



9<sup>th</sup> April 2017

Mall Hill, Co Wicklow

## Final Information



Welcome to the 2017 Leinster Championships, hosted by Great Eastern Navigators (GEN). This bulletin should include all the information you require.

If you have any questions please contact us on [genloc2017@gmail.com](mailto:genloc2017@gmail.com) or visit the website <http://genloc2017.wordpress.com> .

*Setanta Orienteers are hosting a sprint orienteering event the afternoon before in Massey's Wood, Rathfarnham, Dublin. The details in this bulletin relate to the event on Sunday 9<sup>th</sup> April on Mall Hill.*

*Details for the Setanta event are on <http://setantaorienteers.org/events/massys-estate-sprint-orienteering-irish-junior-squad-fundraiser/>*

## Timetable

**Saturday 8<sup>th</sup> April (15:00 – 16:30)**

*Sprint Orienteering in Massey's Wood*

**Sunday 9<sup>th</sup> April (11:00 – 13:00)**

Leinster Championships on Mall Hill, Co Wicklow

**Sunday 9<sup>th</sup> April (15:00)**

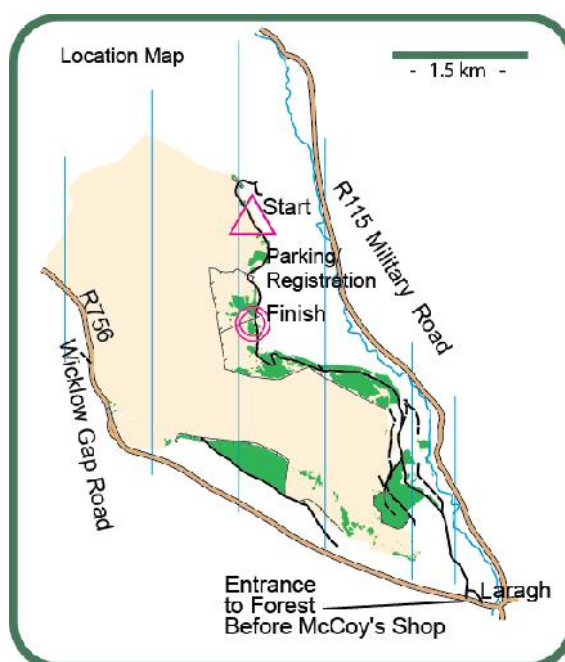
Courses Close, Prizegiving

## Directions

**Please allow 20 minutes' drive from Laragh to the parking area.**

Parking is on a forest road east of Mall Hill (53°02'26.1"N 6°20'23.7"W / 53.040579, -6.339917).

Entrance to the forest is at Laragh, Co Wicklow (53°00'38.6"N 6°18'08.4"W, 53.010737, -6.302325).



From Laragh take the R756 heading east towards Glendalough. After about 100m take the turn behind McCoy's shop and petrol station on the right. After another 150m turn into the forest on the right. Follow the forest road as it bends to the left, then left again until you reach a crossroads after 400m. Turn right at the crossroads and continue for approximately 4km until you see Registration/Parking. The road is in reasonable condition but please drive carefully as it is not a surfaced road.

### Parking

Once you reach the parking area follow marshalls' instructions and any signposting. Cars will be mostly parked on the left hand side of the forest road. Please exercise caution when parking as there is some small amount of heather/undergrowth and some tree branches/stones etc. There are turning circles beyond the parking area so you can park first then turn later after your run.

Please arrive at the parking area before 12:30pm. Conversely please don't leave the parking area before 12:30pm – this is to avoid cars meeting each other on the narrow forest road from Laragh.

### Registration

Registration will be in a tent between the Finish and Start areas. At registration it will be possible to do the following:

- Collect rental SI cards where they have been requested
- Enter courses on the day. Light green, orange and yellow courses will be available on the day (it will not be possible to enter championship courses on the day)
- Obtain event information
- Leave keys for safekeeping
- Receive basic First Aid
- Avail of refreshments
- View results as they become available

### Toilets

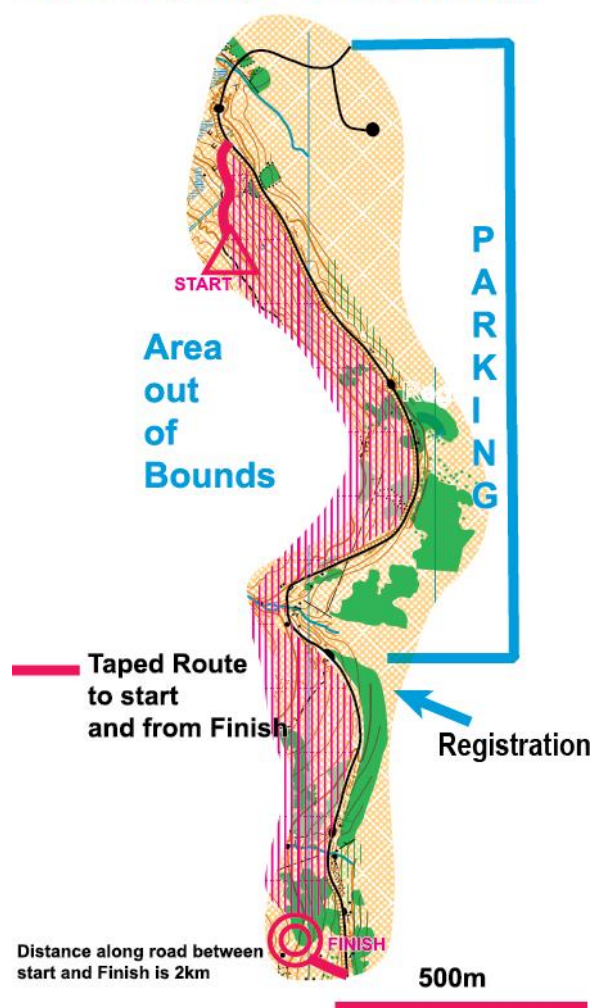
There are no toilets at the parking/assembly area. While there is forest cover east of the parking/forest road, if you require something more formal Lynham's in Laragh is the nearest.

### Distance to the Start

The start and finish are located approximately 2km apart (see 'Assembly Area' map below). Registration will be approximately 500m north of the finish and parking will continue from Registration along the length of the forest road towards the start. Depending on where you park you could have approximately 1.5km of forest road and 250m of rough open to reach the start.

Please note that the area immediately west of the forest road/parking is the competition area and is out of bounds.

## Assembly Area - Location Map



### Start and Timing

The start lanes will be a short distance from a control kite indicating the start triangle. Call up will be -3 minutes before start time. It is the competitor's responsibility to clear and check their SI card.

Competitors are pre-allocated a start time. Please adhere to this – it is up to each competitor to work out the right amount of time they need to get to the start on time. Start times will be published on the LOC 2017 website.

The event will use SportIdent (SI) timing with a punching start. The download for all courses will be at or near the Registration tent which is approximately 500m from the finish along a taped route. All competitors must download regardless of whether they finish or not. Competitors using rental SIs should return these after downloading.

### Event Safety & Weather

Competitors take part in orienteering events at their own individual risk. Do not compete if you feel unwell or are injured. The event is a full body cover event – no shorts, full leg cover is required.

The competition area is open-mountain with few line features, as a consequence the technical standard of the area is classed as difficult – if you are new to orienteering you should bear this in mind when deciding on your course and consider moving down to an easier and shorter course. Risk assessments have been completed for the competition. Please be considerate to other users of the event areas, such as walkers.

Should a competitor get lost there are suggested safety bearings printed on the map. The nearest should be to head east towards the forest road/parking.

All competitors will be required to carry a whistle. If you do not have a whistle then you will not be permitted to start.

Dependent on local weather forecast cagoules (rain jackets) may be compulsory.

If the weather forecast warrants that the event is likely to be unsafe then the decision may be taken to postpone the competition or instruct all competitors to drop down a course. In such an event, as much notice will be

Should the event be postponed, the Organisers reserve the right to retain all or part of the entry fees to cover committed costs.

All competitors must report to download, even if they are retiring.

In the event of dry, sunny weather all orienteers should wear sun protection factor and, if necessary, cover their skin to protect it from burning. Parents should ensure that their children are sufficiently protected. Competitors should also take the necessary precautions to avoid dehydration.

### Cars & Security

The organisers will not be held responsible for the theft of, damage to or theft of contents from cars parked at the competition area. Competitors are asked to store all valuables in the boot of their cars and lock their cars. Car keys can be left at registration.

### Smoking

Due to the risk of forest fires, smoking is not permitted in the competition area, assembly or car park.

### Pets

Dogs are not permitted in the competition area. They should remain on a leash in the car park, adjacent to their owner's car.

### Courses

Course	Classes	Distance (km)	Climb (m)	Controls	Map Scale	Map size
<b>1</b>	M21E	15	425	20	1:15,000	A3
<b>2</b>	M35, W21E	8.8	285	20	1:15,000	A3
<b>3</b>	M21L, M40	7.8	235	17	1:15,000	A3
<b>4A</b>	M18, M20	7.4	230	17	1:15,000	A3
<b>4B</b>	M45, M50	7.4	230	17	1:10,000	A3
<b>5A</b>	W21L, W35	6.3	220	15	1:15,000	A3
<b>5B</b>	M16, M55	6.3	220	15	1:10,000	A3
<b>6A</b>	W20A	5.9	165	15	1:15,000	A3
<b>6B</b>	M60, M45S	5.9	165	15	1:10,000	A3

<b>7A</b>	W18, W40	4.8	165	14	1:15,000	A3
<b>7B</b>	M65, W45	4.8	165	14	1:10,000	A3
<b>8</b>	W16, W50, W55, W60	4.3	110	14	1:10,000	A4
<b>9</b>	M70, M75, M80, M85, M90, W65, W70, W75, W80, W85, W90, W45S	2.9	50	13	1:10,000	A4
<b>10</b>	M14, W14	2.9	70	12	1:10,000	A4
<b>11</b>	M12, W12	1.9	50	9	1:10,000	A4
<b>12</b>	M10, W10	1.8	50	9	1:10,000	A4

Entry on the Day is available for Yellow (Course 12), Orange (Course 11), Light Green (Course 10) and Red (aimed at adult novices).

### Terrain

The terrain is open with intricate contour and rock detail. Much of the area is quite runnable with the exception of some of the steeper slopes west of the finish area which have deeper heather and large boulders.

Please avoid the area marked out of bounds around Aska Pond (birds are nesting in this area). No courses go near this area.

### Map

The map has been updated in 2017 by Pat Healy and is based on the original by Marcus Pinker (2000 – 2002). A copy of the map is available at

<https://genloc2017.files.wordpress.com/2017/02/184.jpg?w=1800>

Maps will be printed on waterproof Pretex paper by LinkMailing (formerly Print5). In the event of heavy rain the organisers may provide additional bags for competitors that prefer the additional protection afforded by same.

The map adheres to the IOF International Specification for Orienteering Maps (ISOM). There are however no legends printed on the maps.

### Control Descriptions

These will be available loose at Registration.

### Map Reclaim

There will be no formal map reclaim. In the interests of fairness competitors that are finished are not allowed to show or discuss their maps or routes to or with competitors yet to start.

### Prizegiving

It is hoped to hold prizegiving close to 3pm at the Registration area. All junior finishers (M/W18 and below) will be presented with a certificate.

### Officials

Planner – Pat McCavana (GEN)

Controller – Pat Healy (CNOC)

Organiser – Gavan Doherty (GEN)