FLEGG

LOC NEWSLETTER

A NEWS-SHEET OF THE ORIENTEERING CLUBS OF LEINSTER

NO 13 SEPTEMBER 1979

3ROC NEWS

The slide competition will take place this year on Tuesday, October 23rd - see separate notice.

The AGM will be in glenalbyn House, Stillorgan, on Tuesday, October 23rd at 19.30 hrs. All members are invited.

The "Most Improved Junior" award goes jointly to Susan Burns (W15) and Adam May (M15) - awards will be presented at the AGM.

Training sessions have been discontinued for the summer but will resume next autumn.

EVENTS: Saturday, November 3rd: Night-O, Curragh
Sunday, November 4th: Grade 3, Curragh.

Entry forms for the Night-O will be available at events in September. Pre-entry only.

NOTICE TO ALL CLUBS:

In the past year over £50 worth of 3ROC equipment has gone missing after events for which it was loaned to other clubs. It has, therefore, been decided that a deposit of £5 be requested when anyone from another club is borrowing gear. This will be refunded once the equipment is returned safely - otherwise any losses will be deducted from it. The club regrets the need for this move, but we cannot afford to lose any more equipment.

3ROC PHOTO COMPETITION

This annual spectacular is once again open to all members of orienteering clubs. Since a new organiser has been found, John McCullough can this year win with a clear conscience!

Seriously, though, bear the competition in mind and take plenty of transparencies this summer. The competition will have two sections:

1. Orienteering
2. Other subjects.

ALL ENTRIES MUST BE COLOUR TRANSPARENCIES

CLOSING DATE: SEPTEMBER 30, 1979.

ENTRIES TO: Brian Duffy,
Embury House, Wesley College,
Ballinteer, Dublin 16.
Tel. 987110 (during September only please)
or to any 3ROC committee member.

A viewing of the transparencies (and other assorted delights) will take place on October 23rd, 1979.

NATIONAL WALK DAY — AFAS/COSPOIR

Sun. October 7th.

Volunteers required to organise walks.
Phone Joss Lynam 983398 (home)
or Ted Russell 774301 ext. 25 (work)

COVER: Nigel Finlay at the Devil's Glen - May 13th. (DUO)
Photo by John McCullough

FORTHCOMING EVENTS

DATE:	Sun. Sept. 16
VENUE:	Cruagh, Co. Dublin (Pine Forest)
MAP:	1:10,000 5-colour
START:	11.30-13.30
GRADE:	2
ORGANISERS:	MACTIRE

DATE:	Sun. Sept. 30
VENUE:	Kilcooley, Co. Tipperary
MAP:	1:10,000 5-colour
START:	11.30-13.30 Signposted from main Dublin/Cork Road in Urlingford
GRADE:	1
ORGANISERS:	CO

DATE:	Sun. Oct. 7
VENUE:	Donadea, Co. Kildare
MAP:	1:10,000 5-colour
START:	11.30-13.30 Signposted in village
GRADE:	1
ORGANISERS:	GEN

DATE:	Sun. Oct. 28
VENUE:	Clarabeg
MAP:	1:10,000 5-colour
START:	11.30-13.00 Signposted from Laragh
GRADE:	2
ORGANISERS:	UCDO

DATE:	Sat. Nov. 3 **NIGHT EVENT**
VENUE:	Curragh, Co. Kildare
MAP:	1:10,000
START:	18.30-20.00 hours
GRADE:	3
ORGANISERS:	3ROC. Note: Pre-entry by Oct. 15th. Restricted to M/W17 and over. Experienced Orienteers only. Entry forms available at events in Sept. Enquiries - John McCullough 01-981556

DATE:	Sun. Nov. 4 **SCORE EVENT**
VENUE:	Curragh, Co. Kildare
MAP:	1:10,000
START:	11.30-13.00
GRADE:	3
ORGANISERS:	3ROC

DATE:	Sun. Nov. 18
VENUE:	Devil's Glen
MAP:	1:10,000 5-colour
START:	11.30-13.00
GRADE:	1
ORGANISERS:	DUO

DATE: Nov. 24/25
Leinster Oringen and Annual Dinner

Details in next issue.

WORLD ORIENTEERING CHAMPIONSHIP 1-4.9.1979 FINLAND

IRISH TEAM: MEN. W.Young Curragh Orienteers
P.Healy Curragh Orienteers
E.Rothery AjaxO. & A. C.
D.O'Callaghan Ajax O. & A. C. **
Reserve R. Weaver Lagan Valley Orienteers

WOMEN. C. May Ajax O. & A. C.
E. Loughman Great Eastern Navigators
A. Smillie Queens University Belfast O. C.
M. Turley Mactire Orienteering Club.

Timetable: Sunday 26th AUG. Fly out 7.30 a.m. to Helsinki v. Lon.
" 2nd Sep Individual Championships
Tuesday 4th " Relay Championships
Wednesday 5th " Arrive Dublin 20.40 (EI 173)

The city of Tampere plays host for this year's WOC and as each day passes the tension and excitement of a World Championship will become more evident until the climax on September 2nd. The 90 men and 72 women from 21 countries are fortunate in having a beautiful holiday setting on the shore of Lake Nasijarvi as a centre, well removed from the bustle of a city, which 170,000 people call home. In true Finnish style four different types of Sauna are provided including a VIP model as a aid to relaxation.

Ireland will approach this year's event with a much more confident and experienced team, which is appreciated by the Scandanavians . The tendency to use open forests with carefully balanced route choices will negate advantages to the Northeners and a fit confident orienteer can match the best. With everybody on the same course and no distractions the task is very clearly outlined to find those markers carefully positioned a minimum of 3 feet above the ground. So we are looking forward to the competition with confidence that the team will be well placed.

Wally Young's recent success at The Trossach's and especially his ability to win a stage & Carey May's performances which seem to go from better to better, notably the win at the Welsh Oringen and the high placing in the Lake District demonstrate the ever increasing competitiveness of Irish Orienteers and we are now knocking at the door for a major success outside the British Isles.

*** P.S. Owing to an injury there is doubt about D. O'Callaghan's fitness.

P. FLANAGAN

LSOA REPORT

The highlight of the 1978-79 Season came at the beginning of the 2-day Irish Junior Champs in Donadea which had about 200 competitors from all over Ireland. The credit for the success of this event must go largely to organiser Pat Flanagan and Course Planners, Ted McGrath, Win Delaney and Tom McCormack (as well as ourselves, of course!).

This was the 6th year of LSOA's existence and for the 6th year running DLSO won the team cup at the LSOA Champs in May. However, other schools are catching up and perhaps the DLSO monopoly will be broken next year. Both High School and Muckross Park O are showing great potential.

In these 6 years we have ssen numbers at our events grow to 400 competitors (though the bad winter had a severe effect on numbers) and the affiliated schools have risen from 3 or 4 to over 20. More important perhaps is that the standard at our events has gone up considerably this year, particularly in M17 and W15: both these classes have been very small in the past, but in 1978/79 season numbers increased greatly. Another encouraging sign is the many juniors now competing at open events. Many of these juniors started Orienteering at LSOA events and then moved on to Open Events. The large junior contingent at JK'79 reflected this trend.

This is exactly the sort of pattern LSOA hopes to see develop. The 8 events a year we run are inevitably largely introductory and cater for big groups of beginners and wayfarers. It is essential for juniors who wish to improve to compete at many events and to join local clubs. We need far more liaison between schools and clubs to encourage juniors to do this. There is also, as has been noticed by our top juniors, a need for systematic advanced training of young orienteers to bring them to International Standard. While LSOA does not have the manpower to organize this large scale training programme unaided we would be very interested in and anxious to participate in any Training Programme.

The relatively low standards on junior orienteering in the south were very obvious at the Irish Junior Champs in Donadea last October. Northern Juniors won nearly all the Prizes - though there were some exceptions in the girls' classes. Similarly at the JK Northern juniors, particularly in the boys classes, did much better than the southerners. At the LSOA Champs in May Northerners carried away the Ulster V Leinster Trophy. This imbalance is a direct result of NI input into Junior Training and, of course, their superior financial resources which enable their juniors to compete regularly in British events.

LSOA's future plans are (1) to continue with a monthly event culminating in the LSOA Championships in May, (2) to expand hopefully to other schools in the Leinster area (the main problem here is to find an interested teacher of Parents' Committee as we know from experience that this is essential if Orienteering is to succeed in a school), (3) to encourage liaison between Schools and their Local Clubs with a view to getting assistance at schools events and to help in the training of juniors.

The first major event this year is, of course, the Irish Junior Champs, in October, which this year is being held in Cork. After all the labour that went into last year's event by both the Planners and Organisers from GEN, 3ROC and LSOA we will be glad to sit back and watch MO at work.

LSOA AGM. Wed. Sept. 26th. 8 p.m. in De LA SALLE COLLEGE, Churchtown, Dublin 14.

Mactire News

Apologies

Apologies to those of you who may not have received the newsletters during the postal strike. Valiant attempts were made by the Committee to deliver newsletters by car, bike, shanks's mare and carrier pigeon. Given the large geographical area covered by Mactire, this was easier said than done.

Changes of address

Two members of the Committee have changed address since the last newsletter. New addresses are as follows:

Mary Doyle,
26 Aranleigh Court,
Rathfarnham,
Dublin 14.

Tel. (Office hours only)
71 66 66 (Ext. 453)

Monica Nowlan (Turley),
67 Glenbrook Park,
Rathfarnham,
Dublin 14.

Tel. 90 35 51

Event in Cruagh on 16 September 1979

Mactire is getting off to an early start next season with an event in Cruagh on Sunday, 16 September 1979. Eddie Niland and Gerry Smith will be running this event and will welcome offers of help from all members.

I.O.A. '500' Draw

Prizewinners:

1st Prize	£100	-	Eoin Rothery (AJAX)
2nd Prize	£50	-	John McCullough (3ROC)
3rd Prize	£20	-	Judith Williams (SET)

AJAX Orienteering & Athletic Club

A training camp will take place this Christmas in Gormanston College, Co. Meath.

This course will cater for both senior and junior orienteers and will appeal to both competitive and non-competitive people. The college offers a number of facilities open to us i.e. full board, all meals, swimming pool, track, gym and extensive grounds.

Many lectures, film shows and other entertainment will be organised together with expert advice from experienced orienteers and coaches. It is envisaged that overseas orienteers will attend and lecture.

The course will be held in conjunction with the Bears Club. This is a very popular Athletic coaching course which is held twice yearly and is attended by athletes of every grade from all over Ireland.

Information from: 3, Cappagh Villas, Clondalkin, Co. Dublin.

READERS LETTERS

Sir,

We on the Leinster Schools Orienteering Association Committee note with interest the setting up of a Coaching Scheme to help junior Orienteers (LOC Newsletter, May 1979). While we are glad to see some systematic training of Juniors being organized we are surprised that as the organisation most involved with junior orienteering, we have not been informed about this shceme, or, indeed, consulted in any way.

Naturally, we will be glad to hear more about this, and particularly how coaches are to be appointed and what form the scheme will take.

Maire Walsh (Hon. Sec. LSOA).

Some Results from LSOA Championships. May 6th, Clarabeg.

A. Course: (M17)

1.	P. James	NWOC	55.33
2.	B. Butler	DLSO	58.02
3.	A. Blair	NWOC	59.12

C. Course: W15

1.	R. White	HSD	45.59
2.	R. Blair	NWOC	51.38
3.	C. Bonar-Law	HSD	61.33

D. Course: M13

1.	D. McClelland	NW	39.37
2.	A. May	3ROC	44.48
3.	S. Coote	NWOC	46.40

F. Course: W11 and W12

1.	D. Wylie	NWOC	29.30
2.	S. McCallion	NW	31.35
3.	D. Nic Chonchradha	CI	58.09

B. Course: W17

1.	E. Hinstridge	NWOC	79.22
2.	O. Cooke	MPO	93.46
3.	E. Keane	MPO	95.47

M15

1.	G. Mullan	NWOC	51.46
2.	M. James	NWOC	56.04
3.	R. Kidd	NWOC	57.31
(5)	S. Clune	DLSO	61.41

E. Course: W13

1.	J. Pumphrey	NWOC	40.35
2.	D. Kennedy	NWOC	48.22
3.	D. NiChallanain	CI	51.25

M11

1.	M. May	3ROC	37.37

MAP-MAKING - Procedures.

T. McCormack

General Preparations

1. Choose area to be mapped.
2. Check to see if map has been already produced or if in production. This checking should be done through
   (a) the club map coordinator
   (b) the Regional body
   (c) the IOA map coordinator.

   The checking should be done in the above order as it is unlikely that the IOA map coordinator would have completely up to date information.
3. Assess the area and judge the 'grade' of map that is likely to result.

   Obtain help from experienced Orienteers when assessing an area if you are relatively inexperienced at the sport.
4. Obtain Ordnance Survey Maps.

   The 1:10560 (6" = 1 mile) is usually the most useful. Check the 1:2500 (25" = 1 mile) maps as they may contain more information. Some 1:2500 maps have been updated in content and levels very recently.

   Ordnance Survey maps can be obtained at the Ordnance Survey Office, Phoenix Park, Dublin. It is worth while checking with the O.S. if they have any recent "progress prints" of areas.
   ✳ See the end of this article for detailed information on the O.S. work.
5. Obtain Forestry maps. Contact the Forester in charge of the area for information on the map number and where a print can be obtained.
6. Inform the Forester of your intentions to produce a map. Show him an example of recent O maps.
7. Decide whether you require photogrammetric help. Remember that this is an expensive operation and is sometimes not necessary. Level areas and/or updated O.S. maps do not require photogrammetry. Remember also that contours on maps indicate ground levels. Aerial photos of forest do not show the ground. Hence the ground levels cannot be shown. They can often be indicated with some accuracy when the forest consists of stands of conifers planted in one year. Contours on deciduous forests will indicate relative levels generally with accuracies that could be ± 15 metres. Photogrammetry is very useful for showing vegetation features, roads, firebreaks and rivers. Sometimes rocks can be shown.
8. Photogrammetric assistance should only be sought for Grade 1 and 2 maps and must receive sanction from the IOA before financial assistance is given.
9. Aerial photos can be obtained from two main sources.
   (a) Geological Survey or Ireland.
   The GSI have had most of the country photographed around 1973 from a height of approximately 4800m. The photos are excellent quality and give full stereoscopic coverage. They are possibly slightly too small a scale.

✳ HELD OVER TO OCT. ISSUE OF LOC NEWSLETTER.

   (b) Air Corps
   The A.C. have flown much of the coastal strip and some inland areas. The photographs were taken in the 1950's and 1960's, some earlier and some later. Some photos are excellent, some are poor, having cloud cover and gaps between photos. If you can get a good set then they are more useful than the G.S.I. photos.

   Photos may also be obtained from some of the commercial Survey firms. These again would be good quality. The photogrammetrist, David Laverty, can be of some help in locating these photos.
10. Obtain the aerial photographs (up to 3 months delivery). N.B. You should get a print and a diapositive (a print on film). Contact the G.S.I. or the A.C. or some other source for details of ordering. For photogrammetric plotting every part of the map must appear on two different prints (i.e. there must be a time a distance lapse between the photos).
11. Have your O.S. map re-sized to a metric scale which is twice the scale of the finished map, (i.e. finished map at 1:10,000, O.S. map re-sized to 1:5000). The re-sized map must be printed on film for dimension stability and indestructibility. N.B. This operation is necessary whether you are getting photogrammetry work or not. The re-sized O.S. map will be part of the field base map.
12. Should you require photogrammetry you can send your
    (a) Diapositives
    (b) Re-Sized O.S. map
    (c) Location Map.
    (d) Requirements

    to two sources
    (a) David Laverty,
    Quill Survey Services,
    Kildalkey,
    Trim, Co. Meath.

    (b) Robin Harvey,
    1 Calderwood Place,
    Dunblane, FK15 9AW,
    Scotland.

    Each source will give a quotation.

    Source (a) is new to the O-map business, although a professional photogrammetrist and surveyor. D. Laverty tends to be relatively inexpensive.

    Source (b) is operated by an experienced Orienteer who has made O-mapping his business. The results are excellent quality and presentations though expensive.

    You get value for money through either source.
13. You now have reached the stage where field work commences. There are some useful booklets covering this part of the work, the most notable being 'Mapmaking for Orienteers' available from B.O.F., Lea Green, Matlock, Derbyshire, DE9 5GJ.
14. If you have obtained aerial photos please indicate these on a copy of a 1½" map and send to the IOA map coordinator. You must also send details of the map as follows:-
    1) Grade, 2) Number of Colours, 3) Contour Interval,
    4) Area (Sq. Kilometres), 5) National Grid Reference.