LOC NEWSLETTER

A NEWS-SHEET OF THE ORIENTEERING CLUBS OF LEINSTER

JANUARY 1980 NO 15

FORTHCOMING EVENTS

DATE: Sun. Ja n 13, 1980
VENUE: Trooperstown, Co. Wicklow (Roundwood-Laragh Road)
START: 11.30-13.00
MAP: 1:15,000 5 colours
ORGANISERS: GEN
GRADE: 2

DATE: Sun. Feb. 24
VENUE: Cruagh (Pine Forest) Co. Dublin
START: 11.30;13.00
MAP: 1:10,000 5 colours
ORGANISERS: MAC
GRADE: 3

DATE: Sun. Mar. 2
VENUE: West Wicklow, Location of event will be sign-posted from Donard village
MAP: 1:10,000 5 colours
ORGANISERS: SET
GRADE: 1

AFAS - OR1 - 2/3 Feb. Advanced Orienteering (Provisional)
OR2 - 8/9 Mar. Basic Orienteering
Details from Tiglin Outdoor Pursuits Centre, Ashford, Co. Wicklow

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3 ROC RELAYS AT KILMURRAY.

This Event which was scheduled for January 28th has been postponed until May 4th 1980 because it was felt that the Christmas Score Event scheduled for the same venue was too close. A new Entry Form will appear in a later edition of the Newsletter.

Front Cover: Photograph by John Murray; taken at North Achray, Scotland (Trossachs 79).

LOC NEWSLETTER

Copy date for next issue - Fri. Feb. 22.

Articles, results etc. to the Compiler - Brendan McGrath, 6 Clonard Dr., Sandyford Road, Dublin 14.

Contributions from anyone who has not yet written for the LOC Newsletter would be particularly welcome.

LOK/LOC [illegible]

This Event i[illegible] and it incorporates the prestigious British Southern Championships to be held near Guildford in Surrey. It is a very enjoyable and - inexpensive - weekend - the Boat/Train return fare is less than £30 and accommodation is kindly provided by IOC members who will collect you from the train in the early hours of Saturday morning and deliver you back for the return journey on Sunday evening. All you have to do is eat, sleep and orienteer - sounds like heaven doesn't it?. Anyhow, it is necessary to pre-enter for the Southern Champs. by January 28th 1980 so you haven't much time.
If you want Entry Forms or any other information, contact Justin Lay at 888730/Hawthorns, Tickrock, Sandyford, Co.Dublin.

Irish Orienteering Association

ANNUAL GENERAL MEETING

Date: March 2nd, 1980.
Venue: Downshire House Hotel, Blessington.
Amendments to the Constitution, nominations for Executive Committee positions, and all proposals to be discussed at the meeting must be recieved in writing at least 30 days before the date of the AGM.

TEAM MANAGER

At a recent joint meeting of IOA and NIOA in Dundalk, Pat Flanagan was selected as Irish Team Manager for WM 81 - with immediate effect.

PLANNING AND CONTROLLING COURSE

Date: February 9th-10th,1980.
Venue: To be decided.
Course fee: £3. approx.
Max. number of places: 25
Course Instructor: Tony Thornley (BOF National Coach)

This is strictly not for beginners.
[illegible] places contact: Harry Quirke, IOA Training and Development Officer,
or C. Murtagh, IOA Secretary.

ELLSTROM INTERNATIONAL

April 4th-7th,1980.
Dumfries, Scotland.
forms available from the IOA Secretary.
forget that the closing date for entries is January 31st,1980.

OA WOULD LIKE TO WISH YOU ALL A HAPPY NEW YEAR! C. Murtagh.

The Annual General Meeting was held on Wednesday, December 12th, and the following Committee was elected for the new season:

CHAIRMAN:	Una Cregan
OUTGOING CHAIRMAN:	Aubrey Flegg
SECRETARY:	Denis Leasy, 24 Vernon Grove, Dublin 6. Telephone: 976431.
TREASURER:	Pat Walsh
MAPPING OFFICER:	Brian Power
COMMITTEE MEMBER:	Catherine Murtagh

The Committee may co-opt additional members during the course of the year.

NIGHT EVENT:	Wednesday January 30th Terenure Car Park at corner of Eaton Road, and Terenure Road North at 7.30 p.m. Meeting afterwards for film and Slide Show (Venue given at event) Members and friends welcome.
REGULAR FEATURE:	Night event at same start - last Wednesday of each month at 7.30 p.m. followed by get-together.
NOTE:	Torch and Arm-Band essential for night events.

The Committee wish the members a Happy and Prosperous New Year and look forward to a successful Orienteering Season for the Club.

MAPPING SPONSORSHIP:

For the second year in succession, Beecham of Ireland Ltd., have sponsored the production of an Orienteering Map. Setanta Orienteers are grateful to the Irish Orienteering Association for nominating their club to accept this generous offer. The complete printing cost of the Ballinascorney-Seahan map was borne by Beechams, who manufacture Lucozade. The mapper wishes to acknowledge the efficiency and courtesy extended by Mr. Martin Chamberlain

and Mr. Charles Chapman of Beechams who ensured the printing was done in the minimum time possible. In addition, there was a plentiful supply of free lucozade available on the day of the first event (Day 2 of O-Ringen, November 25th). Prizes were presented to the winners in each class by Mr. Charles Chapman on behalf of Curragh Orienteers and Setanta Orienteers - joint organisers of the two-day event.

AFTER ORIENTEERING

Stop for a Lucozade

replaces lost energy *quickly*

READERS LETTERS

26th November, 1979.

7, Sorbonne,
Ardilea Estate,
Dublin, 14.

The Editor,
LOC Newsletter.

Dear Brendan,

May I make a suggestion for future organisers of O-Ringen events? In the smaller classes, such as M43 there is often not much competition, and as a competitor in that class I have been pleased to find myself running (well walking fast anyway) against W19, M21B, M19 etc. according to the vagary of the course planner. It would be nice if the course planners of an O-Ringen could get together and agree that the same classes did the same courses on both days, so as to provide more competition on the second day.

Another point - for mappers this time. As I floundered around in all that dark green on Sunday I discovered that brown and black look very alike when backed with green (especially in a dark wood) and that it is hard to tell a contour from a forest road - or maybe it is just my eyesight that is at fault.

Just in case all this sounds a little critical, may I congratulate mappers planners and organisers for a most enjoyable O-Ringen.

Yours sincerely,

Joss Lynam.

November 25, 1979

Planner's Comments

My greatest disappointment was the fact that competitors were denied, by the foul weather, some magnificient views and what I had hoped would be exhilerating running on some of the longer "legs' of the various courses. The conditions also made some courses tougher than they normally would have been, and I hope those who were exhausted have recovered by now!

The area presented planning problems with the amount of "fight". My intention in course setting was to try and offer competitors a number of route choices, particularly on the longer "legs". It was a relief to hear of the number of different routes competitors had chosen, some indeed that I had not even considered!

One of the problems in planning an event on a new map is the availability of the map in sufficient time. Like many other clubs, we had to compress a great deal of work into a short period. Perhaps in future, the dates for events should be more flexible where new maps are to be used.

For this event, Brian Power is to be congratulated on his excellent drawing of the map, and in meeting the deadline for printing. To be then faced with the event organisation would have daunted anyone less dedicated!

I must especially thank Aubrey Flegg for controlling the event; his help and advice were invaluable. Because of my travel distance, he undertook many tasks which should have been the Planner's, as well as spending hours being soaked in the forest while checking control locations. In addition, he and Jennifer fed and showered the wet and dirty Planner on many occasions.

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I did, however, discover Aubrey's secret addiction - ground nuts! Those competitors who struggled through huge numbers of nut shells to reach a control will know the Controller carried out his duties most conscientiously.

Seriously, we both felt it was all worthwhile, when at about noon on the day, from a 'hide' in the open ground, we watched orienteers of all shapes and sizes, puzzled and confident, running in all directions as they looked for their controls.

Finally, a thank you to all the club members who helped on the day, and during the previous week, with their dedication to the many jobs which now make up the organisation of an event.

Nov 26, 1979.

LEINSTER RANKING LIST - up to OCTOBER, 1979

M21A. (Best 5 scores to count). Top 10 competitors.

1.	W. Young	CO	535½	
2.	P. Healy	CO	498½	
	D.O'Callaghan	AJAX	498½	
4.	E. Rothery	AJAX	487½	
5.	G. Byrne	CO	456	
6.	P. McCormack	GEN	443½	
7.	P. Lalor	CO	456	
**	R. Weaver	LVO	414	
**	E. Wilson	LVO	381	
8.	J. Murray	MAC	376½	
9.	D. Reidy	ECO	373½	
**	R. O'Shea	MO	302½	
10.	P. Flanagan	3ROC	263	

W19A (Best 5 scores) Top 10

1.	C. May	AJAX	548½	
2.	E. Loughman	GEN	504	
3.	M. Walsh	3ROC	457½	
4.	M. Nowlan	MAC	453	
5.	U. Cregan	SET	362½	
6.	C. Murtagh	SET	362½	
7.	B. Flanagan	3ROC	356½	
8.	M. Thornhill	GEN	347	
9.	P. Murphy	UCD	253	-(4 events)
**	F. McGoldrick	ThO	236	-(4 events)
10.	S. Cawley	3ROC	217½	

** Non-Leinster.

M21A Events included in ranking:- Ballinahinch (1), Trooperstown (2), Clarabeg (1), Devils Glen (1), Donadea (1).

Events excluded - Woodstock (timing inaccuracies)
Crone (not orthodox)
Cruagh (stolen MM)

W19A. Events included in ranking:- Ballinahinch (1), Trooperstown (2), Clarabeg (1), Devils Glen (1), Cruagh (2), Donadea (1).

Woodstock, Crone excluded for reasons mentioned.

Events still to be included in final ranking for 1979 are:- Clarabeg (2) Oct. 28th; Devils Glen (1) Nov. 18; O-ringen (1) 24th and 25th Nov.

Difficulty in ranking smaller classes

For some time I have been concerned that there has been no satisfactory method of ranking these classes, i.e. all classes other than M21A and W19A. These suffer from not being able to use many of their events in calculations for ranking, or indeed some from not being able to use any. This is due to the fact that with the present system there have been too few (less than 5) competing in a particular class at an event.

I think I have worked out a possible method, but would like comments, especially from competent statisticians.

Anyway here it is:-

Method

1. Calculate the number of people finishing in any class.
2. Award 10 points per each person to get a maximum value for an event.

   e.g. 10 people compete - max. value = 100 points
   4 " " - " " = 40 "
   1 person " - " " = 10 "

3. Example M21B (5 competitors) called A,B,C,D and E.

   A. Time 60 mins - gets a basic score of 50
   B. Time 53 " - " " " " " 40
   C. Time 73 " - " " " " " 30
   D. Time 91 " - " " " " " 20
   E. Time 103 " - " " " " " 10

4. If there is a greater gap than 10% of the winners time between competitors (in this case 10% = 6 mins) take a point off that competitors basic score - (if 20% take off 2 points etc.)

   Therefore, points will now read.

   A = 50
   B = 40 (no points deducted from basic score
   C = 29 (30-1) more than 10% but less than 20% greater time than B
   D = 17 (20-3) 30% more than C
   E = 8 (10-2) 20% more than D.

5. At end of the season give a competitors ranking figure as a percentage of his optimum or maximum performance.

   In this way results from all events can be used.

RANDOM SAMPLE

A.	60	*	10	20	*	90 out of possible 120 = $\frac{90 \times 100}{120}$	= 75%	-
B.	50	40	*	10	10	110 " " " 160 = $\frac{110 \times 100}{160}$	= 68%	3rd
C.	37	*	*	40	*	77 " " " 110 = $\frac{77 \times 100}{110}$	= 70%	2nd
D.	25	30	*	30	*	85 " " " 150 = $\frac{85 \times 100}{150}$	= 56%	4th
E.	17	10	*	*	*	27 " " " 100 = $\frac{27 \times 100}{100}$	= 27%	6th
F.	9	20	*	50	*	79 " " " 150 = $\frac{79 \times 100}{150}$	= 52%	5th
Max score for event	60	40	10	50	10			

6. At least 2 events must be attended for inclusion in list.

Diana Large.

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3 ROC NEWS.

Congratulations to all the 3 ROC members who competed so successfully in the recent O-RINGEN. We had four class winners: Sean Dothery M43; Pat Flanagan M35; Adam May M13; Matthew May M11. Also, Donan Cleary came 2nd in M19; Ted McGrath came 3rd in M35; and Justin May came 3rd in M21A. We had other numerous top ten placings. Again congratulations and let this serve as a warning to the rest of you - we've only just started training!

Two more events recently were the 3ROC Christmas Party on Friday 14th December and the first of the (hopefully) monthly training sessions in the Pine Forest on Saturday 15th December. Both were rather poorly attended but I think it would be true to say that both were enjoyed very much by all that did attend. Lets have a better response next time, Okay?.

A recent communication from LSOA suggested that at future schools events, we display a notice advertising our Club. This was done at the recent schools event and it did appear to attract some attention.

As you will notice from the fixtures list, the Kilmurray Relays are now scheduled for May 4th (a far better time of the year for a Relay Event). The date was changed because it was felt that the Christmas Score Event (December 30th) which was also scheduled for Kilmurray was too close.

The major Event being staged by 3ROC in the first half of 1980 is the Leinster Championships on March 30th. Also, Please note that the LOK return match is taking place over the weekend 23/24th February and it incorporates the Prestigious Southern Championships. Last year the vast majority of travellers were 3 ROC members, so lets have a good turnout again this year. It is a cheap, very enjoyable weekend - you need to be fit though!

If you are interested contact Justin May (988730). Pre-entry is necessary for the Southern Champs and entries have to be in by January 26th 1980.

Wishing you all Happy and Successful Orienteering in 1980.

TROSSACHS '79 - DIARY OF A WET WEEK

It is possible to combine a touring holiday with orienteering and with this in mind Billy Fitzpatrick (GEN) and I drove to the Trossachs last August.

The Trossach is sometimes called the Scottish Lake District and is about 30 miles north of Glasgow and 20 miles north-west of Stirling. Surrounded by some high mountains the scenery is very spectacular indeed.

The event centre was at an army camp north of Stirling where it was possible to camp. Further camping was available at Bannockburn to the south of Stirling. Our plan was to stay at guest houses and hotels, moving on each day to be close to the following day's event. The plan also included taking a very big breakfast in the morning, oranges, apples, cheese, chocolate and junk food al fresco in the afternoon and a good restaurant meal in the evening. We had two sets of O-gear each to ensure that we started each day in dry clothes.

There were to be seven successive days of orienteering with the 4th one for training or relaxing. On the other six days competitors got points for their performances according to the formula: (competitor's time ÷ winner's time) X 1,000. Each person's best four results were to count in the final results. All told there were 1,820 entrants from 17 countries in all the classes with quite a few Irish. First start was at 9.30 a.m. and the computer draw ensured that each person had a very early, earlyish, two medium, a latish and a very late start over the week. It was possible for parents of children to have their own start times well apart.

Throughout the week all maps were 1 : 15,000 and of a very high quality.

Day 1 was at Garshelloch very near Stirling. It was teeming rain but not cold. We had very late starts and were somewhat dismayed to hear stories of 7 foot high bracken and that Pat Healy had not yet finished the 6.6 Km M21A course after two hours. The forest was nearly all slow run and walk. There were no forest roads but there were plenty of rides full of giant bracken. The winner of M21A took 11 minutes per Km! An unforgettable day. We felt the roast beef in one of Dundee's better hotels that night, washed down with the house claret had been amply earned.

Day 2 was at Tentsmuir on the Fife coast just across the Tay bridge and nowhere near the Trossachs. The forest was enormous but very clean and flat apart from a small area of wooded sand dunes. There was a grid system of forest roads which ran north-south and east-west. Technically, this was a piece of cake and many of us had our best performances of the week. Wally Young won M21A. Big thrill of the day was to run into a control with waves breaking on a beach just 10 yards away. Later the rain returned with a vengence as we headed for the Trossachs for the first time. Base for the next two days was to be at Callender, a village which featured in "Doctor Finlay's Casebook" on TV. Steak and chips and beer for dinner. Rain invaded the camper's tents at the event centre that night. Understandably some of them decided to give day 3 a miss. However....

Day 3 was a beauty with the sun shining all day. The venue was North Achray which was very like Glendalough with spectacular lake views, steep slopes and generally similar terrain. Of course it was physically quite difficult. Pat Healy was only 2 minutes behind the winner in his class. With the better weather and the move away from the big towns the whole thing was becoming much more fun.

Day 4 was non competitive in a wood near Callender. We went along determined to iron out those few points of technique that would lead to improved results. The event was run by just two people. About 25 controls were hung and you devised your own course. A sudden downpour between controls 9 and 12 ensured another soaking but the sun returned and it was possible to bask while eating our junk food. Later a beautiful scenic drive via Lough Tay to Dunkeld for what promised to be one of the most testing days at Craig a Barns.

Day 5 To-day the sheep were definitely separated from the goats. The programme did not exaggerate when it told of "rough steep slopes with detailed forest". There were very subtle vegetation changes with few collecting features. When you got lost you stayed lost. This was Scandanavia type terrain according to the experts. Of all the forests this one differed most from Irish conditions. Most of us had a poor day despite the good conditions. There were three superb long stages on the M21A. After the orienteering there was a quick side trip to see the ospreys at the nearby Loch of Lowes before heading back to the Trossachs. Base for the next two days was to be at Kinlochard from where we could study Day 7's venue across Loch Ard through binoculars. That night over a few malt whiskies (the first of the week) we digested the lessons of Craig a Barns and agreed we still had a few things to learn about orienteering.

Day 6 was at South Achray It was so steep that the organisers set fairly short courses with only 9 controls on M21A. They overdid it in fact and the winning times were the fastest of the whole week. There were no great technical difficulties and it was often profitable to stay on the many forest roads. A real brute of a course could have been set here. Dined that night on roast highland lamb with plenty of pear gateaux to follow to give us the carbohydrates we knew would be needed next day.

Day 7 was at Loch Ard Forest North. It was a replacement venue after difficulty had arisen with another one. The map had a very dark green appearance with bits of yellow through it. By now we knew that yellow meant "bracken" and not "open". A fine drizzle had everything soaking. There was a tremendous stage more than a mile long to control 2. I tried paddling up a wide stream before using the sodden undergrowth along the bank. Experts later said I had probably picked the best route. After Craig a Barns I thought this one was technically the most challenging of the week. Convincing overall winner of M21A with a day to spare was M. Elgood (England). Wally Young did well to be 2nd overall and Eoin Rothery 6th in a field of about 100.

Other Observations

From a competitor's point of view the whole week seemed to proceed with great efficiency. Results to date were available next day thanks to the computer. On the day itself competitors posted their own provisional times which could be discovered by comparing a numbered card with a list that appeared every few minutes. Map units were taken up at the end of each race but later on competitors could exchange vouchers for fresh maps with all courses marked.

At the event centre there were technique clinics and other entertainments. The facilities seemed fairly basic and not as comfortable as Exeter University at the JK.

Notable moral support was given by some British and Scandanavian clubs to their members. They had flags, bells and horns which seemed to be sounding all the time. These clubs had members through all age groups and they won the lion's share of the prizes which was hardly a coincidence.

All told an enjoyable and interesting week. Another event like it is to be held in Galloway in 1981. I wonder if they could arrange to have it rain at night only.

J. Murray (MAC)