# LOC NEWSLETTER

A NEWS-SHEET OF THE ORIENTEERING CLUBS OF LEINSTER

NO. 18 September 1980

## EDITOR'S NOTE

Pre-Entry: Readers will note an increasing tendency on the part of organizers to request pre-entry to events. A couple of clubs have been trying (with very limited success) to introduce this concept gently to the Irish scene over the past few years. It is, of course, standard practice for internationals and big events abroad.

Costs are increasing and the loss of revenue on unsold pre-marked maps cannot be tolerated. Pre-entry eliminates wastage and also greatly facilitates the production of accurate results. For computerised start times and results it is essential.

So do look on the positive side - no more frozen fingers as you try to mark a wet map with a refractory pen - and send in the entries as requested. The extra cost to you is minimal and the increase in efficiency well worth it.

---

## LETTERS to the Editor;

Dear Miss Ed,

How could Felix possible have overlooked the Burren Walk in his list of Long Distance Walks in the LOC News of May? We welcome runners to this event. We have two mountain walks of 14km and 22km and we also provide a Long-O course of about 18km. So far the runners have always opted for the Long-O course so here is a chance for Felix himself to set the record for the first 'run' 22km.

Our secretary was very excited to read of the imminent formation of a "Full-Runners Association". Fiona always eats her lunch before the start of orienteering events - indeed, she has been known to carry a sandwich in order to top-up as her energy begins to ebb away. She has, however, never seen this practice advocated in the technical training manuals. No doubt the new association will correct this omission.

Yours sincerely,

ThOrienteer.

(Like the editor you may have to re-read your LOC no. 17, page 12, line 21 approx, to appreciate fully the nuances of this epistle).

And speaking of Felix - the editor would love to know if Eoin Rothery has been seen searching for his typewriter.

---

FRONT COVER: JK Relays (again!). Justin May of 3ROC on the run in. Photo by Pat Flanagan.

Copy date for next newsletter: October 15th, 1980. All articles, and results to Susanne Cawley, 8 Wedgewood, Sandyford, Dublin 14.

An appeal for black and white photos please.

Thanks to all contributors. The copy is coming thicker and, believe it or not, faster - one might almost say on time. One small point - for those who kindly do their own typing do remember that the printer requires ¾ inch margins all round. It is better to put a little on another page - I will try and fit it in somehow.



# Irish Orienteering Association

## FIXTURES LIST September - December, 1980

| DATE: | | GRADE | CLUB | TYPE and VENUE |
|---|---|---|---|---|
| Sept. | 13 | 3 | NWOC | Gallopen 4, Garvagh |
| | 14 | - | SET | Mountain Marathon, Co. Wicklow *+ |
| | 21 | - | LSOA | CATI Schools Event, Pine Forest, Co.D* |
| | 21 | 3 | LEE | Knockacullata, Co. Cork |
| | 27 | 3 | NWOC | Score |
| | 28 | 3 | AJAX | @@Colour, Trooperstown, Co. Wicklow* |
| Oct. | 5 | 2 | LVO | Cairn Wood |
| | 5 | 2 | LEE | Derryleigh, Co. Cork |
| | 5 | - | - | Home International, South Wales+ |
| | 11 | 3 | NWOC | Colour |
| | 12 | 1 | SET | Ballinascorney, Co. D.*+ |
| | 19 | - | LSOA | Schools, Aughavannagh, Co. Wicklow* |
| | 19 | 3 | TO | Drumleagh, Co. Tipperary |
| 25 | -26 | 1 | AOK | NORTHERN IRELAND CHAMPIONSHIPS, Ballycastle, Co. Antrim |
| | 26 | 2 | UCDO | Trooperstown, Co. Wicklow* |
| Nov. | 2 | 3 | AJAX | Colour, Devil's Glen, Co. Wicklow* |
| | 2 | 3 | ThO | Relays (Handicap), Cratloe, Co. Clare+ |
| | 8 | 3 | NWOC | Gallopen 5 |
| | 8 | 3 | 3ROC | Night. Donadea, Co. Kildare*+ |
| | 9 | 3 | 3ROC | Relays. Donadea, Co. Kildare*+ |
| | 9 | 2 | SO | Villierstown, Co. Waterford |
| 15 | -16 | 1 | LVO | IRISH JUNIOR CHAMPIONSHIPS, Clandeboye, Co. Down+ |
| | 23 | 3 | AJAX | Colour, Clarabeg, Co. Wicklow* |
| | 23 | 3 | LEE | Ballyhooly, near Fermoy, Co. Cork |
| | 29 | 1 | CURR | IRISH SENIOR CHAMPIONSHIPS Rockmarshall, near Dundalk*+ |
| | 30 | 1 | MAC | IRISH SENIOR RELAY CHAMPIONSHIPS Ballinascorney, Co. Dublin* |
| Dec. | 6 | - | QUBOC | NIOA NIGHT CHAMPIONSHIPS Tollymore, Co. Down |
| | 6-7 | 1 | LEE | MUNSTER CHAMPIONSHIPS, Seefin, Co. Cork |
| | 7 | - | LSOA | Schools. Trooperstown, Co. Wicklow* |
| | 10 | 3 | MAC | Christmas Street Event. Clontarf, Dublin* |
| | 13 | 3 | NWOC | Gallopen 6 |
| | 14 | 1 | 3ROC | Ballinahinch, Near Newtownmountkennedy, Co.W* |
| | 21 | 3 | AJAX | Colour. Donadea, near Clane, Co. Kildare* |
| | 28 | 3 | GEN | Christmas Score Event* |

### MAJOR FIXTURES FOR 1981

| | | | | |
|---|---|---|---|---|
| Feb. | 15 | 1 | CURR | Stradbally, Co. Laois |
| March | 1 | 1 | | NORTHERN IRELAND INDIVIDUAL CHAMPIONSHIPS |
| | 8 | 1 | UCDO | LEINSTER CHAMPIONSHIPS, Ballinderry, Co. W. |
| | 29 | 1 | | Northern Ireland Relays |
| April | 5-6 | 1 | 3ROC | International, Three Rock, Co. Dublin. |
| | 26 | 1 | AJAX | IRISH CHAMPIONSHIPS, Curracloe, Co. Wexford |
| May | 17 | 1 | CURR | Kilcooley, Co. Tipperary |

@@ See Note on Colour Coded Events. (page 14)
* Denotes Leinster Event
\+ Indicates further information elsewhere in newsletter

(Since a map showing the forests most frequently used is enclosed with this newsletter, no directions for Leinster events are given).

# Irish Orienteering Association

Notes from IOA Bulletins Nos. 14, 15, 16

(Please note that all IOA Bulletins are sent to club secretaries. The notes here are perforce abbreviated and are just to let you know what is going on. You should contact your club sec. for further information on any point that interests you).

MAPPING: Clubs who have not yet returned their completed forms for Registration of Orienteering Maps & Areas should do so immediately to Tom McCormack, Mapping Coordinator. T.McC.has issued a bulletin for IOA on "Mapping the Country" - copies from club secretaries.

SPONSORSHIP: IOA policy is that the Sponsor's name is given after the event title and not before.

i.e. "The .....Event - sponsored by....."
Sponsored Trophies should be similarly named.

All Sponsorship is to be co-ordinated through the IOA. Please check with the IOA before approaching any firms for sponsorship.

All ideas and contacts should be notified to Maura Thornhill - directly or via your club.

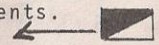
SWEDISH O'RINGEN: The two people selected to avail of the Swedish Invitation to the O'Ringen in Uppsala were

Carey May (AJAX) D21E
Wally Young (Curragh). H21E.

(See report from Carey elsewhere in this newsletter).

IOA have already received news of the 1981 Swedish O'Ringen. This will take place in Mohed, 10km from Soderhamn, Halsingland. Date: 20-24 July, 1981. Entry forms are due to arrive in Sept.

STANDARDISED DIRECTION SIGNS: The IOA has recommended the use of the following design for direction signposts to Events.



GRADING OF CONTROLLERS: The IOA has now issued a list of graded controllers. They recommend that Grade I events be controlled by Controllers of GI standard only.

AMALGAMATION OF IRISH SENIOR AND JUNIOR CHAMPIONSHIPS: At a recent joint meeting of the IOA and NIOA (July 29th) the schedule for future Senior and Junior Championships was discussed. It was agreed that the Championships should be amalgamated from 1981 onwards. The sequence of events will be as follows:-

1981 Leinster, 1982 Ulster, 1983 Munster.

1980 IRISH SENIOR CHAMPIONSHIPS: Please note change of date, venue, and organisers.

DATE: November 29th (Sat.)
VENUE: Rockmarshall, Co. Louth
ORGANISERS: Curragh Orienteers

AREAS OUT OF BOUNDS: Glendalough, Co. Wicklow; Curracloe, Co. Wexford; Cronybyrne/Ballinastraw, Co. Wicklow; Ballinascorney/Seehan, Co. Dublin; Ballyhourigan, Munster Region; Rockmarshall, Co. Louth; Three Rock Mountain, Co. Dublin; Ballinderry, Co. Wicklow.

NATIONAL WALK DAY: Date: Sept. 28th, 1980 (Sunday). Any clubs holding events or walks should contact the IOA Secretary.



IOA NOTES (ctd)

1980 IRISH JUNIOR CHAMPIONSHIPS :

DATE: November 15th-16th.
VENUE: Clandeboye Estate (Bangor, Co. Down.)
ORGANISERS: Lagan Valley O.C. (for NIOA)
Entry Forms: IJOC'80 31 Pond Park Avenue, Lisburn, Co. Antrim. (or from club secs. who have them for copying).

B.O.F. New Address:

41 Dale Road,
Matlock,
Derbyshire DE4 3LT,
England.

Compass Sport

Sub. £3 Sterling (6 issues)

To: Compass Sport,
40 Holland Park Mews,
London W11, England.

NEW BOOK: Called: "World Class Orienteering" (For those who are now beyond "Modern Orienteering Training!).
Author: Wilfred Holloway - contributions by 15 of the world's top orienteers.

NATIONAL TEAM BADGE:

The long awaited Badge has finally been produced! The Badge has been awarded to the Irish Senior Team which competed in the Scottish Challenge in May, and also to the Irish Team in the Continental Cup, France. (Persons representing Ireland on National Teams from 1980 onwards will be given one Badge, with a year date. It is deemed unnecessary to award a Badge for each time a person competes on a National Team during the same year).

10th IOA CONGRESS: Faith White attended the IOF Congress in Malente, West Germany, during July. She reported the main points to IOA, as follows:

a) A scientific symposium on Orienteering as a top level sport will be held in 1982; probably in Sweden.
b) The Swiss proposal to increase the upper limit of forests for WOC from 1200m to 1500m was adopted.
c) A motion for having 4 women in the WOC Relay was carried; to be implemented in Switzerland '81.
d) Seven proposals were put forward as possible schemes for WOC individual start times and arrangements, when the number of contestants becomes too great. Further discussion 1981, and then decision in 1982.
3) It was decided that Australia would host the World Champs 1985.

## LEINSTER ORIENTEERING CLUBS'

Most items from minutes of last LRC meeting - 30th July, 1980 have come up under some other heading in the newsletter.

- 3ROC are to submit a proposal for a permanent Executive Committee for the LRC.
- An amendment to Section 6 of the IOA Constitution regarding voting rights for closed clubs is to be discussed at club level.
- The possibility of a Leinster Night Championships was discussed. It was felt that a build up of such events would be necessary.
- The possibility of Ireland holding an International 2/3 Day event in the next few years was discussed. A proposal, with full draft plans is to be produced at the next meeting.
- AJAX expressed their disappointment at the response to Gert Nielsen's Coaching Course for Juniors. Only one junior from outside that club applied.

## SWISS 5-DAY EVENT, Burgdorf. July 9-13, 1980

When first my foot stood on Swiss soil, I felt very much at home. It was raining. The moment I stepped from the car in Burgdorf, near Bern, the rain started to fall, and stopped only occasionally for the duration of the competition.

The preparations made by the organisers were impressive: three training maps on the outskirts of Burgdorf and two more areas within driving range; shops and a bank at the competition centre, and a vast cowshed of a restaurant serving spaghetti Bolognese for £2.00. The competition centre also featured two swimming pools, a campsite, "drying" facilities, a funfair and a post-office.

The day before the first race many people went training and returned with tales of mountains covered with knee deep mud. I preferred to walk into the town to buy an umbrella - an unusual flash of foresight on my part.

The first day's competition was at Neuchâtel - an area rather like Glendalough: a sloping mountainside without much contour detail, many paths and lots of vegetation changes, but with a number of areas of bare fissured rock rather like the Burren. For the first time in a week I was fairly happy with my performance - although I was near the bottom of the H21E2 class. Early starters had torrential rain, but by 11.02, when I went out, the rain had eased and instead I had torrential mud.

Day 2 was at Murten, 44km from Burgdorf. Again it rained so that the finish field looked like the aftermath of a washed out ploughing match. The map of the area, including control card, measured 18 inches x 9 inches, so it was a bit unwieldy. The forest itself was rather like Donadea with contours: many thickets, all runnable forest, and plenty of paths. Again I had a reasonable enough run - although I was 109th (133.37 for 12.1km/210m climb; won in 102.22), and the rain had stopped by the time I started.

Day 3 - Grindelwald! A name to strike terror in the breast of the most hardened orienteer, to make grown men weep. My start was at 1800 metres, and I had to catch a funicular railway as far as the finish at Brandegg at 07.40 hrs. after a 60 mile drive. If you think that was bad it was nothing to having to listen to two verses of "The Yellow Rose of Texas" at half past three in the morning when David Quinn got up! - he had a train at 06.00 hrs. Those going to the other start took a cablecar most of the way. We were starting just at the tree line, in the open, and those waiting to start huddled around a fire of yak dung and sang Peruvian folk songs from time immemorial to try to keep warm. Occasionally in the gale the clouds would part and the North face of the Eiger would appear just above us. Incidentally there was a most spectacular view of the Eiger from the Gents at the finish field: recommended. The forest was very rough with many clearings and marshes but few paths. Fraughans underfoot made the going slow, and despite the 415m height difference between start and finish my course managed a nett height gain of 270m over 8.8km. I had a bad run that day: spent about 30 minutes looking for one control after misreading vegetation on the map. (Winner 73.31, my time 164.50).



Day 4 at Heimenschwand was more like my idea of a Swiss forest: lots of open pasture on a plateau with steep forest and huge re-entrants (one of which I came to know intimately). I started at 11.55, and the forest had been well used since 08.00 when the first runners started. Got hopelessly disoriented going to the first control, and unwilling to lose height I might later have to regain. Then every control gave one either unavoidable climbing or a choice between climbing and very long level routes. I made one serious mistake: I saw a rootsotck in a re-entrant 100m deep and didn't go right up to it: my control was tucked in underneath. I went on to the next re-entrant and searched high and low for 20 minutes or so. Eventually I finished as the finish was being removed: 153.24 for 8.5 km/390m. Won in 68.01.

Day 5 restored my faith in humanity - almost. The forest was just outside Burgdorf, but difficult to find the route. Several people found themselves following hikers up the mountains by mistake. The forest was rather like Day 2: fast, runnable, gentle hills. Straight line routes probably fastest. Had my best run (85.42 for 10.1km/390m; won in 55.55), but Aenghus O'Cleirigh ran a good 64.38 finishing 49th.

Overall I came 93rd out of 93 finishers, but at least there were some people in the forest for longer than I was: Kato Shoji of Japan (H21A2) spend 12.25.07 in the forest. I suppose after coming all that way you might as well get value for money.

John McCullough 3ROC.

****

## RESULTS: of SETANTA Night Event. 28th May, 1980. Cruagh Wood.

### A COURSE 5km 240m

MEN

| | | |
|---|---|---|
| 1. | P. Flanagan (3ROC) | 42.32 |
| 2. | E. Niland (Ajax) | 44.44 |
| 3. | A. Bonar Law (GEN) | 48.38 |
| 4. | C. Dunlop (SET) | 51.04 |
| 5. | N. Rice (SET) | 53.10 |
| 6. | E. Rothery (Ajax) | 53.36 |
| 7. | D. Quinn (GEN) | 55.54 |
| 8. | M. Kavanagh (SET) | 64.08 |

### B. COURSE 3km 160m

| | | |
|---|---|---|
| 1. | P. Walsh (SET) | 33.58 |
| 2. | L. Convery (3ROC) | 36.09 |
| 3. | P. Smyth | 37.23 |
| 4. | C. Walsh (SET) | 37.27 |
| 5. | M. Doorly (GEN) | 40.20 |
| 6. | S. Walsh (SET) | 43.48 |
| 7. | S. Kulldorff (SET) | 49.23 |
| 8. | B. Earley | 52.10 |
| 9. | J. Doorly (GEN) | 64.23 |
| 10. | B. Barrett | 70.20 |
| 11. | P. Kernan (3ROC) | 74.05 |
| 12. | P. Flynn & Family | 76.30 |
| 13. | R. Buckley (SET) | 84.38 |

### A.Course WOMEN

| | | |
|---|---|---|
| 1. | H. McCutcheon (Ajax) | 58.48 |
| 2. | C. Bonar Law (GEN) | 71.45 |

### B. COURSE (Women)

| | | |
|---|---|---|
| 1. | M. Nowlan (MAC) | 33.39 |
| 2. | B. Flanagan (3ROC) | 34.40 |
| 3. | M. Walsh (3ROC) | 34.50 |
| 4. | D. Large (GEN) | 37.17 |
| 5. | R. Rice (SET) | 46.41 |
| 6. | R. Doorly (GEN) | 52.04 |
| 7. | B. Egginton | 52.10 |
| | M. Geoghegan | 52.10 |
| 9. | E. Walsh (SET) | 58.10 |
| 10. | Convery / Hopeing (3ROC) | 62.22 |
| 11. | Convery HKS (3ROC) | 67.44 |
| 12. | G. Malone | 74.05 |
| | B. Kernan | 74.05 |
| | L. Kernan | 74.05 |
| 15. | L. Garland | 80.08 |
| | G. Jeffares | 80.08 |
| 17. | K. Moloney | 85.20 |
| | B. Kirwan | 85.20 |

FRENCH 3-DAY

## 3 JOURS de FRANCE 1980

My abiding memory of the French 3-Day event in July, apart from my performance (which I am trying to erase from my mind) was of running through enormous boulder fields which looked as though someone had been sculpting herds of elephants. I was tempted to look for a "Henri Moore était ici" on the lower right hand corner of many boulders, except that on most of them the lower right hand (or rather south east) corner was missing. The competitions were held in the Forest of Fontainebleau, an area of 50m high hills with fairly sparse vegetation and enormous boulders, and the competition centre was at Nemours, 70km SW of Paris.

The day we arrived we travelled to the training area - the aptly named "Le Long Rocher" where lots of people, myself included, succeeded in getting - well, lost, although one word is inadequate to describe the experience.

The first day's competition was at Larchant, an area of fairly dense forest, sandy underfoot, and with hills covered with huge boulders. Went well to the first control, and missed it by about 30m - arrived at 90, not 31. Marvellous! Three minutes later I found my own - a pattern which would recur often. Later on in the course (H21E, 10.1km, 320m) the heat began to affect my brain, and on several occasions I made the most basic navigational errors.

Day 2 at Cassepot was no better. God knows what happened at the first control - I certainly don't. Or rather, I do but I'm not saying. This forest was overall less hilly, but had some intricate contour areas with boulders. On the 1:15000 scale map small paths were difficult to see in the more complex boulder-strewn areas, and the vegetation changes could not be trusted too much. The start had to be put back as a result of some controls being vandalised, allegedly by a group of ecological terrorists(?) calling themselves Les Amis de la Forêt - but full marks to them for finding any controls at all: I found it hard enough even with a map.

The final day was again hot, but the forest was flatter (160m climb on my 10.6km course). For the first time I hit the first control dead-on, and the second, but lost around 20 minutes at the third, looking for a re-entrant the size of a rabbit hole but less obvious. The boulders were less predominant here, but there were several areas of flat rocks and scrub over which one could run easily. This competition coincided with the Continental Cup Individual race, of which there is a separate report. This was the only day on which I found myself hopelessly and unequivocally disoriented, along with a dozen or so others: at a spot where there were at least 8 path junctions in a small area, but I'm convinced that this was as a result of having to pay 70p for a cup of tea opposite the Palace in Fontainebleau the previous day.

At least I learned two things as a result of the French competition: what to do if bitten by a snake while orienteering (walk to a first aid post for anit snake-bite serum), and that an Access card is just about useless in France, except for eating ice-cream with.

John McCullough, 3ROC

***



## TEAM MANAGER'S NOTES

from Pat Flanagan.

### CONTINENTAL CUP

Ireland's hopes of taking home some medals from the Continental Cup received a severe jolt when we discovered that there were no fewer than 5 full teams of 36 from among the 11 nations taking part. It was, therefore, with hope rather than confidence that we responded to the starting signals on a cloudy and sometimes rainy 5th July at Achères within earshot of the sun-seekers speeding along the "Autoroute du Soleil". The efficient organisation, headed by Edmond Schzekny, revealed that once again Pat Healy was our leading performer. Never awed by formidable opposition, he notched 68 valuable points on a detailed rocky map where speed and accurate, direct navigation were the main assets. Others to contribute well to the Irish total were Peter James, Clare Nuttall, Julie Martindale, Charlotte Bonar-Law, Una Morrish, Wally Young, Adam May and David Heffernan. We were placed 8th, immediately behind Switzerland with Czechoslovakia, Great Britain and Denmark holding down the top positions in that order.

Sunday's Relay event was a totally different story. Here just 18 competitors from each country matched skills contrasting sharply with the 1500 competitors of the previous day. The scene was "Le Bois Rond", a rocky, sandy wood not far from Achères. Tension mounted as all the 1st leg runners were marched up to the gallows start, heightened especially for the D & H 11 when they saw their maps 1.5 metres off the ground. Somehow they all managed to jump high enough and then the drama began. First to appear was John Riordan racing round the circuitous finish tapes to be first home. Alas he was non-competitive, but what a performance! Then the steady procession of runners began, but before long the call went out for all team managers. We were to be told that one control was not in place when the early runners of Relay 2,3,4 arrived, leaving no option but to cancel 3 or the 5 relay courses - regrettably as we were one leg up on the Swiss at this stage. Attention then focused on the battle between the Czech and British senior relay teams where eventually Geoff Peck secured the Continental Cup for Great Britain. Aonghus O'Cléirigh gave us the final push to pip the Swiss for 7th place.

It was an impressive debut for the Irish Team, who quickly settled down to the very different maps and the complex contours. The very high ferns posed a most difficult challenge for the juniors, but all evolved suitable strategies. It is clear that we must provide challenging A courses for all classes during the coming season and we must not be afraid of using spot features for the juniors (admittedly not in fight). Constant upgrading of challenge, together with regular training can secure medals in the next competition.

I would like to thank the many people who contributed so much to this successful and historic entry into European Orienteering.

### HOME INTERNATIONAL

Includes: H21, 17, 15, 13 D19, 17, 15, 13

Relay: Saturday 4th October. (Teams of 3)
Individual: Sunday 5th October. (Teams of 4 - 3 to count).
Takes place near Pembrey (35 miles from Fishguard).

Teams will be selected in next two to three weeks.