

Introduction and Welcome

Hello and Welcome to the 2019 Irish Orienteering Championships. This is Fermanagh Orienteers' third time to host the premier event in the Irish Orienteering Calendar. The first time was 25 years ago; we return this year to the Cavan Burren for the Long Distance.

Preparations for the 2019 Irish Orienteering Championships are almost complete: maps ordered, prizes purchased and start times issued. The countdown to 18:00 on Friday 3th May 2019 is on.

This document contains all you need to know about the event, including how to get to each day, facilities at events and details of the evening and social events.

Looking forward to meeting you over the weekend. May you each have a clean run.



Raymond Finlay
Event Co-ordinator

28 April, 2019

General Information

The Irish Orienteering Championships are the premier event in the Irish orienteering calendar. This year's event will take place in counties Fermanagh, Cavan and Tyrone. The event will take place over four days, beginning with a sprint in the scenic grounds and environs of Florencecourt House. It will end with a relay in Parkanaur Forest, near Dungannon. We would like to acknowledge the generosity of LVO in hosting the Relays on Day 4, as well as FINGAL assisting on the Sprint and NWOC on the Middle.

Details of the events and their locations are given below.

	Day 1 – Friday 3rd May	Day 2 – Saturday 4th May	Day 3 – Sunday 5th May	Day 4 – Monday 6th May
Location	Florencecourt National Trust	Castle Archdale	Cavan Burren	Parkanaur
Event Type	Sprint	Middle Distance	Long Distance	Relay
Grid Reference	H 179 348	H 176 588	H 073 351	H 739 616
Organising Club	Fermanagh Orienteers	Fermanagh Orienteers	Fermanagh Orienteers	LVO
Organiser(s)	Raymond & Teresa Finlay	Ciara Largey	Francis O'Reilly	Conor McKernon (LVO)
Planner(s)	Raymond Finlay	Robbie Bryson	Philip McGoldrick	Philip Baxter (LVO)
Controller(s)	Colin Henderson (LVO)	Greg McCann (LVO)	Steven Linton (NWOC)	John McCullagh (Three Rock)
Registration Open	17:00	09:30	09:30	09:00
Start Times	18:00-20:10	11:00 – 14:00	11:00-14:00	10:00
Course Closing Time	20:45	15:30	16:00	13:00

Fermanagh Orienteers would like to thank all those who will be volunteering at this event.

This four-day event will be run under the rules of the Irish Orienteering Association (IOA). See www.orienteering.ie for a copy of the IOA Competition Rules for Foot Orienteering.

IOC 2019 Schedule

Time(s)	Details	Location
<i>Friday 3rd May</i>		
17:00	Registration Opens	Florencecourt National Trust
18:00 – 20:10	Sprint Starts	Florencecourt National Trust
20:45	Courses Close	Florencecourt National Trust

<i>Saturday 4th May</i>		
09:30	Registration Opens	Castle Archdale Country Park
11:00 – 14:00	Middle Distance Starts	Castle Archdale Country Park
15:30	Courses Close	Castle Archdale Country Park
19:00	A fundraising Table Quiz for Irish Junior Orienteering Squad followed by Sprint and Middle Distance Prize giving at 20.00.	Kinawley Community Centre
<i>Sunday 5th May</i>		
09:30	Registration Opens	Cavan Burren
11:00 – 14:00	Long Distance Starts	Cavan Burren
16:00	Courses Close and deadline for Relay Team Declaration	Cavan Burren
18:30	Annual General Meeting of the Irish Orienteering Association	Kinawley Community Centre
20:00	Prize-giving for Long Distance	Kinawley Community Centre
<i>Monday 6th May</i>		
09:00	Registration Open	Parkanaur Forest
09:40	First Call Up Time	Parkanaur Forest
10:00	First mass start	Parkanaur Forest
13:00	Courses Close & Prize-Giving	Parkanaur Forest

Registration

Registration will be manned at all times during the competition. At registration it will be possible to do the following:

- Collect rental SIAC cards where they have been requested;
- Pay any remaining fees;
- Declare relay teams;
- Enter courses on the day. Light Green, Orange and Yellow courses will be available on Day 2 and Day 3. This will be limited by map availability. It will not be possible to enter championship or non-championship courses on the day;
- Car key deposit;
- Obtain event information.

Event Timing

All courses on all days use SIAC timing. Days 1 – 3 will use a timed start. Competitors are advised that they must arrive at the start area on time and will face a time penalty if they do not do so. Start times are available on SI Timing. It is each competitor's responsibility to check their start time and ensure they arrive at the start area on time. Parents should check their children's start times.

Day 4 (the relay) will not use a punching start but SIAC timing will be used. Competitors will not use their own SI cards for the relay but will use cards provided on the day.

Rental SIAC cards must be returned after download on Day 3.

Rental SIAC cards will incur a charge of 70 euro if they are lost.

Live Results

Live results will be available each day at: -

<http://lvo.org.uk/liveresults/>

Thanks to LVO for assisting us with this facility.

Event Safety & Weather

First Aid cover will be provided by the St John's Ambulance on Days 1, 2 and 4. Cavan Civil Defence and NWMRT will be in attendance on Day 3.

However, competitors take part in orienteering events at their own individual risk. Do not compete if you feel unwell or are injured. Full leg cover is required on Days 2, 3 and 4.

All competitors will be required to carry a whistle on Days 2 & 3. This will be checked on the way to the start. If you do not have a whistle then you will not be permitted to start.

In the event of severe weather a No Cag, No Go Rule will be applied. This will be checked prior to starting.

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 hot, sunny weather all orienteers should take the necessary precautions to avoid dehydration.

Cars and Security

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

Pets

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

Complaints and Protests As per the IOA Competition Rules of Foot Orienteering, in the event where a protest is not upheld by the event controller, then a jury will be convened in accordance with the Competition Rules of Foot Orienteering. This will be facilitated by the Event Co-ordinator if required.

Day 1: Friday 3rd May – Sprint Distance – Florencecourt National Trust

Location & Directions

The competition area comprises the Florencecourt National Trust Property. It will be signed from the Enniskillen – Swanlinbar Road (A32)

Grid Ref: H 179 348

Lat N 54.261852 Long W -7.725705

<https://www.google.co.uk/maps/place/Florence+Court+House,+Florence+Court+Demesne,+Enniskillen+BT92+1DB/@54.2602897,-7.7278847,17z/data=!3m1!4b1!4m5!3m4!1s0x485e43712f7471cb:0x19b8ab66fd30d579!8m2!3d54.2602866!4d-7.725696>

National Trust Members

The National Trust would very much like to record the number of National Trust members attending the event. If you are a current member please bring your membership card.

Map and Control Descriptions

This area is embargoed until after the Sprint event on Friday evening 3rd May 2019

The area was newly mapped in 2018 and updated in early 2019. It is 1:4000 scale with 2.5m contour interval to the ISSOM 2007 standards. Competitors unfamiliar with these Sprint mapping standards are strongly advised to make themselves aware of the symbol set used.

Control descriptions will be printed on the map, in IOF symbols for courses 1- 6. Loose control descriptions will be available at the start, including text version for Course 6.

The map will be printed on waterproof paper.

Terrain and Event Notes

Florence Court is a large National Trust Mansion House with courtyards and outbuildings. It is surrounded by mature and well-maintained parkland, orchard, gardens and mixed woodland. These areas are crossed by a network of access roads and walking paths; many are wheelchair accessible; a little hilly the gradients are generally not steep. It is fast running terrain though some route choices through woodland may encounter small areas of sparse bramble. Underfoot grass areas and embankments may prove slippery particularly after wet weather; courtyards are cobbled which can also be slippery.

A number of features are mapped as olive green 'Area with forbidden access' and thus out-of-bounds. These include a formal rose garden and an extensive walled vegetable garden. Competitors **MUST** stay on the paths which pass through them. Access roads in particular are edged by hedges, some only beginning to mature. However, they are mapped with the dark green, 'Impassable hedge' symbol. Only mapped gaps or light green sections may be crossed. These will be confirmed by a red and white tape streamer. A small area of rough grassland will be mapped as out-of-bounds for environmental protection reasons; it will be taped.

Some boundaries (walls and fences) are also shown as not to be crossed: it doesn't matter whether you think you can get over them or not, you are cheating and you will be disqualified if you cross them.

Marshals will be present with 'phone cameras. We don't want to have to disqualify anyone so please remember the rules about out of bounds areas and uncrossable boundaries.

The National Trust will also be monitoring this event and future access for orienteering on this, and perhaps other properties, may well be jeopardised by careless behaviour.

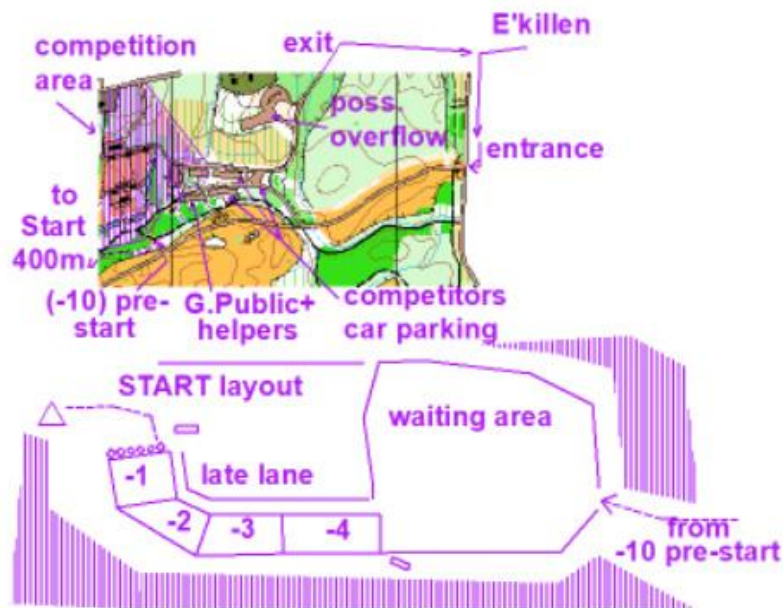
Course Information

Course	Classes	Length (km)	Climb (m)	Shortest feasible Course Length
	NB*(non-Championship classes)			
1	M18E, M20E, M21E	2.7	60	3.41
2	W18E, W20E, W21E	2.6	40	3.18
3	M16, M35, M40, M45, M50, M55	2.5	45	3.04
4	W14, W16, W35, W40, W45 M14, M60, *(M Short)	2.2	40	2.59
5	W50, W55, W60, W65, W70, W75, W80, W85 M65, M70, M75, M80, M85, *(W Short)	2.0	25	2.39
6	W10, W12, M10, M12, *(EOD)	1.4	15	1.62

Florence Court Estate will be open to the public during the competition so please be careful running in the area, particularly when rounding corners, so that you don't collide with another runner or with anyone else.

Assembly and Start

There are ample car parking and warm-up areas adjacent to Event Registration/information.



There will be a -10-minute Pre-start. Please arrive in good time to make your start time. **It is NOT a punching start. The start interval will be 1 minute between competitors.**

This is a championship event; competitors late for their start time, (as per recommended policy), 'shall be started on the next vacant start slot on their course'. Any consequent delay will be to their detriment unless any subsequent appeal to the organiser is upheld.

There will be a 400m walk from Pre-start to the Starting area. It will be taped through part of the competition area; the rest of which is out-of-bounds. Competitors **MUST** stay on the taped route. In the Starting area a normal -4-minute call-up system will be in place. Clear and check boxes for SI cards will be located here. Loose control descriptions will be available in the -3 minute start box. Blank maps of the area will be in the -2 minute start box.

It is intended to start the Elite competitions (M/W18E, 20E, 21E) in ranked order in a separate start block at 6.00 pm before any other classes.

All other classes will start from approximately 6.50 pm. Courses close 8.45 pm. Expected winning time on all courses 12 – 15 minutes!

Start times can be found here - https://www.sientries.co.uk/list.php?event_id=5318

It is the responsibility of each competitor to ensure that they have cleared their SI/SIAC card and that they check they have taken the correct map.

Finish

You must PUNCH the finish to record your finish time. This is especially important when using SIAC.

There will be bags at the finish labelled by course. Finishers returning before the last start must place their map in the appropriate bag. The bags will be brought to registration after the last start.

Download

Download is located in the LVO MOO adjacent to the finish.

Clothing Transfer

Parking, Start, Finish and Registration are close to each other so no clothing transfer will be provided.

Refreshments

National Trust do not allow us to provide food or drink. Please bring your own water.

Prizegiving

Prize giving will be held in Kinawley Community Hall on Saturday evening at 8pm.

Toilets

There will be Portaloos adjacent to Parking.

Important Information

It is easy to be disqualified in sprint orienteering. The usual precautions apply – check your control codes carefully as there will be a lot of controls close together in certain areas. There are some areas that you are not allowed to go into on a sprint map: e.g. private land and flowerbeds. These are marked in olive green on the map. If you go into or across one of these you are cheating and you will be disqualified.

Some boundaries (walls, fences, hedges) are also shown as not to be crossed: it doesn't matter whether you think you can get over them or not, you are cheating and you will be disqualified if you cross them.

We don't want to have to disqualify anyone so please remember the rules about out of bounds areas and uncrossable boundaries.

Entry on the Day

There will be EOD on Course 6 from 19:00. (Limited by map availability.)

Acknowledgements

Thanks to Florencecourt National Trust for permission to use the area.

Day 2: Saturday 4th May – Middle Distance – Castle Archdale

Location and Directions

The competition area is at Castle Archdale Country Park, situated on the main Enniskillen to Kesh road (B82). It is well signposted and can be found 1 mile on the Enniskillen side of Lisnarick village.

GR H 176 587 Lat N 54.477875 Long W -7.727177

<https://www.google.com/maps/place/Castle+Archdale+Country+Park/@54.4826055,-7.7028046,14z/data=!4m5!3m4!1s0x485e4c73fb4869a9:0x14132b4ed86c10fc!8m2!3d54.4774472!4d-7.7283404>

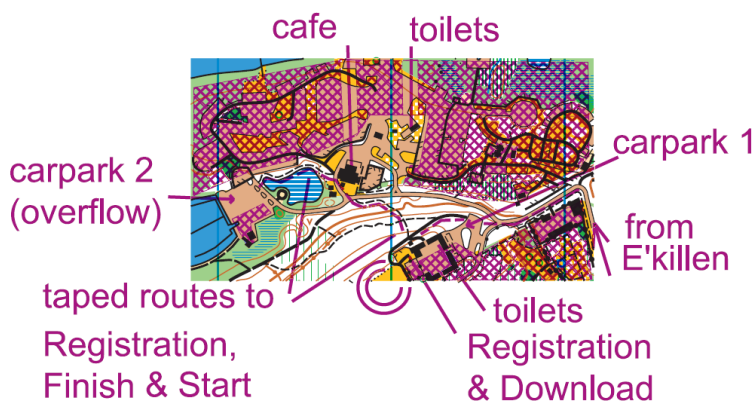
Parking

Several car park areas will be in use. Car Park 1 is adjacent to the main courtyard with registration, finish and download. Car Park 2 is at the marina a short walk away. A further car park (Car Park 3) may be used for overflow if required, this is an approx 10min walk from registration. Late arrivals may be directed to this car park and should allow for this in getting to the Start on time. **As parking is limited, competitors are encouraged to car share.** A suggested meeting point is the large car park at Enniskillen/St Angelo airport, this is 3 miles north of Enniskillen on the B82, en route to the event for most competitors.

Start

Allow 10 – 15 minutes to walk to the Start from Registration or any of the Car Parks. Follow blue and white tapes. There is limited space for warm-up and also traffic passes the area. Please use the footpaths and take care when crossing this busy road.

IOC '19 - Middle



Registration

Registration will be at the LVO trailer (MOO). There is no need to come to Registration unless you need to collect or change an SI card. Car keys can be left here.

Map & Control Descriptions

This area is embargoed until after the Middle event on Saturday 4th May 2019.

The map is 1:10000 scale with 5m contours. The map has been revised in November 2018 to ISOM 2017 by Peel Surveys for IOC 2019.

Control descriptions will be printed on the map. Loose control descriptions will be available at the start.

The map will be printed on waterproof paper.

Controls

All courses will use SIAC. Hired SIACs will be available for collection at registration.

Out of Bounds

The competition area is out of bounds to orienteers until they have run.

Course Information

Course	Class	Length(km)	Climb (m)	Controls
1	M18E, M20E, M21E	5.6	165	22
2	M35, M40, M45, M50	4.6	125	16
3	W18E, W20E, W21E	4.4	120	15
4	M16, M55, M60, W35, Men Short	4.0	100	13
5	M65, W16, W40, W45, W50, W55, W60, Women Short	3.2	90	14
6	M14, M70, W14, W65 M18S, W18S, Light Green	2.4	55	9

7	M12, W12 M16S, W16S, Orange	2.3	30	10
8	M75, M80, W70, W75	2.1	30	7
9	M10, W10, Yellow	1.6	25	8
10	M85, W80, W85	1.3	30	6

Terrain

Castle Archdale consists of three distinct areas.

The majority of the park is a relatively mature coniferous forestry plantation with some areas of deciduous planting. Although the courses have been planned to avoid the worst areas competitors should expect to encounter some brambles and undergrowth which will make running difficult. In general areas mapped with the dense undergrowth symbol (closely spaced green vertical lines) should be avoided.

Courses 1 to 5 will cross an area of forestry where recent thinning has occurred. Extraction trails have not been mapped. Some of the smaller ditches in this area have been partially obscured by the extraction work.

The second area is the more formal country park recreation area. This contains a dense network of paths, small car parks, football pitches, walled gardens and courtyards. Runability is generally very good with the exception of the forestry in this area which suffers from extensive bramble growth – especially underneath power lines. There are a number of uncrossable walls.

Courses 1 to 5 will visit the ‘Millennium Forest’ area. This is an area of 19 year old deciduous and coniferous plantation. Runability and visibility in the deciduous parts are generally very good although ducking to avoid low branches is required. In the coniferous area fast running can be found along the lines of plantation. There are many fences in this area. As the majority of these are no longer required they have not been maintained, have partially fallen down and are generally easily crossed. The exceptions are those fences mapped with an adjacent solid green line. These are difficult to cross. Two recommended crossing points are shown and will be marked with tape.

Mapping Notes

Where a distinct vegetation change coincides with a ditch only the vegetation change is shown. Not all root stocks have been mapped. In general only distinctive root stocks with a height of 2 metres or greater have been mapped.

Start Process

There will be a timed start. Start times will be assigned in the days before the competition and will run from 11.00 to 14.00. Courses will close at 15.30.

Start times will be published on SI Entries - https://www.sientries.co.uk/list.php?event_id=5318

Call-up will be at -4 minutes. In the interest of safety, all orienteers will be checked out at the call up to the start. Clear and check boxes for SI/SIAC cards will be located in the call up area. Loose control descriptions will be available at -3 and blank maps will be available at -2. It is the responsibility of each competitor to ensure that they have cleared their SI/SIAC card and that they check they have taken the correct map.

Finish

You must PUNCH the finish to record your finish time. This is especially important when using SIAC. Download will be at the LVO MOO located adjacent to the finish area. *If you have rented a SIAC for the weekend, please hold on to it until you have completed Day 3.*

ALL COMPETITORS must download whether they have completed the course or not.

There will be bags at the finish labelled by course. Finishers returning before the last start must place their map in the appropriate bag. The bags will be brought to registration after the last start.

There is ample space for club tents beside the Finish.

Entry on the Day

There will be three entry on the day courses available from 12:30: Light Green (course 6), Orange (course 7) and yellow (course 9). Anyone entering on the day should do so at registration. This is limited by map availability.

Clothing Transfer

Parking, Start, Finish and Registration are close to each other so no clothing transfer will be provided.

Refreshments

Water will not be provided at the Finish but there is a water tap in the courtyard. Please bring your own bottle/cup and dispose of any rubbish responsibly.

In return for use of facilities, competitors are encouraged to purchase refreshments from the caravan park shop and chippy. The Irish Junior Squad will not be providing refreshments on site but will have a fundraising Table Quiz and Cake Sale at the Kinawley community centre Saturday evening. (see below).

Toilets

Toilets are located in the main courtyard. Additional toilets are available in the caravan park. Please do not wear muddy or metal-studded shoes in the toilets.

Prize Giving

Prize giving for both Sprint and Middle distance events will be in the Kinawley Community Centre, on Saturday evening, May 4th, at 20:00.

Acknowledgements

The Organisers would like to thank DAERA, Omagh and Fermanagh District Council, Marble Arch Global Geopark and Castle Archdale Country Park for permission to host IOC Middle Distance Championships at Castle Archdale.

Junior Fundraiser – Saturday 4th May

A Table Quiz and Cake Sale in aid of the Irish Junior Orienteering Squad will take place immediately before Prize Giving on Saturday 4th May in the Kinawley Community Centre. Please come along and support the squad. Please note that parking at the Kinawley Community Centre is limited so car-pool if possible.

Grid Ref: H 228 309

Lat N 54.228268, Long W -7.648889

<https://www.google.co.uk/maps/place/Kinawley+Community+Centre/@54.227869,-7.650903,17z/data=!3m1!4b1!4m5!3m4!1s0x485e41877d164839:0x46f9c3d5b8901e08!8m2!3d54.2278659!4d-7.6487143>

Day 3: Sunday 5th May – Classic Distance – Cavan Burren

Location and Directions

Day 3 of IOC19 is at Cavan Burren, venue of IOC1994.

The event will be signposted from Blacklion.

Grid Reference: H 073 351 Lat N 54.264919, Long W -7.888118

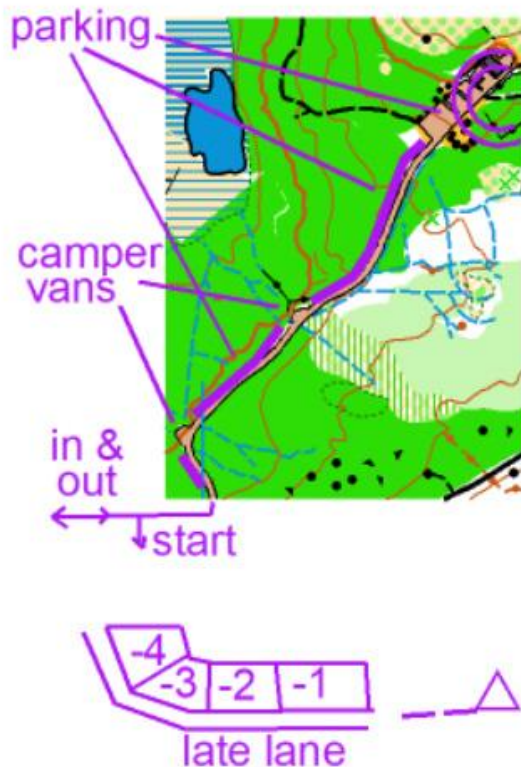
<https://www.google.co.uk/maps/place/Cavan+Burren+Park/@54.2628204,-7.8925456,17z/data=!3m1!4b1!4m5!3m4!1s0x485e5c00ba2e6e3f:0x77ac967d948fab5d!8m2!3d54.2628173!4d-7.8903569>

Parking & Assembly

As parking is limited, competitors are encouraged to car share. A suggested meeting point is the large car park in Blacklion, behind the Enterprise Centre.

It is a 600m walk to the Start from the Assembly, back along the entry road. Competitors should take care and allow plenty of time.

The finish is adjacent to Assembly.



Map & Control Descriptions

This area is embargoed until after the Long Distance event on Sunday 5th May 2019.

The area was first mapped in 1993 by Barry Dalby of EastWest Mapping and subsequently updated by Bill Simpson. An extensive revision and update has been made for this event by Pat Healy in 2018/2019, including adjustment to ISOM17.

The map is 1:15000 scale with 5m contours for courses 1, 2 and 3 and 1:10000 scale for courses 4 – 14.

Control descriptions will be printed on the map. Loose control descriptions will be available at the start.

The map will be printed on waterproof paper.

Controls

All courses will use SIAC. Hired SIACs will be available for collection at registration.

Course Details

Course	Class (NB non-championship)	Scale	Length (km)	Climb (m)	Controls
1	M21E	1:15000	14.9	385	30
2	M18E, M20E, W21E	1:15000	8.2	250	19
3	W18E, W20E	1:15000	5.4	165	13
4	M35, M40, M45, (M21L)	1:10000	8.2	250	17
5	M50, (M Long)	1:10000	6.8	165	15
6	M16, W35, (W21L)	1:10000	5.2	200	13
7	M55, M60, W16, W40	1:10000	5.1	150	13
8	M65, W45, W50, (W Long)	1:10000	4.6	125	11
9	M70, W55, W60, W65, (M Short)	1:10000	3.8	110	9
10	M75, M80, M85, W70, (W Short)	1:10000	3.0	60	13
11	W75, W80, W85	1:10000	1.9	50	8
12	M14, W14, (M16S, W16S, W18S, Light Green)	1:10000	3.9	100	13
13	M12, W12 (Orange)	1:10000	2.4	45	7
14	M10, W10 (Yellow)	1:10000	2.2	20	9

Start Process

There will be a timed start. Start times will be assigned in the days before the competition and will run from 11.00 to 14.00. Courses will close at 16.00.

Call-up will be at -4 minutes. In the interest of safety, all orienteers will be checked out at the call up to the start. Clear and check boxes for SI/SIAC cards will be located in the call up area. Loose control descriptions will be available at -3 and blank maps will be available at -2. It is the responsibility of each competitor to ensure that they have cleared their SI/SIAC card and that they check they have taken the correct map.

Start times can be found on SIentries – https://www.sientries.co.uk/list.php?event_id=5318

Finish Process

You must PUNCH the finish to record your finish time. This is especially important when using SIAC. Download will be at a window to the rear of the Visitor Centre.

ALL COMPETITORS must download whether they have completed the course or not.

There will be bags at the finish labelled by course. Finishers returning before the last start must place their map in the appropriate bag. The bags will be brought to registration after the last start.

Any rental SI/SIACs **MUST** be returned to organisers at download. (SIACs will be reallocated to all competitors in the Relay.)

Entry on the Day

There will be three entry on the day courses available from 12:30: Light green (course 12), orange (course 13) and yellow (course 14). Anyone entering on the day should do so at registration before proceeding to the start area. This is limited by map availability.

Clothing Transfer

Parking, Start, Finish and Registration are fairly close to each other so no clothing transfer will be provided.

Terrain notes

GENERAL

This is very mixed and complex terrain. The underlying geology is limestone which typically produces interesting contour detail, depression features, crags, pits/caves and in places bare rock (limestone pavement). On top of this the ice age left innumerable sandstone boulders.

The Open area is typical farm upland with areas of fast close-cropped grassland and rough moorland. There are many fences and ruined walls most of which are in poor condition but relatively easily crossed; please report any damage. Crossing points marked along the forest edge are for competitors' convenience; **they are not compulsory.**

Of the area to be used the Cavan Burren Forest takes up about 25%. However, over the last 10 years 66% of it have been clear felled with most of that re-planted or left for scrub re-growth; all best avoided! The remaining third is mature conifer plantation which will be visited by all courses with a high density of control sites (check your codes!). This is a very complex piece of forest, but not only because of the geology and boulders.

The forest poses difficult underfoot conditions. In its exposed position on this high ground there is wind blow debris across the forest, some of it is isolated trees and in other places concentrated damage. Lichens and moss grow profusely covering some of this debris, walls and also areas of limestone pavement. The undergrowth has pockets of bramble and in summer bracken flourishes. The area has been mapped for late winter/spring conditions.

Local archaeologists have, over the last 20 years, pieced together evidence of human habitation for at least 5 millennia. The Cavan Burren is now a site of great historical importance with an interesting interpretive centre (beside the car park) and a network of engineered trails and raised double plank boardwalks. The readily available sandstone boulders have been utilised over the centuries to create a variety of tombs, habitation and, in particular, walls. In addition to the permanent trails there are some 'indistinct paths', with occasional tapes, created by the archaeologists. They have been mapped but are very indistinct on the ground; like the remnant walls, more easily recognised when followed than when crossed!

PARTICULAR MAPPED FEATURES

Boulders

There are a large number of boulders generally across the area with a particularly high concentration within the forest. In order to maintain legibility of the map only the largest and most prominent have been shown on the map.

Note that boulders are represented on the map in a number of ways: The normal circular black dot symbol of varying sizes; the gigantic boulder symbol (thick black line in 'donut' or 'polygon' shapes); boulder fields and clusters (black triangles).

Bare rock and Stony ground

Areas of exposed limestone “pavement” are mapped as the solid light grey bare rock symbol. Note that generally these areas are interspersed with grass and therefore may not appear as distinct on the ground as on the map. Areas of strewn boulders are mapped using the stony ground symbol, i.e. small black dots. Within the forest there are areas of broken limestone pavement which are overgrown in mosses and such like. These areas are represented by the stony ground symbol.

Ruined walls, Remnant ancient walls and Distinct vegetation changes

In the forest where there is a high concentration of boulders there are also numerous ruined walls. Some remnant ancient walls appear as lines of boulders on the ground and so to assist with readability of the map these have been shown as lines of dots (same dots as for stony ground).

Such lines of dots should not be confused with the traditional symbol for distinct vegetation changes. To avoid confusion, distinct vegetation changes are represented by the new ISOM 2017 symbol which is a line of short green dashes.

Semi-open land

The open areas are populated by numerous naturally growing native trees of varying heights (small to medium). Distinct individual trees and bushes are marked with green dots. Where trees are more numerous the semi-open land with scattered trees symbol (white dots) is used. The tree canopies are in places low and this reduces visibility and runnability locally.

Within the forest plantation where previously cut or felled areas have been replanted with young trees, the semi-rough open land symbol with green dots has been used.

Refreshments

We are hopeful that Cavan Council will have sourced a mobile food van.

Toilets

There will be Portaloos adjacent to Parking.

Prizegiving

Prize giving will be in the Kinawley Community Centre, on Sunday evening, May 5th, immediately after the AGM (20.00)

Acknowledgements

We would like to thank the many landowners, Cavan Council and Coillte permission to orienteer on their land. Cavan Council have given generous support to the running of this event.

AGM & Prizegiving – Sunday 5th May.

The Annual General Meeting (AGM) of the Irish Orienteering Association (IOA) will take place at 18:30 on Sunday 5th May, in Kinawley Community Centre (see section above for location). The Officers will present their annual reports and then a new Committee will be elected.

Please note that only members of affiliated Irish orienteering clubs can vote at the AGM.

The AGM will be followed by the prize-giving, where the prizes for Day 3 will be presented. There are also a number of perpetual trophies to be presented, see <http://www.orienteering.ie/high-performance/trophies> for more details. We would ask anyone who hasn't already returned a perpetual trophy to return it to registration on Days 2 and 3.

Car parking is limited at the Kinawley Community Centre so please car-pool to the AGM and prizegiving.

Day 4: Monday 6th May – Relay – Parkanaur Forest

Location & Directions

Parkanaur Forest Park, near Dungannon, Co Tyrone. There will be signs at the main entrance to the Forest Park.

Google Maps Link: <https://tinyurl.com/y3j8x8bw>

For those travelling from Fermanagh / the West (approx. 50-60 mins from Enniskillen):

- Follow the A4 toward Belfast
- Approximately 11.5 miles / 18.5 km after passing through Augher, take the B34 exit on the left towards Castlecaulfield/Donaghmore.
- Turn right on to the B34/Ballygawley Road.
- After 0.5 miles / 1km turn left onto the Old Ballygawley Road.
- After 1 mile / 1.5 km turn left onto Parkanaur Road.
- After about 50 metres take the first left into Parkanaur Forest Park, through the stone gate posts.
- On reaching the first junction continue straight across to head towards the car park.

For those travelling from Belfast / the East on the M1:

- After passing Dungannon, continue onto the A4.
- After 3 miles / 5km, turn left onto the exit for Castlecaulfield.
- At the first roundabout, take the 1st exit.
- At the second roundabout, take the 1st exit onto Killyliss Road.
- After ~ 0.6 mile / 1 km, turn left onto Old Ballygawley Road.
- After ~1 mile / 1.5 km, turn right onto Parkanaur Road.
- After about 50 metres take the first left into Parkanaur Forest Park, through the stone gate posts.
- On reaching the first junction continue straight across to head towards the car park.

Parking & Assembly

Approximately 200m after entering from the road, you'll reach a crossroads – continue straight across the junction. The car park is a further 300m ahead, downhill to the right.

Toilets

Toilets are accessible via a courtyard to the rear of Parkanaur Manor House, to the south of the car park.

Map & Control Descriptions

The original 2007 map by Anthony McGonigle has been through a number of revisions. It has been completely revised this year for the IOC by Dave Peel. All courses will be at 1:7500 with 5m contours. All maps are on enlarged A4 waterproof paper with control descriptions on the front of the map. The Junior 36 courses and the short course on Junior 48 will have text descriptions; the remainder will be symbols. There will be no separate loose control descriptions.

Terrain

Full leg cover is required – parts of the area are brambly.

Parkanaur is a small mature forest park surrounding Parkanaur Manor. It consists mainly of tall deciduous trees offering fast running over a clean forest floor, with areas of mature pine as well as areas of new plantation. There are some areas of bramble and other undergrowth, both of which are clearly mapped. The forest is bisected by the River Torrent, with slopes running up on both sides giving an undulating feel to the area. Although the river is currently low and is crossable on foot at many places, as the name suggests it can change quickly to a fast flowing obstacle. There are a number of bridges that can be used as well as one marked crossing point where feet will get wet. A decision will be made on the day about whether to restrict crossings to the bridges and marked crossing. The Junior 48 and Junior 36 classes all use bridges to get over the river.

As well as a network of easily crossable drainage ditches, there is a wide, deep, sheer sided ditch which runs parallel to and south of the river in the central part of the map. Competitors should think carefully and at least twice about attempting to cross this ditch, which is clearly marked with a wide, straight edged blue symbol. There are clear routes around each end of this ditch.

There is a fenced deer park on the map through which all courses pass. The gates at each end of the track running through the park will be open and manned and should not slow runners down. The unique herd of white deer is believed to have descended from an Elizabethan herd; it is well used to traffic through the park and keeps a safe distance.

Safety

Although the forest offers shelter from wind, cagoules may be required in case of severe weather. If you do not reach the finish you must report to the assembly and return the borrowed SIAC card to Download. All runners should carry a whistle.

First aid will be available in the assembly area.

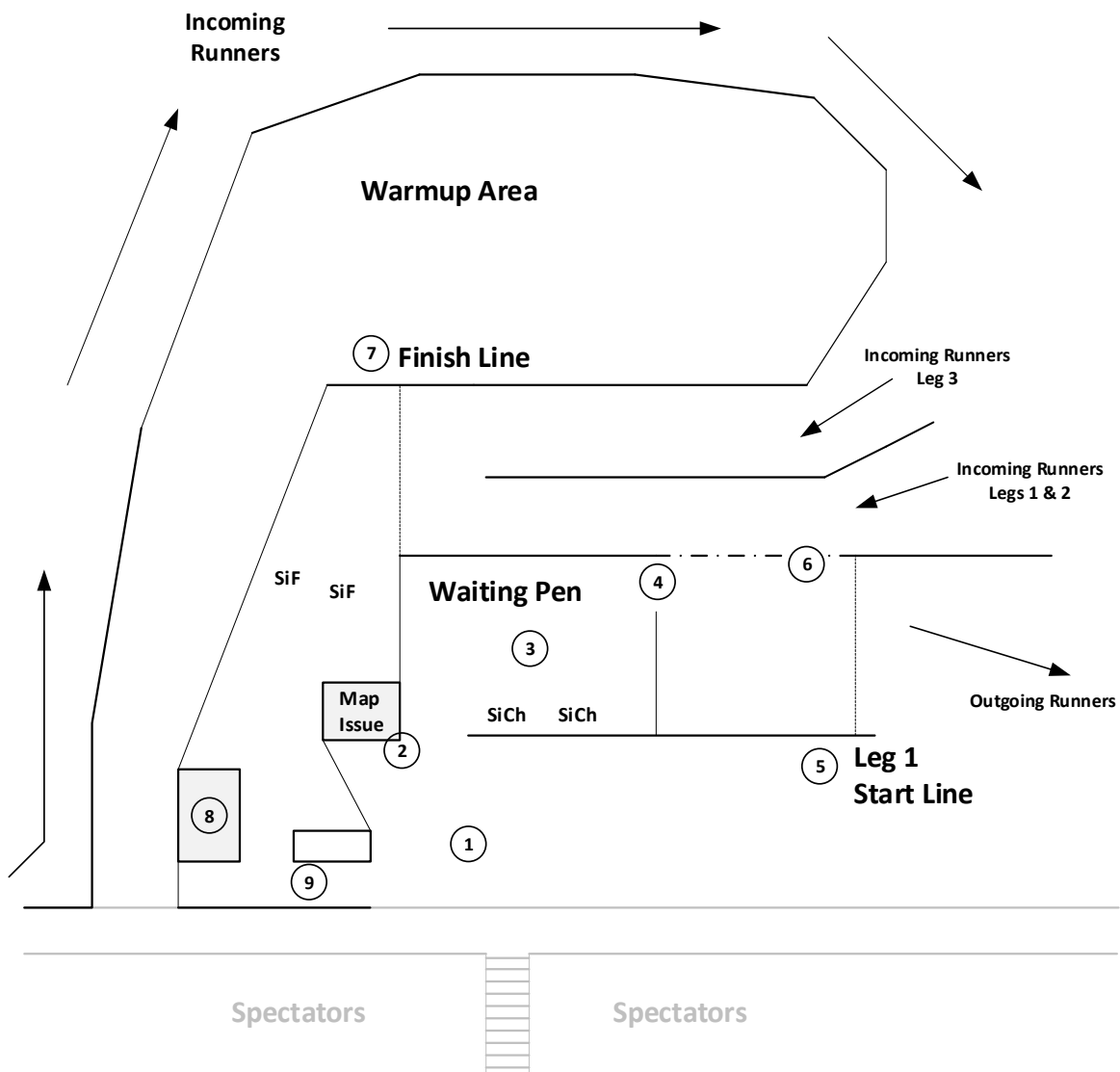
Controls, Start and Finish

There will be 3 mass starts:

Call Up Time	Start Time	Classes
0940	1000	Open Premier Women's Premier Handicap 6
0950	1010	Handicap 12 Handicap 18

1000	1020	Junior 48 Junior 36
------	------	------------------------

- Controls will be SportIdent. SI Air will be enabled.
- Prior to call up, bibs will be issued to team captains along with safety pins. Bibs must be worn on the front so they are clearly visible.
- A waiting pen will be used to call up the runners and mass starts will follow once the officials are satisfied everything is ready.
- Maps will be issued to runners in envelopes as they enter the waiting pen, along with pre-cleared SIAC cards. Runners may not leave the pen once they have received their map and SIAC. **The SIAC's will be on wrist loops not the usual finger strap.**
- All runners **MUST** punch the check box on entry to the waiting pen to switch on their SIAC. Runners will not use their own cards. The SIAC cards are borrowed and must be returned to Download.
- The assembly area for the Relay Arena will follow the guidelines of IOA as closely as possible.
- The changeover area and the finish will also be part of the Arena and managed by event officials. There will be no announcement of incoming runners but they will be visible on a 200m run-in from the final control. It is the outgoing runner's responsibility to be ready to start on hand-over. There will be a demonstration of the hand-over procedure before the first mass start.
- Mini mass-starts will be arranged at the organiser's discretion. The Arena intends to be spectator friendly but certain areas will be out-of-bounds for control and safety reasons.
- Competitors and visitors should follow the instructions from the event officials and pay attention to information given during the races.
- Download will be at the Assembly. **DON'T FORGET TO DOWNLOAD.** You must download and return your SIAC regardless of whether you complete your course or not.
- Competitors are encouraged to bring club tents and erect them adjacent to the assembly/handover area.
- Plan of changeover area below.



OFFICIALS

- ① Callup
- ② Map Issue
- ③ Waiting Pen
- ④ Changeover
- ⑤ Starter
- ⑥ Leg Marshall
- ⑦ Finish Line Judge
- ⑧ Download & Results
- ⑨ Map Reclaim

LEGEND

————	Tape	
-----	Start & Finish Lines	
- . - . - .	Changeover Line	
▭	Tent or Enclosure	
SiCl	Clear	} SportIdent Units
SiCh	Check	
SiF	Finish	

Classes and Controls

The seven relay classes with 3-member teams and the courses follow the IOA's recommendations for the Irish Relay Championship.

Junior 36	2.0 km (TD3) / 1.6 km (TD2) / 1.6 km (TD2)
Junior 48	2.6 km (TD4) / 2.5 km (TD4) / 2.0 km (TD3)
Handicap 18	3.4 km (TD5) / 2.6 km (TD5) / 2.6 km (TD4)
Handicap 12	4.0 km (TD5) / 3.3 km (TD5) / 2.6 km (TD5)
Handicap 6	5.1 km (TD5) / 4.0 km (TD5) / 3.0 km (TD5)
Women's Premier	4.0 km (TD5) / 4.0 km (TD5) / 4.0 km (TD5)
Open Premier	5.1 km (TD5) / 5.1 km (TD5) / 5.1 km (TD5)

TD 1-5 indicates the technical difficulty of the course.

Control descriptions will be in IOF symbols except for the J36 and the TD3 leg in J48.

The following section describing the classes is an extract from the IOA's Guidelines for the Irish Relay Championship:

“...In the Open Premier and Women’s Premier classes the team members compete over three equal length laps of the same physical and technical difficulty.

Teams in the Junior 48 and Junior 36 classes should have a combined age of up to 48 years and 36 years respectively using their ‘orienteering age’. Their team members compete over laps of different length, and different physical and technical difficulty.

Similar to the Junior system, the Handicap classes are based on the combined ages of the team members using their ‘orienteering age’. Handicap Points are allocated to the various orienteering age groups as follows, and these are used to calculate the total points for the team that determines their handicap class...”

<u>Age Class</u>	<u>Handicap Points</u>
M21	0
M20, M35	1

M18, M40, W21	2
M45, W20, W35	3
M16, M50, W18, W40	4
M55, W16, W45	5
M14, M60, W14, W50	6
M65, W55	7
M70 and over, W60	8
W65	9
W70 and over	10

The permitted points range for the three Handicap classes are:

<u>Class</u>	<u>Total Handicap Points</u>
Handicap 6	6 to 11
Handicap 12	12 to 17
Handicap 18	18 and over

The three team members in each Handicap class will run over different lap lengths (loosely short, medium, long in format).

No entry on day. **All pre-entered teams must be declared by 4.00pm on Day 3 (5th May).**

Eligibility for the Irish Relay Championships

The following section describes the Eligibility for participating in the competition and is an extract from the IOA's Guidelines for the Irish Relay Championship:

“...The Irish Relay Championship shall be an open competition with the Irish Champions being the first IOA or NIOA affiliated club team in the Open Premier, Women’s Premier, Junior 36 and 48 classes.

To represent an IOA or NIOA affiliated club, all team members shall:

have been an individual, family, or group member of that IOA or NIOA affiliated club for at least three months immediately preceding the Relay Championship, and

meet either of the following conditions:

they qualify for Irish citizenship through birth, descent, naturalization, or marriage, in accordance with the Citizenship Acts 1956 to 2004, or

they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Relay Championship.

Overseas IOF affiliated club teams may compete in the Open Premier, Women’s Premier, Junior 48 and Junior 36 classes provided that all team members are from the same club.

The Handicap 6, 12, and 18 classes have no requirement for all of their members to be from the same club, and as a result no teams in these classes shall be declared as Irish Champion.

It is the responsibility of the club representative completing the Team Registration Form on behalf of an IOA or NIOA affiliated club in the Open Premier, Women's Premier, Junior 36 and Junior 48 classes to ensure that all team members meet the requirements of this Rule... ”

Below is a link to the complete guidelines for the Irish Relay Championship:
<http://www.orienteeing.ie/wp-content/uploads/2016/03/GUIDELINE-4 -IRISH-RELAYCHAMPIONSHIP-1.pdf>

Registration & Team Declaration

Team registration and payment was facilitated by SiEntries and clubs were encouraged to have submitted their relay entries by midnight on Friday 19th April.

Printed declaration forms will be available at the event at the registration desk on Days 1, 2 and 3. These will indicate the length of each leg and the order they will be run so that Team Captains can allocate names and check running order.

The filled-in forms should be handed in manually to IOC officials at the registration desk during Days 2 and 3 of the event. There will be a designated official at registration who will deal exclusively with relay registration and queries. The filled in forms must be returned to IOC officials **no later than 16:00 on Day 3 (May 5th)**. Bags containing numbered race bibs and safety pins will be available for collection by clubs on Day 3. Runners will be issued with a bag containing their folded race map, with a SIAC attached to the outside, as they move into the waiting pen. Bibs should be worn on the chest and visible to officials when collecting race maps.

Any adjustments to Class entries will depend on map availability.

Prizegiving

The Prize Giving ceremony will take place at the Assembly area as soon as the winners are declared and the competition completed.

Acknowledgements

Fermanagh Orienteers would like to thank all who helped prepare and run the event (plus all competitors for taking part).