LOC NEWSLETTER

A NEWS-SHEET OF THE ORIENTEERING CLUBS OF LEINSTER

No. 16 March, 1980

FORTHCOMING EVENTS

DATE: Sun. March 9th. Leinster Schools

DATE: Sun. March 30th. Leinster Championships
VENUE: Aughavanagh Wood, signposted from Laragh and Blessington
ORGANISER: AJAX
MAP: 1:15,000. 10m contours, 5 colour.
PRE-ENTRY For Pre-entry and other information see separate notice in newsletter.

DATE: April 13th
VENUE: Clarabeg, Co. Wicklow, signposted from Laragh.
ORGANISER DLSO
GRADE: 2

DATE: April 27th. Leinster Schools Championships.
PRE-ENTRY Essential - see separate notice.
VENUE: To be announced.

DATE: May 4th. Sport For All Day.
VENUE: Trooperstown, Co. Wicklow, signposted from Laragh.
ORGANISERS: 3ROC
TYPE: Relay - for entry form etc. see separate notice.

DATE: May 11th
ORGANISERS: GEN
VENUE: To be announced.

FRONT COVER: Shows Gerry Byrne, Curragh Orienteers, at Tentsmuir, second day of Trossachs, 1979. By John Murray.

Copy date for next newsletter: April 31st, 1980. Results, notices, articles, photographs, drawings (pen & ink), letters etc. (in plenty) to Susanne Cawley, 8 Wedgewood, Sandyford, Dublin 14.

Irish Orienteering Association

FIXTURES 1980

			Club	Grade
March.	2	Wicklow	SET	1
	2	IOA AGM, Blessington		
	9	Watergrasshill, Co. Cork	LO	3
	9	Leinster Schools		
	23	Drumleagh, Co. Tipperary	TO	2
	30	Leinster Championships Aughavanagh	AJAX	1
April	13	Fota Island, Co. Cork	LO	3
	13	Clarabeg, Co. Wicklow	DLSO	2
	27	Schools Championships		
	27	Glendav, Co. Cork	LO	2
May	4	Sport For All Day		
	4	Trooperstown - Relays	3ROC	
	10	Maam Turks Walk - to be confirmed		
	11	-	GEN	2
	18	Derryleigh, Co. Cork	LO	2
June	1	Reeks Walk; Mourne Walk		
	8	Stradbally, Co. Laois	CO	1
	15	Fauna, Co. Wicklow	ECO	1
	29	Aughavanagh, Co. Wicklow	CO	Long-O

GEN NEWS:

A meeting was held at 8 Wedgewood, Sandyford Road on 24th January for the benefit of the junior members. A Quiz was held and questions of training generally were discussed. Afterwards there was a slide show which included slides taken at the World Championships. Many thanks to Eileen and all who helped to organise it. We hope that another such meeting may be held in the near future.

Our sympathies to Billy Fitzpatrick after the accident to his foot in January. We hope that it will not be too long before he is able to run again.

Philip Ryan,
Hon. Secretary.

For anyone who does not know, the Secretary's phone number is 889633.

LEINSTER CHAMPIONSHIPS - INDIVIDUAL & CLUB

The second Leinster Championships will be held in Aughavanagh Wood on Sunday 30th March. This event will be organised by Ajax Orienteering and Athletic Club.

Details in brief:

Date:	30th March 1980
Venue:	Aughavanagh Wood, signposted from Laragh & Blessington.
Organiser:	D. O'Callaghan
Planner:	
Controller:	
Map:	1:15000, 10m contour, 5 colour.

INDIVIDUAL

Championship Classes (pre entry only)

M 21A, 19, 17, 15, 13, 11, 35, 43, 50
W 19A, 17, 15, 13, 11, 35, 43, 50

Non Championship classes (entry on day)

M21A, W19A for orienteers out of the region,

M21B, W19B, Novice A & B, Wayfarers.

Leinster ranking will be used to seed competitors re start times.

CLUB

This will consist of teams of 4 competitors with the best 3 times to count. Teams of 3 will be allowed to start but in the event of a tie the team with a fourth runner will be given the top ranking. Teams from outside Leinster are welcome to compete. The Club Championship will not apply for Non Championship classes.

Note: Teams must consist of 4 fully paid up members of an open or closed club. No teams will be allowed to enter as regions, Leagues, Ad Hoc etc.

Entry Fees:

Teams	£5.00 *
Individuals	£1.30
Juniors	£0.60

* This fee includes entry to individual championship.

Team members must be declared on entry. Clubs may submit as many teams as they wish.

ENTRY FORM FOR LEINSTER CHAMPIONSHIPS

NAME..... CLUB.....

CLASS..... ENTRY FEE £..... DATE OF BIRTH.....

ADDRESS.....

.....

CLUB TEAM MEMBERS 1.....2.....

3.....4.....

START TIME PREFERRED 10.30 - 11.00 ( ) 11.00 - 11.30 ( )
11.30 - 12.00 ( ) 12.00 - 12.30 ( )
Please tick, no guarantee.

Send completed Entry Form together with a stamped addressed envelope to: The Secretary,
Hawthorns,
Ticknock,
Sandyford,
Co Dublin

phone 988730

NOTE: Entries close Friday March 21st 1980.

AJAX NOTES:

A 22 strong AJAX contingent will be be setting out to attend the JK this year. We will travel by boat and train to Stranraer. When we get there we may need a few places in cars to enable us to get to the events. Anyone interested in helping us out should contact Carey May at 988730. Thank you.

Carey May ran a great race in the National Cross Country Champs. in the Phoenix Park on February 17th. She was 7th, less than one minute behind Olympic athlete, Mary Purcell. This makes her first sub. in the Irish Ladies team to compete in the World Championships to be held in Paris next March. Good Luck, Carey.

Preparations are well under way for a Cheese & Wine/Arts & Crafts sale to be held in aid of competitors going to the Continental Cup. Hopefully, this will take place some time in April.

The Orienteers calendar is now available at cost price from any AJAX member. This depicts the month by month adventures of our helmeted cruasader. The brilliant drawings were done by Adam May (3ROC) and this is definitely something not to be missed.

The Thursday night training sessions continue as usual, leaving the car park at U.C.D. running track at 6.30 p.m. sharp. This session is not strictly restricted to Ajax members, and any junior is welcome to attend.

LEINSTER SCHOOLS CHAMPIONSHIPS

The Leinster Schools Championships will take place on Sunday, April 27th at a venue in either County Wicklow or County Dublin to be announced later. Entries should be sent immediately (not later than April 13th) to Brian Duffy, Wesley College, Dublin 16. Entries should be compiled by the coach in each school and only experienced juniors may enter. Maps will be pre-marked for the championship so pre-entry is absolutely essential.

Classes: M17, M 15, M 13, M 12
W17, W 15, W 13, W 12.

Two additional courses will be provided for non-competitive juniors on the day. These will be of Wayfarer standard.

Coaches please note that the following information must accompany each entry:

Name..... Date of Birth.....

Club ..... Class entered.....

3ROC NEWS

Our Club training event held recently in the Pine Forest proved to be quite successful and we have consequently gained a few new members from interested passers-by. We are now coming into one of the busier periods in the Orienteering Calendar and there will probably not be any more formal training events for a while.

The 3ROC Relays have changed location and are now being held in Trooperstown on "Sport for All Day" - May 4th 1980 (See separate Entry Form). The reason for the change is that we are holding off the printing of the revised Ballinahinch/Kilmurray map until we have another map to print with it (to reduce costs).

Entry Forms are now available for the French 3-Day Event (incorporating the Continental Cup) 3rd-5th July, 1980 and the French have indicated that entries will be limited so it is essential to enter early. To facilitate any 3ROC members wishing to enter, Ted McGrath has offered to co-ordinate entries, but you must let him know your intentions by March 10th.

Seven 3ROC members were amongst the party that travelled to London recently for the LOK/LOC return match. Whilst final results are not known I think our best result was achieved by Adam May (M13) who finished within 5 mins. of the winner, well done.

Finally, Good Luck to all 3ROC members travelling to the JK soon. Hopefully we will be collecting a set of 20 Trimtex O-Suits which members will be able to purchase from the Committee for between £8.00 to £10.00

3ROC are running a relay event on Sunday, May 4th (Sport for All Day) at Trooperstown Wood, Co. Wicklow.

Teams of three can be any mixture of age sex and club and any team can enter in any class i.e. its a completely open event.

CLASSES: A 3 x 4-5km) £2.00 per team.
B 3 x 3-4km)

C 3 x 2-3km) £1.50 per team.
D 4/3/2km)

Pre-entry is, unfortunately, essential for relay events, so please send your entries to Susanne Cawley, 8 Wedgewood, Sandyford Road, Dublin 14 (or hand them to any 3ROC Committee member) by APRIL 13th. (That's the date of the DLSO event at Clarabeg). Do not send stamps or envelopes - just the money, together with the name and address of the person to whom further details should be sent and the names (if known) of the two other team members (give your team a name if you like).

NOTE: Entries will be accepted on the day for the C class relay only. There will, as it is Sport for All Day, be Wayfaring courses!

TEAM NAME _____

Name & Address for Correspondence _____ Class: _____ in which team is being entered.

_____

_____

_____

2nd Runner

NAME: (if known)

_____

3rd Runner

NAME: (if known)

_____

FROM our TRAINING CORRESPONDENT

People often ask me for leg strengthening exercises. Here is a very simple one:-

Stand on last step of stairs, soles of feet on stairs, heels over edge. Raise and lower heels rapidly for 1 minute (BY WATCH!).

Then increase by bending knees as you lower heels. This is to warm up.

Now do this ON ONE LEG. Hold on to banister, start rapidly and slow down as you progress. If you are doing this correctly it is nearly impossible!!

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IRISH JUNIOR ORIENTEERING

Irish Junior Team for the Continental Cup, July 5th-6th, Nemours, France.

Junior Pool.
A pool for the Junior Team is being set up for Juniors interested in, available for, and capable of competing at International level.

Orienteering Clubs are requested to put forward the names of suitable Juniors through their Regional Council or Association. It is hoped that Regions will put forward at least 2 names in each of classes M and W 11, 13, 15, 17.

Please send names to Faith White, IOA Junior Co-ordinator, on or by March 2nd, 1980.

Junior Selection Events for Panel and Team.
IJOC '79 Results to be taken into consideration.

March 2nd 1980	Wicklow	Setanta Grade 1 Event
March 30th '80	Leinster Championships	3ROC
J.K.'80	Scotland	

Juniors are asked to attend at least 2 of these 3 Events, in particular J.K.'80. They are requested to run in the class in which they wish to compete in the Continental Cup.

Ulster/Munster/Leinster Junior Team Matches will take place on the 2nd and 30th March. All Juniors are invited to compete.

Junior Coaching and Encouragement.
It is hoped that O-Clubs will be in a position to have an Officer comcerned with the development and encouragement of Junior Orienteering, at all ages and abilities from beginners to competitors and elite Juniors.

JUNIOR FRIENDLY TEAM MATCH

Leinster O-ringen 24-25 November, 1979

Results.

First:	Ulster	Team total.	10932.31 points
Second:	Leinster		9649.13 "
Third:	Munster		7548.92 "

Detailed Results:

	Ulster:	Munster	Leinster
W17.	R. Blair 1 1000	C. Nash. 2 971.92	A. Masterson 3 923.67
	C. Penton 4 695.67	-	H. Mackey 5 672.03
W15	G.Hutchinson 916.89	B.Nash 4 894.87	C.Bonar Law 1000
	M. James 3 897.96	S.Whiting 890.89	R. Williams 6 747.10
W13	J.Pumphrey 1000	-	D.O'Callanain 3 828.17
	L. Daly 2 995.38	-	-
M17	M. James 5 806.03	P.Whiting 2 954.23	W.McAuliffe 1 1000
	G. Mullen 7 803.91	C. Ryan 4 823.24	R. Poff 3 867.75
M15	M.McCallion 1000	P.Cunningham 907.32	B. O'Connell 7 747.95
	R. Kidd 1 1000	P. Ryan 5 863.85	N.McAuliffe 6 826.46
M13	M. Bennett 2 891.81	J. Riordan 759.25	A. May 1 1000
	S. Coote 3 824.56	P. Whiting5 483.35	-

EDITOR'S NOTE

As incoming editor of the LOC Newsletter I would like, on behalf of all readers, to extend sincere thanks to Brendan McGrath for all his hard work in developing and producing the newsletter over the past three years. It has been no easy task.

As Brendan pointed out in his letter of resignation to the Leinster Regional Council, a great many of his problems have been caused by promised articles failing to materialise, even well after the copy date, and I would like to take this opportunity to appeal to all correspondents to take note of the copy date and to keep to it.

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I would like to thank all the Juniors who took part, even though only the times of the top two from each Province were used to calculate the results. Thanks are also due to Curragh O Club and Setanta O, who organised the Event and, in particular, to John Hickmott who attended Day 2 at Ballinascorney to work out the Team Results on the spot. Unfortunately, it was not possible to collate the complete results on Day 2, which was a keen disappointment, but none the less the Team Match was still a worth while effort.

The points were calculated as a percentage of the winners time, the winning time being allocated 1000.00 points. While this method reflects the actual time taken by individuals and thus gives a very fair result, the time lag in publishing the Team Results is regretted. The Ulster Team were clearly and deservedly the winners, fielding a full team, most of whom were highly placed. I hope that Munster and Leinster will be able to get more Juniors into the Forest in future. The next Team Match is to be on March 2nd at the Grade I Event in Wicklow, organised by Setanta O Club.

Congratulations to the Ulster Juniors.

F. White, IOA Junior Co-ordinator.

Ranking ctd.

M15

**	R. Kidd			4	58
**	M. Mc Callion	NWOC	4	4	70
**	P. Cunningham	Tho	4	4	64
**	P. O'Donnell	NWOC	4	4	62
1.	N. Mc Auliffe	DLSO	8	4	58 + 1 win
**	P. Ryan	TO	6	4	51
2.	B. O'Connor	DLSO	6	4	48 + 1 win
3	G. Parker	3ROC	9	4	32 + 1 win
4.	R. Doorly	GEN	4	4	26
5	N. Mc Auley	?	6	4	10 +

** denotes non Leinster competitor
20 competed, the remaining 10 in only 1 event

ORIENTEERING IS:
Purposeful Sunday Driving.
(not necessarily for Sunday Drivers!).

LEINSTER RANKING

M21A

GRADE 1 = 2.

	NAME	CLUB	EVENTS ATTENDED	EVENTS COUNTING	POINTS	Average.
1.	W. Young.	CO.	10	7	752½	107½
2.	E. Rothery	AJAX	11	"	705½	101
3.	P. Healy	CO	10	"	696½	99½
4.	D. O'Callaghan	AJAX	7	"	671½	96
5.	J. May.	3 ROC	8	"	650	93
	E. Wilson **	LVO	10	"	626½	89½
6.	G. Byrne	CO	8	"	606½	86½
7.	D. Reidy	ECO	10	"	591	84½
8.	A. O'Cleirigh	CO	8	"	590	84½
9.	J. McCullagh	3 ROC	11	"	586	83½
10.	J. Murray	MAC	16	"	579	82½
11.	P. Lalor	CO	8	"	567	81
	R. O'Shea **	MO	10	"	550½	78½
12.	T. McCormack.	GEN.	8	"	509½	73
	R. Weaver **	--	6	6	493	(82)
	P. Nash **	SO	6	6	486	(81)
13.	P. McCormack	GEN	5	5	444½	(89)
14.	E. Niland	MAC	10	7	410	58½
	R. Thomas **	LOK.	4	4	375	(94)
15.	P. Flanagan	3 ROC	7	7	347	49½
	D. Rankin. **	LVO	4	4	344	(86)
	D. Rosen **	LOK	4	4	343	(86)
	A. Rosen **	HH	4	4	333	(83½)
	N. Paul **	SLOW	4	4	319	(80)
16.	R. GarreIC	MAC	7	7	316	45
17.	N. de Ris.	--	6	6	308	(51½)
	T. O' Leary	ECO	4	4	308	(77)
	W. Hollinger **	AOK.	4	4	295	(74)
	P. Roberts **	LOK	4	"	282	(70½)
	D. Blair **	NWOC	4	"	280	(70)
	I. Isherwood **	LOK	4	"	278	(69½)
	A. Shaw **	Tho	4	"	261½	(65½)
	B. Haire **	QUBOC	4	"	260	(65)
	B. Simpson **		4	"	249	(62½)
	B O. Neill **	SO	4	"	248	(62)
18.	T. Russell.	ECO	4	"	248	(62)
19.	C. Dunlop.	SET	4	"	247	(61½)
	C. Henderson. **	AOK	4	"	172	(43)
	A. Williams **	SWOC	4	"	169	(42¼)
20.	J. Ryan.	SET	5	5	143½	28½
21	D. Quinn	GEN	10	7	119	17
22.	J. Kehoe	UCD	4	4	112	(28)
	J. Swift **	Tho.	4	4	86	(21½)
23.	G. Smith	MAC	5	5	72½	14½
24.	D. Larkin	UCD	5	5	67	13½
25	Joe Ryan	GEN	5	5	27½	5½
26.	P. Ryan.	GEN	3	3	20	(6½)

** denotes a non-Leinster competitor. only
80 competed, the remaining 33 attending 1 event

W19A

	NAME
1.	E. Loughman
2.	C. May.
3.	M. Walsh
4.	M. Nowlan
5.	M. Thornhill
6.	B. Flanagan
7.	C. Murtagh
	A. Hamilton **
8.	U. Cregan
9.	P. Murphy
	C. Nuttall
	A. Smillie
10.	A. Hallowes
	J. Rosen **
11.	S. Cawley
	M. Rosen **
	F. McGoldrick **
12.	R. White
	A Gault
13.	W. Delaney.
	H. Majury **
14.	E. Mc. CarThy.

** denotes a 39 competed, the

M35

	NAME
1.	P. Mc Cormack
2.	A. Law
	H. Quirke
	P Long.
5.	T. Mc Grath
6.	C. Dunlop
7.	P. Flanagan
8.	M. Lunt
9.	P. Grace.
10.	E. Mc Ardle
11.	B. Farley.
12.	F. Mc Cormack
13.	T. Hodson
	P. Heffernan **
14.	J. Bent

** denotes 28 competed

GRADE 1 = 2

CLUB	EVENTS ATTENDED	EVENTS COUNTING	POINTS	AVERAGE
GEN.	16	8	850	106
AJAX	10	8	849	106
3 ROC	12	"	742	93
MAC	14	"	718	90
GEN	9	"	648½	81
3 ROC	16	"	607½	76
SET	11	"	603	75½
LVO	8	"	579½	72½
SET	11	"	546	68
UCD	8	"	544	68
MO	9	"	522	65
AOK	6	6	497	(83)
GEN	7	7	425½	61
HH	4	4	390	(97½)
3 ROC	15	8	382	48
LOK.	4	4	378	(94½)
Tho	6	6	314	(52½)
MAC	4	4	286	(71½)
?	4	4	281	(70)
GEN	4	4	263	(66)
LVO	4	4	255	(64)
SET	3	3	98½	33

non-Leinster competitor.
remaining 17 attending only one event

GRADE 1 = 2.

CLUB	EVENTS ATTENDED	EVENTS COUNTING	POINTS	AVERAGE
GEN	10	5	98	19½
GEN	8	5	96	19
CO	7	"	96	"
CO	6	"	96	"
3 ROC	14	"	89	18
SET	8	"	84	16½
3 ROC	6	4	78	(19½)
GEN	4	4	74	(18½)
?	4	4	60	15
UCD	5	5	47	9½
DLSO	4	4	40	(10)
CO	4	4	38	9½
SET	3	3	36	(12)
NWOC	4	4	30	7½
SET	5	3	28	(9½)

anon Leinster competitor.
The remaining 13 attending only one event

W17

GRADE 1 = 2

	NAME	CLUB	EVENTS ATTENDED	EVENTS COUNTING	POINTS
	** R. Blair	NWOC	4	4	78
	** C Nash	Tho	4	4	78
1.	A. Masterson	AJAX	6	"	58
	** C Penton	NWOC	4	"	56
2.	H. Mackay	3 ROC	10	"	52 + 1 win
3	C. Lyons	MPO	4	"	38
4	M. Shearon	UCDO	4	"	36

** denotes non-Leinster competitor
20 competed, the remaining 13 attending only 1 event.
or also two events which could not count in results due to lack of numbers.

W35

1.	D. Large	GEN	17	6 wins
**	C. Nuttall	MO	6	6 wins
2.	J. Flegg	SET.	3	3 seconds.
	R. Doorly	GEN	3	3 seconds.

5 competed, the remaining person in one event only.

W43

1.	F. White	SET	10	5 wins -
2.	R. Doorly	GEN.	4	2 wins -
3	H Newman	GEN	11	- 5 seconds

4 competed, the remaining person in only one event