

Orienteering Information

Resources for Beginners & Understanding Maps:

<https://www.orienteering.ie/orienteering-education-resource/>

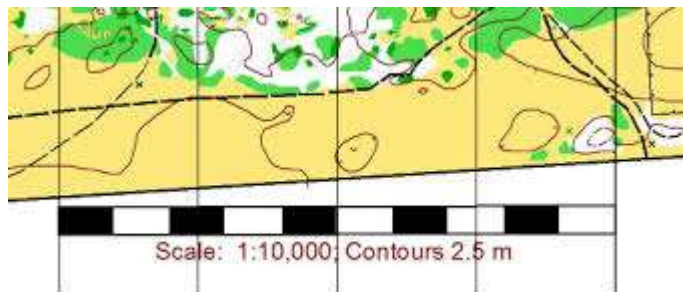
Basics of Orienteering Maps: -

<https://www.orienteering.ie/orienteering-maps-explanation/>

Of primary importance here for beginners are:

Note the scale of the map – 1:5,000, 7,500, 10,000, 15,000 are typical scales for Orienteering events

Usually have a scale to reference printed on the maps like this:



1:25,000 or 1:30,000 are typical scales of mountain maps like East-West or Harvey's Maps and 1:50,000 for OSI maps though popular areas not can be available in 1:25,000

For the large-scale mountain maps 1km is generally represented by a single square on the map

Map Legend:- Interpreting the information on the map:-

<https://www.orienteering.ie/map-legend/>

Different Features can be classified like the following:

Black - Man-made features like tracks, buildings, rocks etc

Blue – Water features like streams & lakes / ponds

Brown – Natural features like earth-walls, small hills (Knolls) and Contour lines (Show height changes)

Forestry / Terrain – Classified in terms of “runability”:

White = Fast run forest

Light Green = slow Run Forest

Dark Green – “walk” / “Fight” Forest – Avoid where possible!

Yellow – “Open” ground – Can be grass or open hillside

Control Descriptions:– Basics here are control number and code so you know you have reached the correct one and the “Feature” i.e. Boulder, stream bend, track junction, etc

<https://www.orienteering.ie/orienteering-education-resource/control-descriptions-a-guide/>

<https://www.orienteering.ie/video-3/>

<https://www.orienteering.ie/wp-content/uploads/2020/05/Legend-1.pdf>.

Further Info for Understanding Maps:-

Better Orienteering – <https://betterorienteering.org/>

Elevate Orienteering - <http://www.elevate.run/>

Similar from Scotland: <https://www.scottish-orienteering.org/resources/beginners-new-members/>

Where to get maps to practice:

Available online: Printable – Permanent orienteering Courses:

<http://www.orienteering.ie/about-us/permanent-orienteering-courses/>

<https://www.dublinmountains.ie/activities/activities/orienteering/>

Coillte Recreation: - <https://www.coillte.ie/our-forests/recreation-map/>

Check your local sports partnership & County Councils websites

New Online Orienteering App - **MapRunF App** –

Search for your county on the App and Select Ireland, Your county, etc

<http://maprunners.weebly.com/maprunf.html>

You can use the map on phone Or Print Off a Paper Map & leave the phone in your pocket.

You run & phone “Bleeps” whenever you get within ~10m of the control site – Dependent on GPS signal so can be a slight “Time Lag” if under trees or on north facing slopes

Maps can be sourced in advance for printing at:-

<https://www.orienteering.ie/fixture/diy-orienteering/>

Where to train & compete:

Join your local Orienteering club & checkout up-coming events!

<https://www.orienteering.ie/irish-orienteering-clubs/>

You don't need to be club member to participate but it is cheaper if you are (Usually €8- €10 for adult)

Post Event Analysis:

Routegadget: Old races & Routes: <https://orienteering.ie/gadget/cgi-bin/reitti.cgi>

Quickroute: <http://www.matstroeng.se/quickroute/en/>

Both utilise your GPS track to help analyse your route;

In Team Events – Look after your Navigator!

#2 Skill - Navigation

#1 Skill for all - Teamwork

Bike Orienteering:

Generally best to pick routes with “fast” terrain:-Tarmac/ gravel rather than rough/ muddy

Best to have gradual downhills to pick up and maintain speed compared to steep downhills

Use of a cycle computer if permitted, is recommended – Navigator can give the “distance”

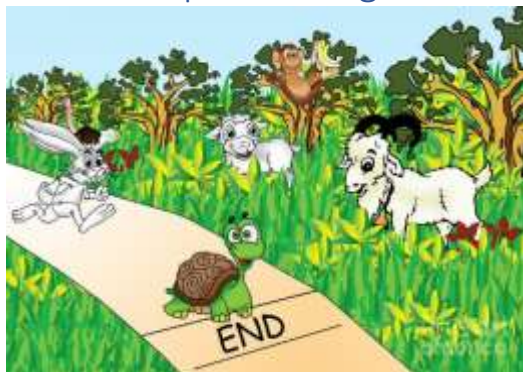
counting task to another team member- e.g. – Look for lane on your left after 1.5 km

A decent Map Board similar to that shown below is vital



Match Your Speed on Ground with Navigation Ability - Don't Get Lost

Unlike simple running – Fastest runner does not always Win O events



“Go For It” & Enjoy 😊