	P. Nevin	GEN	87.46
2.	D. O'Beirne	UCD/3ROC	100.05
3.	W. Fitzpatrick	GEN	105.35
4.	B. Concannon	GEN	116.25
5.	D. Lyons	MAC	120.50
6.	B. Walsh	3ROC	127.50
7.	J. McElhinney	MAC	140.15
8.	J. O'Brien	SET	140.20
9.	J. McCarthy		153.25
10.	T. Spillane		155.25

1 Non-finisher

WAYFARERS

1.	D. Kennedy	3ROC	30.45
2.	D. Burke		30.45
3.	E&H O'Frien	GEN	39.00
4.	M. Walsh		44.00
5.	M. Fitzpatrick & M. O'Doherty		44.45
6.	Pettigrew & Reddy	SET	60.44
7.	C. O'Friel	GEN	70.14
8.	Ryan Family		75.14
9.	C. Liddy		86.32
10.	R. Harrington Punched wrong controls.		

C. Course

W35

1.	D. Large	GEN	58.05

W43

1.	R. Doorly	GEN	85.18

W19B

1.	A. McCormack	GEN	66.15
2.	M. Murphy	SET	121.38

M19

1.	D. Gallagher		78.45
2.	R. O'Dwyer	GEN	126.20

M17

1.	B. Dunlop	SET	50.00

M15

1.	S. Doorly	GEN	55.12
2.	D. Fitzgerald	-	78.45
3.	P. O'Donoghue	-	93.10

Unclassified on C. Course

1.	O. Cantwell		93.00
2.	P. Nolan	MAC	93.45
3.	S. Seymour		99.11
4.	C. Doley		139.50
5.	D. Flood	3ROC	129.50
6.	N. Harrington		184.45

1 non-finisher

D. Course

W43	H. Newman	GEN	62.20
W15	C. Law	GEN	58.48

Unclassified on D. Course

1.	R. Fitzpatrick		45.30
2.	P. Roche & H. Ni Chriogain	3ROC	85.35
3.	A. Tyrell	Glennans	92.46
4.	M. McElhinney	MAC	85.55
5.	P&J May & S. Brien		106.46
6.	T. Dunne		109.34
7.	C. O'Byrne		109.34
8.	A. Moriarty		111.36
9.	M. Fuller		111.36
10.	F. Chambers & G. Cussen		127.46
11.	M. Maher		139.20
12.	M. Donnellan, E. Ryan, & T. Duff		142.50
13.	P. Walsh	Glennans	143.35

Results: DONADEA 17th April, 1979

A. Course. 8.9 km

1.	P.O. Bengtsson	H43	56.52
2.	P. Healy	H21	57.49
3.	E. Wilson	H21	58.27
4.	J. Holmberg	H35	61.14
5.	E. Rothery	H21	61.54
6.	J. May	H21	62.04
7.	D. O'Callaghan	H21	62.39
8.	R. Bengtsson	H21	63.53
9.	J. Warde	H21	64.48
10.	D. Butler	H21	64.53
11.	T. Strand	H21	65.10
12.	P. Herrikson	H19	65.20
13.	G. O. Rønning	H19	67.44
14.	G.A. Davaltras	H19	68.11
15.	J. Flatmo	H21	70.13
16.	A. Sunnergrn	H35	71.29
17.	Kjellmansson	H35	71.37
18.	P. Srnsson	H21	73.27
19.	T. Caffrey	H21	82.02
20.	E. Loughman	D19	82.37
21.	E. Niland	H21	83.20
22.	B. Cryan	H19	88.09
23.	F. McCormack	H35	88.31
24.	D. Deasy	H21	91.25
25.	Joe Ryan	H21	91.51
26.	A. Bonar Law	H43	93.36
27.	John Ryan	H21	96.28
28.	P. Cunningham	H21	107.05
29.	C. Murtagh	D19	108.30

1 N/F.

B. Course

1.	Thomas Lofgren	H15	50.03
2.	Diana Large	D35	78.02
3.	Robert Johnsson	H43	78.15
4.	King		80.30
5.	C. Galloway	H21	90.38
6.	A. Warde	D19	104.06
	B. Duggy	H21	D.M.F.

C. Course.

1.	H. Ferdiisandsin		44.26
2.	L. Lofgren	H43	49.51
3.	T. Sunnergren	D10	63.03
4.	C. Bonar-Law	D15	65.24
5.	O. Sunnergren	H10	68.44
6.	Agner, (Irma)	D50	88.00
7.	John Caffrey	H50	97.47
	Mar. & Eliz. Brennan		D.M.F.
	Lor. & Ed. Miland		D.M.F.

CLARABEG "WHITEOUT"

The 3ROC Grade I event on Clarabeg (April 8th) survived despite a petrol shortage, the postal strike and a mid-day snowstorm. There were 160 finishers, some with excellent times and many retirals. The wet/cold conditions made control punching difficult and many cards were undecipherable making results compilation a task akin to the work of ancient manuscript restoration. Nevertheless, not a few cards were in excellent condition at the finish. You must keep your control card permenently inside a separate sealed plastic bag or transpaseal BOTH sides.

Other problems not well anticipated were the need for an adequate awning over the master maps and hot soup at the finish. The organiser's thanks are due to all those below who helped on the day or loaned equipment, but particularly to Justin May whose contribution went far beyond the job description for Course setter.

Michael Aherne, Ronan Cleary, Maire Convery Brendan Cryan, Brian Duffy, Judy English, Pat Flanagan, Roger Garland, Nora Lynam, Mary Hyland, Frances O'Halloran, Elizabeth Monaghan, John McCullough, Ted McGrath, Mr. & Mrs. May, David Rowe, Peter Stephens, and last but not least Maire Walsh (Controller).

Found Property: Blue track suit top in Start tent.
Pair leather boots - Carpark.

Please phone 986534 with description to claim.

Liam Convery
(Organiser).

RESULTS of 3ROC Event at Clarabeg, 8th April, 1979

A Course M21A

1.	W. Young	CO	68.	106
2.	D. O'Callaghan	AJAX	74.55	97
3.	E. Wilson	LVO	74.56	(97)
4.	P. Healy	CO	75.41	96
5.	E. Rothery	AJAX	77.41	93
6.	G. Byrne	CO	79.27	90½
7.	J. McCullough	3ROC	80.19	89½
8.	P. McCormack	GEN	82.37	86½
9.	P. Lalor	CO	85.10	83
10.	R. Weaver	LVO	85.18	(82½)
11.	W. Hollinger	AOK	88.19	(78½)
12.	M. O'Regan	CO	91.12	74½
13.	J. Warde	FERM	91.47	(73½)
14.	W. Simpson	LVO	91.57	(73½)
15.	A. Shaw	THO	92.06	(73)
16.	R. O'Shea	MO	92.41	(72½)
17.	B. O'Neill	SO	94.13	70½)
18.	D. Reidy	ECO	94.36	70
19.	A. O'Cleirigh	CO	94.44	69½
20.	J. Murray	MAC	95.25	68½
21.	C. Majury	LVO	99.59	(62½)
22.	T. McCormack	GEN	100.23	62
23.	E. Niland	MAC	103.29	57½
24.	A. Campbell	NWOC	107.12	(52½)
25.	B. Haire	QUBOC	107.27	(52)
26.	M. Meehan	EOC	109.01	50
27.	D. Larkin	UCDO	123.46	29½
28.	M. Doyle	CO	126.36	26
29.	J. Ryan	SET	127.18	25
30.	G. Smith	MAC	132.46	17½
31.	E. Gaffney		133.32	16
32.	J. Hunt		140.45	6½
33.	D. Quinn	GEN	151.16	0
34.	J. Ryan	GEN	161.25	0
35.	A. Price	SET	162.40	0

Uncheckable Cards:

M. Lynch	CO	113.47	
P. Thompson	DUO	153.53	

'A' Non-finishers 7

No. 3 mispunched:

M19	B. Grennan	CO	114.22	
M19	D. O'Sullivan	CO	122.49	
M21	H. Boyle	GEN	114.00	
Unclassed:	L.O'Byrne	THO	83.57	

B. Course W19A

1.	E. Loughman	UCDO/GEN	78.54	103
2.	Carey May	AJAX	83.55	97
3.	M. Turley	MAC	87.59	92
4.	A. Smillie	QUBOC	99.02	(78½)
5.	U. Cregan	SET	103.55	72½
6.	C. Murtagh	SET	106.22	69½
7.	C. Nuttall	MO	106.24	(69½)
8.	F. McGoldrick	THO	110.09	(64½)
9.	M. Thornhill	GEN	110.22	64½
10	J. Majury	LVO	113.00	(61)
11.	B. Flanagan	3ROC	119.04	53½
12	M. Groeger	MO	129.56	(40½)
13	M. Rohan	MO	138.42	(29½)
14	S. Cawley	3ROC	191.00	

B. Course M35

1.	P. Long	MO	79.19	20
2.	H. Quirke	CO	80.50	19
3.	M. Lunt	GEN	80.51	18
4.	A. Bonar Law	GEN	82.23	17
5.	A. Gartside	LVO	85.33	16
6.	H. White	LVO	86.16	15
7.	D. Kennedy	WO	92.16	14
8.	C. Dunlop	SET	94.02	13
9.	T. Hodson	SET	130.50	9
10.	F. McCormack	CO	166.47	5

B. Course M19

1.	N. Finlay	DUO	91.40	20
2.	F. Horan	DLSO/3ROC	96.41	19
3.	D. O'Beirne	UCDO/3ROC	101.38	18
4.	B. Dunlop	SET	101.41	17
5.	B. Butler	3ROC	104.55	16
6.	P. Farrell	CO	105.18	15
7.	L. Condon	CO	106.20	14
8.	P. Moloney	UCDO	107.14	13
9.	P. Deevy	CO	111.46	12
10.	D. Bergin	CO	113.38	11
11.	M. Harris	WO	113.55	10
12.	B. Phelan	UCDO	115.51	9
13.	M. Dillon	CO	119.49	8
14.	K. Quigley	BOC	127.32	6
15.	D. Killian	CO	141.17	4

'B' Non-finishers 15.

C. Course M21B

1.	B. Cryan	UCDO	59.32	20
2.	B. McGrath	3ROC	73.51	17
3.	T. Caffrey	SET	75.24	16
4.	P. Nevin	GEN	80.40	15
5.	J. O'Brien	SET	114.18	9
6.	Smyth	Tho	122.35	(7)
7.	P. Molen	MAC	123.03	6
8.	P. Neeson	SET	164.59	0

M17

1.	A. Blair	NWOC	57.30	(20)
2.	P. James	NWOC	57.54	(19)
3.	C. Reid	NWOC	66.03	(17)
4.	S. Flannery	WO	91.49	12
5.	J. McGrath	DLSO	92.13	11
6.	P. Patton	WO	97.22	10

W19

A. Hamilton	LVO	83.40	

M19

B. Delaney	3ROC	111.03	

Unclassified.

R. O'Dwyer	GEN	139.01	
J. McElhinney	MAC	90.56	

'C' non-finishers 29.

D. Course W17

1.	M. Coleman	MPO	97.26	20
2.	O. Fitzgerald	MPO	100.16	19
3.	T. Horan	SET/MPO	104.49	18
4.	H. Mackey	3ROC	116.26	16

W35

1.	D. Large	GEN	77.54	

M43

1.	J. Lynam	3ROC	76.59	
2.	J. Connell	DLSO	125.54	

M50

	J. Caffrey	SET	184.12	

Results from Clarabeg ctd.

D. Course M13

1.	P. McCabe	DLSO	112.44	20
2.	E. Tighe	DLSO	112.48	19
3.	M. Jenkins		134.05	17

M19

1.	P. Whelan		130.29	

W19

1.	A. McBride	GEN	129.07	
2.	M. McBride		130.32	

M11

1.	G. Jenkins		133.04	

Uncheckable Card

M15	H. Ulmer	DUO	121.26	

Unclassified

T. Kelly			121.19	
J. Shiel		MAC	76.40	

'D' non-finishers 10

E. Course W19B

1.	W. Delaney	GEN	44.31	20
2.	A. Warde	FERM	53.59	(17)
3.	J. Swift	THO	110.22	(6)
4.	P. Murphy	SET	120.33	3
5.	J. Morrissey	UCDO	139.45	0
6.	C. Warner	3ROC	149.10	0

No. 4 mispunched

E. McCarthy	SET	73.00	

W43

1.	F. White	SET	107.22	

W15

1.	R. Williams	SET	57.55	
2.	C. Bonar Law	GEN	64.22	

'E' course non-finishers - 5

F. Course W13

1.	S. Burns	3ROC	158.51	
2.	N. Maxwell	SHOC	158.58	

Unclassified

B. Kelly	SET	85.17	

'F' course non-finishers: 2

G. Course W11

1.	E. Flegg	SET	29.38	
2.	M. Convery	3ROC	60.37	

M11

1.	M. May	3ROC	44.01	

'G' Course Non-finisher: 1

WAYFARERS

M. Hodgins	York Road	38	
L. Syme	3ROC	48	
C. Syme	3ROC	48	
E. Quirke	CO	52	
(No. 9 not punched)			
O. Rowe	3ROC	57	
M. Vanbeck	-	60	
A. McCarthy	3ROC	62	
M. Butler	3ROC	62	
M. Vanbeck	-	67	
M&C O'Shea	-	73	
G. Clarkson	CBSI	77	
(wrong No. 5)			
Arbuthnot	-	92	
Jordan & Hogg	York Rd.	93	
Jordan	" "	94	
Masterson	3ROC	95	

Wayfarer non-finishers: 3

( ) in ranking means non-Leinster

Sport for All Day

As part of "Sport For All" weekend Setanta Orienteers agreed to run a "Come and Try It" event in Marlay Park on Saturday, 21st April, with start times from 12.00-15.00. The organiser, emerging from the rigours of the JK and subsequent Swedish invasion, hastily planned two courses, one of 1.5km with 6 controls, and another of 3.3km with 10 controls. On the day 50 people (+1 dog) turned up, a slightly disappointing number considering the newspaper coverage and lack of rain. However, 39 of the 50 were newcomers, and many expressed interest in joining a club - names will be passed on to the appropriate club secretaries. Information sheets (1979 ed.) were given out, a squad of Setanta members explained the strange rituals involved in the sport, and accompanied groups around the short course. No controls were taken, all participants finished (even those of gruelling 3.3km A course) and despite the low turnout the event was not a complete disaster. Sincere thanks to those who answered the late call for assistance.

Denis Deasy.

How to succeed ...(2)

Distance Judgement:

When orienteering it is essential to know not only in which direction to go but also how far. It is possible to judge distance by eye but it is inaccurate and it takes practice. The most effective method is to use pace counting i.e. counting the number of double paces ("DP's") taken to cover a distance. This is an ancient method of distance measurement, used by the Romans - their "mille passus" or thousand paces has become our mile.

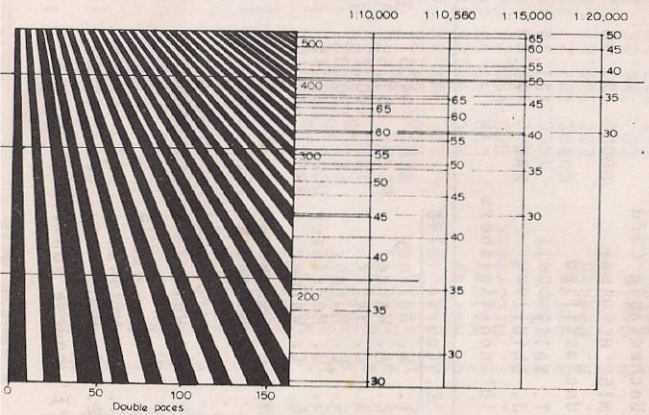
The first step (so to speak) is to find out how many DP's you take to cover, say, 100m on a running track or football pitch. On a track you might do 36 DP's per 100m or perhaps 40 DP's per 100m on a football field. Once you know how many DP's you take on the level (on a good surface) you can tell how many DP's you will take to cover a particular distance, making allowances for going uphill or over poor surfaces (more paces), or downhill or on good paths (fewer paces). For example if I take 38 DP's per 100m and the distance on a 1:10,000 scale map is 3.5cm then the number of DP's to cover the 350m will be 133DP's.

This method is cumbersome as it involves doing mental arithmetic unnecessarily while you could be working out the next let. For this reason many people use a modification of this method - a scale where distance is measured directly in terms of DP's. A different pacing scale is made for each map scale to be used, and attached to the front of one's compass. It is easier to make these scales using a pacing block (available from Setanta).

Pace counting is not always necessary, but it is useful to pace count all the time especially if you go wrong. After some time pace counting becomes second nature - it can be done almost without thinking. Often it is only important to pace count for the final part of a leg - in the example there is no point in pacing until you cross the final earthbank: before reaching that it is only a matter of running across two earthbanks, then pace to the boulder.

If all goes to all, a useful rule of thumb is that you have rarely gone as far as you think!

(see example next page)



PACING BLOCK

The Pacing Block is designed to give you an accurately divided scale showing the number of double paces which you may expect to take to cover a distance on your map. As wide a range of pacing lengths as possible is shown for the common scales between 1:10,000 and 1:20,000.

INSTRUCTIONS

By trial, work out how many double paces you take to cover 100m. This can be done by averaging the number of counts from terrains of different difficulty; easier conditions allow a longer stride. Now select the map scale required, from the headings to the right of the block and, from the pacing intervals indicated in the columns below, draw a line through the block at the level of your pacing interval. The scale may then be marked off onto a strip of paper and stuck to the leading edge of your compass. Alternatively, the block may be cut and the printed strip used instead. Remember that absolute accuracy is not required. If you are consistent in using a particular pacing interval you will rapidly learn to make the necessary adjustments for slope etc.

Devised for Setanta Orienteers by A. Flegg

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A Note on Hollywood Glen - April 29

The buses aren't running as they should. The post doesn't come. The winter won't go away. I can't find my shirt. I still haven't got those maps. Half the phones are out of order. The list of misfortunes goes on. However, the last LOC Newsletter came out around St. Patrick's Day. On Page 3 (yes?) there sits, inconspicuous, a notice of an event on April 29. One line is of devastating import - "See separate Notice". Days later we have waded through to page 13, where it says (and I quote) "Teams should be pre-entered up to the Wednesday before the event" and also "Lucky dip teams will be made up on the day but applicants must register before 11.15 a.m."

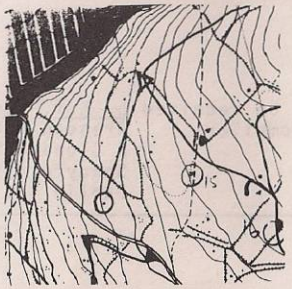
The smooth running of the event was disrupted by the hoards of people arriving late (up to 12.45 or so) and wishing to enter or fix up teams, and so on. I am quite willing to accommodate people with such (ostensibly) reasonable requests, but I think that the delay was unfair on those who had come early (before 11.00 a.m.) and who then had to wait around until nearly 1 o'clock to start.

Pre-entry involves a lot of work for organisers, and considerably outlay on maps if they are pre-marked. In this case I pre-marked 150 maps in the knowledge that more people would come than had pre-entered. If the majority had pre-entered I would not have wasted the 80 or so pre-marked maps remaining - the cost of these being roughly equal to the profit the event made!

I know that trying to get Irish Orienteers to pre-enter on time for anything is more difficult than anything I can think of offhand, but I implore competitors to try to make it easy for the organisers whenever possible - and pre-enter on time if required.

J. McCullough.

'How to Succeed' ... Example



3ROC Hollywood Glen POOTER Relay Results. April 29.

Pos.	TEAM	CLASS	CLUB	TIME
1	P. Healy	M21	Curr	47.34
	N. Finlay	M19	DUO	
	R. White	W15	SET	
2	J. May	M21	3ROC	
	A. May	M13	3ROC	68.31
	M. Harris	M19	WO	
3	J. Kehoe	M21	UCDO	
	D. O'Beirne	M17	3ROC	75.09
	O. Fitzgerald	W15	MPO	
4	P. McCormack	M35	GEN	
	A. McCormack	W19	GEN	78.27
	N. Bohan	M12	Curr	
5	H. Quirke	M35	Curr	
	Grennan	M19	Curr	84.03
	J. Williams	W15	SET	
6	P. Flanagan	M21	3ROC	
	B. Flanagan	W19	3ROC	87.44
	J. English	W15	3ROC	
7	B. Power	M21	SET	
	S. Cawley	W19	3ROC	88.55
	M. Coleman	W15	MPO	
8	A. Law	M43	GEN	
	C. Law	W15	GEN	94.09
	R. Law	M15	GEN	
9	T. McGrath	M35	3ROC	
	C. Farrell	M19	Curr	102.25
	E. Keane	W15	MPO	
10	D. Kennedy	M21	MAC	
	S. Laird	W19	WO	105.04
	H. Davis	W17	WO	
11	P. Cooke	M43	UCDO	
	O. Cooke	W15	MPO	120.32
	C. Lyons	W15	MPO	
12	D. Quinn	M21	GEN	
	C. Murtagh	W19	SET	125.24
	R. Williams	W15	SET	
13	C. Galloway	M21	3ROC	
	G. Parker	M15	WO	126.29
	L. Hogg	M13	WO	
14	B. Rowe		3ROC	
	D. Rowe	M43	3ROC	133.19
	D. Griffith	W17		
15	B. O'Connor	M13	3ROC	
	H. McCann	M13	3ROC	168.42
	M. Adams	M35	3ROC	

Unofficial teams:

B. McGrath, C. McGrath, E. Niland	74.01
T. Caffrey, B. Byrne, L. Condon	79.46
J. Murray, P. Ryan, R. O'Dwyer	84.44
W. Young	93.14
G. Smith, T. O'Leary	93.56
E. Kiely, D. O'Sullivan, T. Sweeney	117.21
M. Dillon, C. MacDomhnaill, D. Killian	123.54
P. Neeson, C. Warner, P. Deevey	135.38
H. Boyle, J. McElehinney, M. McElehinny	144.20

Lost Property: Light blue hooded, sweat shirt "Birmingham Univ"; Nave/white track suit top; IO and MAC badges. Contact 3ROC.

LOC Newsletter

Copy for next issue to be received by Fri. July 27th. Results, articles etc. to the Compiler, Brendan McGrath, 6 Clonard Drive, Sandyford Road, Dublin 14.