

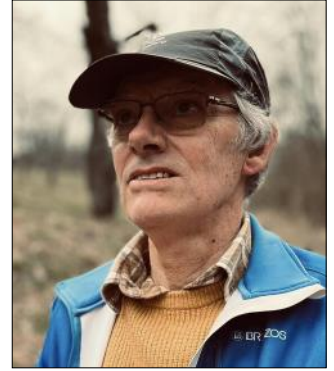
British TrailO Newsletter



March 2024

Introduction from the Editor

It was good to be out competing at a high quality TrailO event just a few days ago. I had travelled to Prague along with 9 other entrants from the UK and the rocky hillsides certainly gave the contestants a challenging set of problems to solve. More details are provided in the report later in this Newsletter. The map was complex with many areas of thick black lines for the cliffs and areas of grey for rocky outcrops. It is always amazing to me to appreciate the work that goes into producing these high quality and accurate maps of such complex terrain. The mappers and planners at these events deserve our thanks.



Participating in these competitions can generate a feeling that all TrailO events need to use terrain with these types of challenges. Finding such terrain here in the UK is not easy particularly when limited to areas where there is access for wheelchairs and where the location is within reach of our mappers and planners - and of the potential contestants! But events do not all need to be of this standard. There are many potential areas which could be used to provide interesting events targeting potential newcomers to the sport. In many cases this will be current orienteers who understand the symbols and colours used on orienteering maps and can switch easily from a physical challenge to a mental one. For many orienteers their enjoyment of the sport is derived from the combination of running and navigating and the nature of TrailO will not appeal. However, without giving them an opportunity to find out, they may never discover their potential interest in our variation of orienteering.

Clive Allen is aware of these issues. Although British, Clive has lived in Denmark for many years and is a keen TrailO enthusiast - he has been acting as a selector for the GBR team. He regularly provides an opportunity for those attending his club's FootO events to have a go at a simple TrailO course. His experience has led him to offer to update some of the information on the current British Trail Orienteering website and to include some support materials for potential organisers seeking to add such opportunities at FootO events here in the UK. It is hoped that the new material will be available in the next few weeks. When they are announced, please take a look and see if you can be one of those to provide an opportunity for a wider experience of TrailO.

David Jukes (davidjukes@sky.com)



Cover Picture: TempO Station 1 at the Prague TrailO Weekend in early March. The cover shows the Editor examining the solution map after the event. 5 of the kites are in the photo but not very clear in the image. They are marked in this image. Full report inside - pages 12-15.

(Photo: Iain Phillips)

Next Newsletter

It is expected that the next issue will appear in early June. All contributions are welcome!

All material should be submitted by the middle of May but earlier submissions would be appreciated.

Note: The contents of this Newsletter are the responsibility of the Editor. The reports represent the personal views of the authors and should not be considered to represent the views of British Orienteering or the collective view of the British TrailO community. Attempts have been made to verify the accuracy of the information contained but apologies in advance for any errors that have slipped through. **David Jukes (Editor)**

Event Calendar



The table below lists some of the main TrailO events currently scheduled to be taking place in the future. Included in the table are all currently announced UK TrailO events and all designated World Ranking Events (**WRE**) and European TrailO Cup events (**ETOC**).

- P = PreO; T = TempO; SpP = PreO Sprint

Date	Event	Status	Country
29 Mar	TrailO at the JK, Midlands (P on Day 1 of the JK), Loughborough University	BriTOL	Great Britain
30-31 Mar	Trzin TrailO 2024 (2 P)	2 WRE/ECTO	Slovenia
12-14 Apr	Falco Cup (T and P)		Lithuania
4-6 May	ETOC warmup Events (SpP + 2P)	2 WRE/ECTO	Finland
8 May - 12 May	European Trail Orienteering Championships (ETOC) 2024	4 WRE	Finland
8-9 June	Modum PreO / As PreO (2 P)	2 WRE/ECTO	Norway
24-25 August	Grand Prix Pomerania (T and P)	2 WRE	Poland
7-8 Sept	PreWTOC TrailO Weekend (T and P)	2 WRE/ECTO	Hungary/Slovakia
21-22 Sept	PreO i Vast (T + 2P)	3 WRE/2 ECTO	Sweden
12-13 Oct	British TrailO Championships 2024 (P and T and SpP (tbc)), Bucks/Berks <i>(See box below for current situation)</i>		Great Britain
9-10 Nov	Dragon Cup (T + P)	2 WRE/ECTO	Poland
15-16 Nov	TrailO Weekend (SpP + T + P)		Israel
2025			
27-31 Aug	World TrailO Championships (WTOC)		Hungary / Slovakia

An Autumn Weekend of TrailO in the South — 12/13 October 2024

I am currently hoping to organise a weekend of events to be held on the 12th and 13th October. The likely locations are **Burnham Beeches**, near Slough, on Saturday and the **University of Reading Whiteknights campus** on Sunday. Initial discussions have been held with the local clubs (HH and BKO) and with the landowners although full permission has not yet been given - hence the provisional nature of the events. The current thinking is to have a PreO event at Burnham Beeches and a TempO event at Whiteknights. It is also possible that there could be a Sprint PreO at one location as well!

Tom Dobra and Charles Bromley Gardner are signed up as the planners but additional help will be needed. The Steering Group has also suggested that the **2024 BTOC** could be based on the results of the weekend but I am awaiting confirmation from the planners as to whether the terrain can justify this.

David Jukes

For further details, look for links at: [TrailO Fixtures Calendar](#)
For the IOF Eventor listing of World Ranking Events, see: [IOF Eventor - TrailO](#)
For details of the ECTO Events, see: [European Cup in TrailO](#)

The GBR Team for ETOC 2024



On the 6th March, British Orienteering announced the names of those selected to represent Great Britain at the forthcoming European Trail Orienteering Championships being staged in Finland in early May. The selections are shown below and include **Kieran Marsh (SLOW)** who makes his first appearance for the GBR team.

Congratulations to them all and good luck everyone!



TempO and O Class in PreO

- Charles Bromley Gardner (BAOC)
- Ian Ditchfield (MV)
- Tom Dobra (TVOC)
- David Jukes (BKO)
- John Kewley (MDOC)
- Kieran Marsh (SLOW)

TempO

- Iain Phillips (LEI)
- Graham Urquhart (OD)

P Class in PreO and Relay

- Colin Duckworth (TVOC)
- Peter Roberts (EBOR)
- Graham Urquhart (OD)

Team Manager

- Liz Urquhart (OD)

TempO and O Class in PreO



Charles Bromley Gardner



Ian Ditchfield



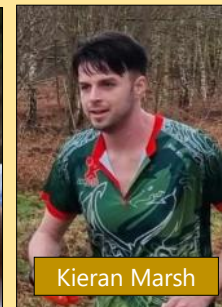
Tom Dobra



David Jukes



John Kewley



Kieran Marsh

P Class in PreO and Relay



Colin Duckworth



Peter Roberts



Graham Urquhart

Schedule of Events in Finland

Pre-ETOC

- Saturday 4 May PreO Sprint
- Sunday 5 May PreO 1
- Monday 6 May PreO 2

ETOC

- Tuesday 7 May Opening Ceremony / Banquet
- Wednesday 8 May Model Event
- Thursday 9 May PreO 1
- Friday 10 May PreO 2
- Saturday 11 May Relay
- Sunday 12 May TempO qualification / TempO final
- Monday 13 May Departure

TempO



Iain Phillips



Graham Urquhart

Team Manager



Liz Urquhart

A video presentation on YouTube

This 10-minute video provides an introduction to the sport. It was produced in the UK during 2022 and made by Katherine Bett with the generous support of **The Orienteering Foundation** (see [The Orienteering Foundation](https://www.theorienteeringfoundation.org/)).

You can see it at <https://youtu.be/DX9zy-aX8XA>.



TrailO Development Steering Group Update



The national Steering Group (SG) held a meeting on Zoom on the 8th January chaired by **Graham Urquhart**. The following is a summary of some of the items discussed:

- *Selection Policy 2024*: This had been published by British Orienteering in December which was later than had been hoped. However, a preliminary statement had been included in the November Newsletter with some advice from Graham regarding opportunities for selection for ETOC 2024 and with an early warning that selection for WTOC 2025 may be based on performance at some 2024 events (for example, the PreWTOC events in September). There had been a comment from British Orienteering that the TrailO policy, unlike the FootO policy, did not specify designated selection events. This was noted but the Group felt that, with only a limited number of TrailO events, it is difficult to nominate events in advance. The policy would need to be published much earlier than has been the case.
- *Publicity*: The group discussed a report circulated by David Jukes. Although with an enhanced Facebook page and with a regular Newsletter there had been improved opportunities for people to find out about TrailO during 2023, it was appreciated that many of these required people to already be interested to access the material. Getting more TrailO into British Orienteering publicity would be helpful. It was felt that there should be some dialogue with the relevant staff to discuss the opportunities for this. Clive Allen, David and Graham would pursue this.
- *Events*: An update was provided on the opportunity for TrailO at the JK this year. A TrailO event would be provided at Loughborough University on Day 1 (Friday). Graham explained how it had not been possible to arrange any TrailO on Days 2 or 3. There was no suitable terrain adjacent to the main FootO events on these days and the access restrictions for cars to and from these events prevented the use of alternative areas. There was a possibility for a TrailO activity on Day 4 (Monday) but this had not yet been finalised.

Following an approach from the main organising team, there have already been some discussions regarding JK2025 being staged by YHOA.

The only other TrailO currently thought to be in planning for 2025 is a weekend of TrailO in the Berkshire/Buckinghamshire area for the Autumn. David Jukes has had some discussions with land owners and is hoping to stage a PreO event on Saturday 12 October and a TempO event on Sunday 13 October. Permission has not been confirmed at this point but discussions continue. If granted, and in the absence of alternatives, consideration will be given to making these events the British TrailO Championships (BTOC) for 2024.

- *International developments*: John Kewley provided a description of the various IOF developments since the last meeting. This included some comments on the updated TrailO rules and the revised control descriptions. There will also be a new IOF Athletes Advisory Group and nominations (via national federations) was open - John is currently on the Group and could be reappointed.

British TrailO League 2024 (BriTOL)

Unfortunately, with a shortage of TrailO events being planned and/or announced for 2024 here in the UK, there are few details yet on the events designated as being part of the British TrailO League 2024.

All that is known currently is that the JK event on Good Friday will be included in any final listing. Plans for an Autumn Weekend of TrailO in Southern England are mentioned elsewhere and will potentially be included.

To check for any updates regarding BriTOL events, see:
British TrailO League

European Cup in TrailO 2024 (ECTO)

In 2023, the European Cup in TrailO (ECTO) consisted of 10 events from 5 weekends. For 2024, the IOF TrailO Commission (TOC) has designated 12 events from 6 weekends and these are listed below:

30-31 March	Slovenia	PreO x 2
5-6 May	Finland (<i>ETOC Warmup events</i>)	PreO x 2
8-9 June	Norway	PreO x 2
7-8 September	Hungary/Slovakia (<i>PreWTOC 2025 events</i>)	PreO + TempoO
21-22 September	Sweden	PreO x 2
9-10 November	Poland	TempO + PreO

All the events are World Ranking Events and should provide high quality competition. For GBR competitors, it is perhaps unfortunate that the first events in Slovenia are on the Saturday and Sunday of the Easter weekend when we stage the JK. However, **John Kewley** and **Charles Bromley Gardner** are attempting to do the double by flying out after competing at Friday's JK PreO. Let's hope their flights are on-time!

In 2023, **John Kewley** was the only ECTO competitor to take part in all 10 events. A competitor's best 5 scores from those 10 events were used to determine a competitor's final placing. Although the number of events has increased to 12, the rules still state that the result in 2024 will be based on your best 5 results. This makes it less critical if you opt to only do a selection of the weekends.

The scoring (*shown below*) is biased towards the top performing competitors. A small number of top results will generate a much better score than a large number of weaker results. For example, a competitor competing in just 2 events on a single weekend and coming 1st in one and 3rd in the other will have a score of 108. A competitor who attends all 12 and comes 20th in all of them will have a score (based on their best 5 events) of just 105.

*For more details, see the IOF page:
[European Cup in TrailO \(ECTO\)](#)*

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Points	60	54	48	43	40	38	36	34	32	31	30	29	28	27	26	25	24	23	22	21
Place	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40+
Points	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

International Orienteering Federation (IOF) Updates

Since the last Newsletter, in November, the main IOF development has been the publication in December of updated '**Competition Rules for International Orienteering Federation (IOF) Trail Orienteering Events**'. These applied from January. A page at the end of the Rules gives the following as the main changes (Rule references are to the new January 2024 rules unless otherwise stated):

- 15.6 No map restriction on the competition day if there is quarantine.
- 20.6 If not stated otherwise, controls must be visited, and answers must be punched/recorded, in number order.
- 26.16 The organiser can prevent a competitor from continuing the competition on medical grounds if they believe that the competitor is at serious risk of harm by continuing e.g. through extreme exhaustion.
- 27.5 The time limit for Complaints is 15 minutes after the full results have been published
- 28.2 A Protest may only be made by the team official or competitor who made the Complaint.
- 28.4 WTOC RTOC Removed "in cash" from Protest fee payment.
- 29.10 If a jury is not yet set up, or if the event is over and the jury is no longer active, the IOF Disciplinary Panel acts as the jury.
- 30.1 Clarification of valid reasons for an appeal



The new rules can be downloaded from the IOF page:
[TrailO Rules](#)

Given below is the latest data on World Rankings for all the GBR competitors showing in the current list. There have been some significant changes since the last Newsletter, mainly due to the WTOC 2022 results no longer being included - the related events were in July 2022 so now are over the 18 month cut-off for scores to count.

Also given below is an annual comparison: 1st January 2024 compared to 1st January 2023. Perhaps the most impressive thing to note is the steady rise of **John Kewley**. His latest scores include a score of 989.45 from his win at the Prague Weekend PreO. However, it is interesting to note that his total also includes another score of 989.53 achieved at the second PreO day at WTOC 2023. On that occasion he was placed 4th but the higher quality entry at WTOC gave the fractionally high score.

Another point to note is that **Ben Kyd** had been the 4th best ranked junior but he is now too old to be classed as a Junior so will no longer be given a Junior ranking. He does though retain his second GBR position in the full listing.

All			P Class	Jun. Class		Score	Events counted in score
11 March 2024	1 Jan 2024	1 Jan 2023					
1					Krystian Petersburski (POL)	5965	6
7				1	Simone Frascaroli (ITA)	5843	6
19	32	40			John Kewley	5771	6
49			1		Vladyslav Vovk (UKR)	5511	6
50	48	72			Ben Kyd	5456	6
53	55	58			Tom Dobra	5419	6
65	51	75			Charles Bromley Gardner	5330	6
80	71	94			David Jukes	5185	6
101	113	114	10		Graham Urquhart (P)	4929	6
102	104	122			Michael Tsang (HKG)	4926	6
103	104	101			Iain Phillips	4900	6
192	124	89			Ian Ditchfield	3641	5
197	216	198			Elizabeth Urquhart	3559	6
213	245	292	34		Peter Roberts (P)	3235	6
231	255	319			Peter Hornsby	2718	4
248	211	264	38		Colin Duckworth (P)	2444	4
264	282	298			Christine Roberts	2113	4
292	325	236			Alain Kyd	1616	2
326	357	-			Max Straube Roth (J)	1372	2

For the WR scheme rules, see: [Competition Rules for Trail Orienteering](#)

For the current listing, see: [IOF World Ranking - TrailO](#)

For 2024, the main On-line TempO activity is a monthly **Hungarian TORUS TempO Trophy 2024** series. This has events scheduled for the last Wednesday of each month - in a similar way to the equivalent Hungarian Trophy series in 2023.

As it is now March, there have been two events staged so far in January and February. The best performing British competitors are shown in the two tables on the right. **Ben Kyd** once again showed his TempO skills by winning the January event but he missed the February one. From the whole series of 12 events, a competitor's best 9 scores will be used to determine the overall Trophy winner.

Based on just the two events so far, **Samuel Drinkwater** has the best GBR combined result and is in 12th position with **Robert Finch** second in 42nd place. Although MDOC might appear from these tables to have started the series well, in the club rankings they are currently lying second, being beaten by the Italian club Polisportiva Masi.

Top 6 GBR - January			
Pos.	Name	Club	Time
1	Ben Kyd	MDOC	124
5	Samuel Drinkwater	MDOC	226
46	River Edis-Smith	MDOC	338
102	Robert Finch	NGOC	433
109	John Kewley	MDOC	442
140	Alain Kyd	MDOC	477

Top 6 GBR - February			
Pos.	Name	Club	Time
16	Robert Finch	NGOC	273
44	John Kewley	MDOC	328
48	Samuel Drinkwater	MDOC	333
66	Jamie Austin-mills	NOR	362
70	Nicola Morris	Bristol OK	366
88	Tom Dobra	TVOC	394

If you haven't yet found the TORUS website, take a look at: <http://torus.yq.cz/>
Entry is free but you do need to register first.

Know your fellow TrailO Competitors : Graham Urquhart

For this issue, **Graham Urquhart** has agreed to answer questions for the Newsletter. Graham is currently the Chair of the National TrailO Steering Group as well as being our top World Ranked P Class competitor. Thank you, Graham.

Age/Class? M70

Hometown? London

Current location? Solihull

How did you start orienteering? As a family activity, in about 1994, encouraged by my old school friends.

And how did you start TrailO? Before my mobility issues I started trying TrailO at the JK and other UK events. The only coaching was the support of other athletes, but over time I began to improve, and made some trips abroad and then to do public WOC and WTOC competitions in Strömstad, where I was encouraged to do more by Anne Braggins.

What is the nature of your disability and when did it happen? A hip replacement in 2015 so slow enough, and eventually got round to applying for P Class status in 2022. I now have had the other hip replaced in 2023, so I might end up getting too fast!

Clubs? Octavian Droobers

Best achievement/success? 5th in the World Championships '23 relay with Peter Roberts and Colin Duckworth (picture next page).

Graham taking part in the Falco Cup in Lithuania in April 2023



Most enjoyed event? Why? WTOC 2023 Day 2, which had a great field, really challenging terrain and I managed 5th.

Worst embarrassing TrailO moment? Acting as an event advisor (and to be fair before seeing the terrain), I had all the contours reversed, taking hills for depressions and vice versa. Hard to make sensible suggestions when you do this. I now take more care trying to understand which way is really up.

Favourite area and/or terrain? Why? For PreO, the huge depressions of the Karst landscape in the Lipica area are so complex (and the paths are still absolutely flat!). Not too much looking up.

International experience/selection? Had a great time at the WRE events across Europe, and it really helps to see other terrain and different problems as well as offering a weekend break in new places. I have been to several ETOC and WTOC both for the public races and later as part of the GBR team.

What have you put back into the sport? Outside my club activities (equipment and results), I help a bit with the admin and sports development, as chair of the Development Subgroup, and organising or assisting at UK events such as the JK. Just starting to act as IOF Event Advisor for WRE events.

Other activities/interests? Who needs other interests?

Employment? Cyber security architect at an international company

What training do you do? Online Tempo, Postmortem with other athletes, planning

Do you compete in on-line TrailO event and, if so, please comment? Yes. While it is not the real thing, it is good training and very available. Particularly good post event information to understand what you missed!

What is the best thing about TrailO? The requirement for complete concentration in competition.

What is the worst thing about TrailO? I vote for 2: queues and the disorganisation/delays in getting results out.

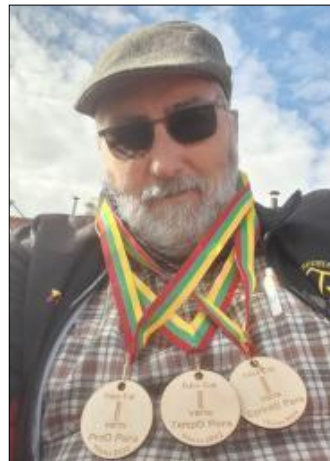
TrailO ambition? WTOC or ETOC top 3 place in PreO or the relay.



Above: Graham (l) with team mates Colin Duckworth and Peter Roberts (r) with their Diplomas for coming 5th in the WTOC 2023 P Class Relay



Karst Terrain. An extract from the Lipica TrailO 2022 event. Notice that #3, 4 and 5 are in a deep depression.



As a successful P Class competitor, **Graham** has often made the podium. Here's a selection showing some of his haul of medals and other prizes in 2022. *From the left:* Coppa Italia 2022 (tray of apples), Falco Cup Lithuania 2022, Menina TrailO Slovenia 2022 (local crockery dish), British Champion 2022

Trail-O in the Canarian sunshine! 28th December 2023



Helen Chiswell (DVO) provides an interesting account of the TrailO at this annual multi-day orienteering event in the Canary Islands

My family and I have become fans of the Gran Canaria Orienteering meeting (GCOM) which is held each year between Christmas and New Year. It's a five-day orienteering event, with a mix of urban, park and forest orienteering, and thanks to its Canarian location, with virtually guaranteed sunshine! A great way to while away the downtime between Christmas and New Year!

The foot-O events are usually spread over a week or so, giving a few rest / training days. This year on one of those days a TrailO competition had been arranged. Now we are also fans of a bit of TrailO – not connoisseurs, but if there's an event being held around /near to a Foot-O event, we will usually have a go! And the event at GCOM was no exception! We thought, if nothing else, it would give us chance to have a walk in the sunshine and a chance to see another part of the island!

The event was held on Finca de Osorio, in the north of the island near Teror. The description of the area sounded great - an old country estate surrounded by laurel, cork oak and chestnut forests, one of the last surviving fragments of the legendary Doramas forest that once covered the whole of north Gran Canaria. And it didn't disappoint!

We entered the main competition and so started with 3 tasks at a time control. These were from one viewing point in the courtyard of the house, using the same set of 6 controls, and mainly involved carefully interpreting the control descriptions. Not too tricky a start, although the time pressure always gets to me!

There were then 22 controls spread around the Finca and was a lovely walk around the beautiful grounds. I thought the most interesting problems were:

- Number 8 (see below):** In the corner of a building with a canopy. I believe this one was all about the exactness of the control description – being the outside corner of the paved area. I wondered for a while about the correct description for each of the visible controls, and in the end got it wrong! It was a Z!



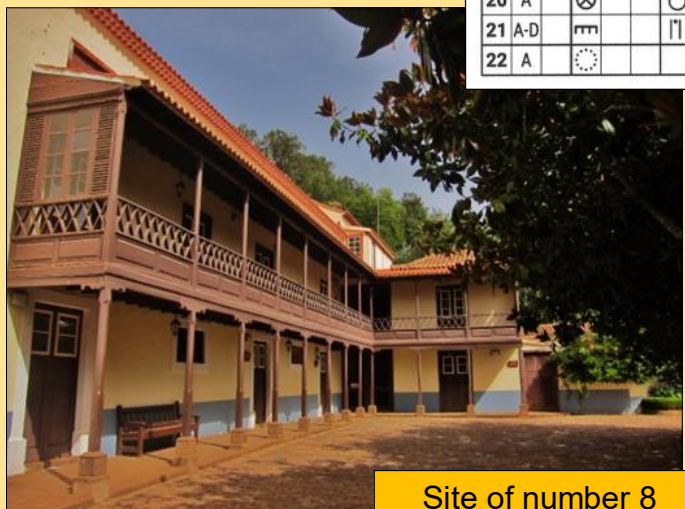
	PreO	22 controles	
▷		↘	↙
1 A-C	↘	↗	⊥
2 A-D	△	△	⊥
3 A-D	↘		○
4 A	↘		⊥
5 A-C	↘	■	⊥
6 A-B	↘		⊥
7 A-C	↘		○
8 A-C	▨		⊥
9 A-D	↘		⊥
10 A-B	▨		○
11 A-B	↘		⊥
12 A-C	▨		⊥
13 A-B	↘	⊗	
14 A-C	○		
15 A-C	△	△	○
16 A-D	↘		○
17 A-D	△	△	○
18 A-C	↘		
19 A-C	▨		⊥
20 A	⊗		○
21 A-D	▨		⊥
22 A	○		

Control 8

Extract from the solution map



8	A-C	▨		⊥
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Site of number 8


- **Number 18:** This one confused us all! Not being TrailO experts we wondered if it was actually just wrong, or was a new type of problem that we hadn't seen before! The circle on the map is on the path junction, but the control description said 'stairs'. So, is that automatically a Z? It was a bit confusing as there were three controls – two were obviously wrong (too far away and were for control 19), but one was on the stairs as per the description. However, there was no control on the path junction as per the control circle. I went for Z and that was apparently correct!
- **Number 22:** Trying to work out with numerous bearings whether the single control was in the correct place or not was a nightmare! Half the bearings said it was, and half said it was not! I went for Z, although apparently it was in the correct place!

Control 18

Helen was confused by the Control Description not describing the position of the control circle.

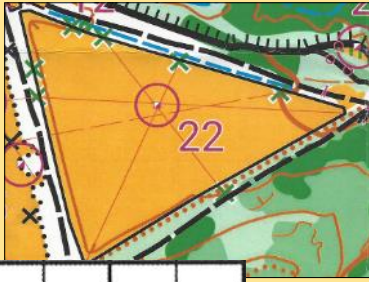


18 A-C




Control 22

The solution map shows the sighting lines used to position the flag correctly as A



22 A



In general, I thought the course was really enjoyable, possibly one of the most enjoyable I have done for a while. Over a cuppa after the event, we were chatting about this, musing on why some events are more enjoyable for us (amateur TrailOers) than others. Apart from the sunshine, the main consensus seemed to be:

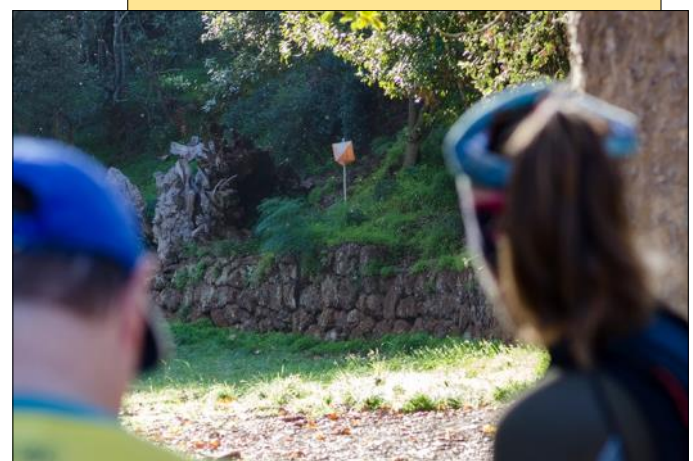
- Sometimes TrailOs can be a bit pedantic (in my view!) and rely on the minutia of rules, distances and angles. You felt with this one however, you really could work out the answers to the problems – even if you did get them wrong in the end!
- There were no controls where we were absolutely clueless or felt there was no logical way to work out the answer! Maybe this is just a sign of inexperience, but I have done some events where several of the controls feel like complete potluck, and this quickly makes you fed up!
- Having some A-Z problems – somehow they make me think for ages, and triple check things! Maybe it's the fact that the question is simple – is the control wrong, or right?
- Lots of variety in the problem types – some about reading the description carefully, some about distance judgment, some about bearings....mainly just a good mix to keep things interesting!
- No controls that depend on fine geometry or (what I would call!) the semantics of the rules! After all I haven't really got much appetite to read the details of the rules and I only have a thumb compass with me, not a sighting compass!

The 2024 edition is to be centred around the south of Gran Canaria and if previous years are anything to go by, will be excellent fun! Why not come along and try some TrailO (and Foot-O) with pretty much guaranteed sunshine, great orienteering terrain, stunning scenery, modestly priced accommodation, and great food & drink who wouldn't want to join!

• **PreO:** 22 controls (1 voided) - 1.2km; Open 100 mins / P Class 115 mins; 1 Time Control with 3 tasks

Control 16

The image shows the correct D flag.



16 A-D

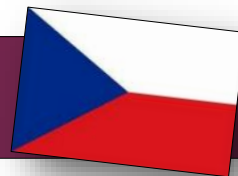




PreO	Name	Cont.	Time (s)
1	Miguel Calvo Sanz (ESP)	17	46
5	Helen Chiswell (DVO)	14	114
7	Philip Cooper (WIM)	12	214
20	Andrew Leedham (LOC)	7	26

Prague Wild TrailO Adventure, Czechia

2nd - 3rd March 2024



Editor David Jukes reports on the first WREs for 2024:

Orienteering Adventure staged the 'warm-up' events for last year's World Championships held in Czechia. The maps at those events had a small advertisement for an event in 2024 indicating 'Extreme challenging rocky terrain / Asphalt paths / Excellent visibility / 3km from Prague airport' which all sounded very interesting. When the events appeared on the World Ranking calendar for 2024, they seemed a very attractive option. And, ultimately, there were 10 from the UK who made the trip to Prague amongst the 100 in total.

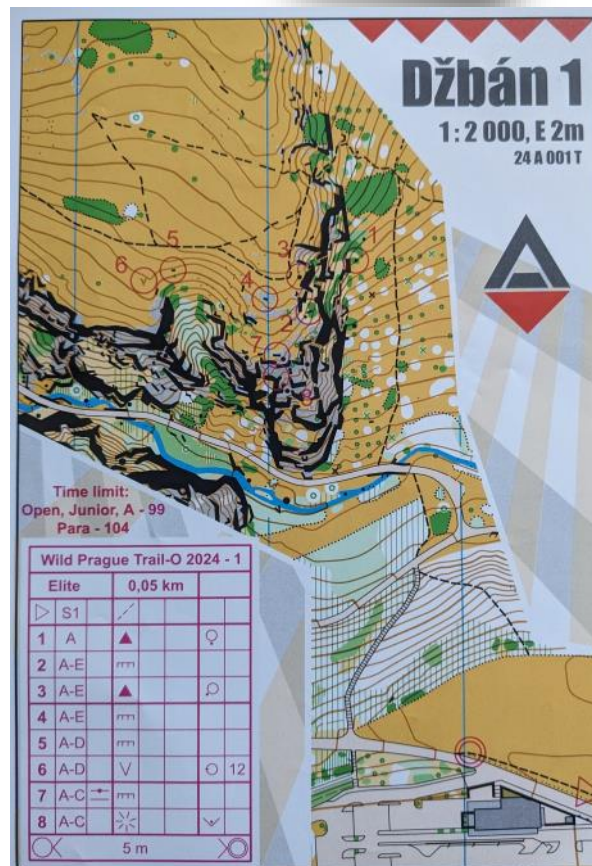
As advertised, the events used a public hiking area which included a rocky gorge with steep cliffs on both sides. At the bottom was a small river with the advertised asphalt path used by the event but also used by cyclist and hikers. It was only 3 km from the airport and adjacent to numerous bus and tram routes, all making for a very convenient weekend with no hire cars. And the TrailO was excellent!!!

Day 1 – PreO

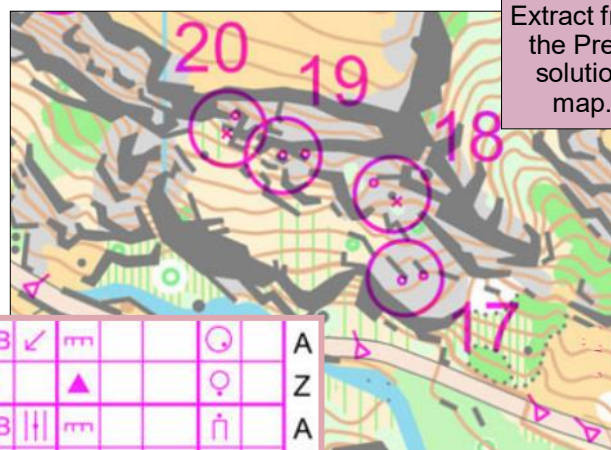
The 500 metre course was split into 3 sections – an initial short section with flags (for 8 controls) on the hill and crags on the far side of the gorge, a second short section (with 4 controls) looking at a different section of crags, and then the main section (with 16 controls) down in the bottom of the gorge. There were two Timed Controls with flags very close to the competitors on a steep slope between sections 2 and 3.

Although the first section had 7 controls on the rocky outcrops at the top of the hill, the very first kite was on a boulder just visible at the base of the cliff. There were two potential boulders marked on the map with the slightly closer one being circled on the map. My initial thought was that the planner would have provided an obvious **Z** as the first challenge. However, the more I looked at it and the position relative to the cliff face, I persuaded myself that it was correct – and that the planner had wanted me to think it would be **Z**. I answered Alpha but it was, of course, a Zero control! An illustration of the role psychology can play in influencing the making of decisions in TrailO.

The second short section proved not too challenging for most – the gorge though was more testing and potentially could lead to significant errors. There are no images of controls from this part of the course – the TempO the following day was using the same track so there was no opportunity to visit and discuss or photograph them after the PreO event. A small section of the solution map (right) illustrates the type of problem. I got both 18 and 19 wrong – 2 of my 6 errors!



Top: The map for the first section of the PreO course
Above: Competitors on this first section showing the hill with the kites for controls 2-8



Extract from the PreO solution map.

17	A-B	✓	mm		♂	A
18	A	▲			♀	Z
19	A-B		mm		♂	A
20	A		mm			Z

For **John Kewley**, it was a memorable day as he managed to complete the course with only one error and with no mistakes at the two Timed Controls. No competitor managed a clear round but there were three other competitors with one error and a score of 27. However, all those other three had errors at the Timed Controls so, despite being faster than John, when their 60 second penalties were included, John led the field. This is the first time that a GBR competitor has won an Open/Elite Class PreO at a World Ranking Event and many congratulations to him for this achievement. He was though annoyed with himself for his one error and could be heard muttering to himself over the remaining time at the weekend questioning how he had got Control 23 wrong!



John Kewley (MDOC), winner of the PreO event
(Photo from TrailO.cz Facebook site)

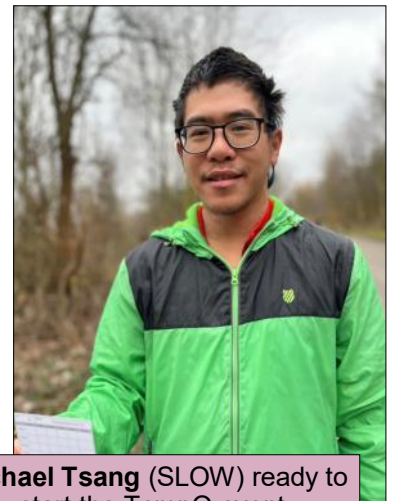
It was also a successful day for **Graham Urquhart** who won the P Class category. His score of 22 correct was the same as the second placed competitor but, luckily for Graham who had two errors at the Timed Controls, the other person had three errors making his time longer than Graham's.

Day 2 - Tempo

Having seen the gorge on the first day, it was difficult to know whether to be worried or to consider that the first day will have given us an advantage with an awareness of the terrain and the map.

The first station (*shown in box below*), was a complex spur with rocky outcrops and crags. The alert competitors may have appreciated that some of the flags were ones we had stared at the previous day with the Tempo first control having exactly the same circle and control description as the PreO Control 13. Not something I noticed at the time.

The other five stations were down in the gorge with some looking up the northern side and some the southern one. Although the planner did still use some kites positioned up the cliff face, there were also quite a few lower down with some kites right in front of the competitors. This provided an interesting variation of problem and perhaps gave those less-experienced with cliffs and crags an opportunity to tackle some more familiar problems. Whether by luck or by accurate map interpretation, I managed to get Station 3 all correct despite it involving a

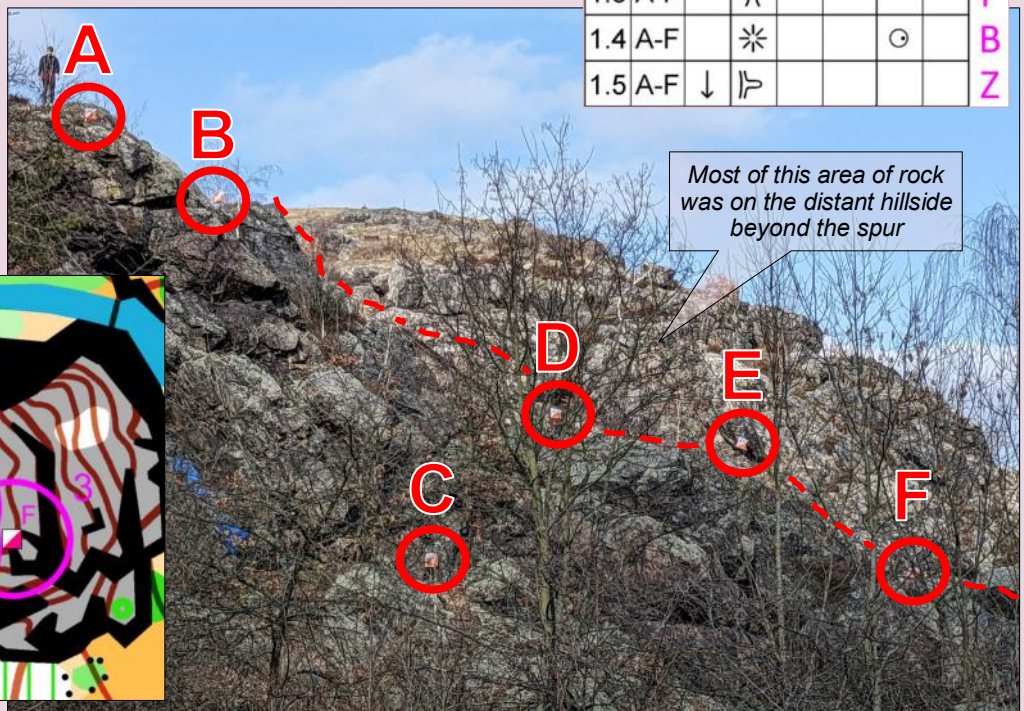


Michael Tsang (SLOW) ready to start the Tempo event
(Photo from TrailO.cz Facebook site)

TempO - Station 1

The viewing point for this TempO station was approximately SSW of the rocky spur. A difficult start to the event although the D, E and F kites had been the A-C kites for the PreO Control 13 from the previous day. However, the viewing point for the PreO was from the NE so a very different perspective.

1.1	A-F	↑	↳							D
1.2	A-F		○	⚡		⊖				Z
1.3	A-F)							F
1.4	A-F		*			⊙				B
1.5	A-F	↓	↳							Z



Most of this area of rock was on the distant hillside beyond the spur

combination of kites at different levels – crags high up and a jumble of boulders much nearer the chair. For Station 4 (see next page), I quickly got the first control as **A** and spotted that the correct boulder for the second control was probably hidden by the closer crag - so **Z**. I worked out that the third was the **C** kite, identified the **D** kite for the fourth control and finished off with the **F** kite on the correct boulder. All seemed good in my fastest time of 31 seconds. Unfortunately though the **D** kite was not correct for the fourth control (it was **Z**) so I got a 30 second penalty making 61 seconds for the station.

For **Peter Roberts**, the trip was certainly an adventure. Previously he has relied on a large mobility scooter (a 'Tramper') when competing at events abroad. However, this had meant that he and **Christine** had to drive overland with the scooter in order to attend European events. He has now invested in a folding scooter which can be taken in a plane but I will leave the details to Peter (see below).

The TempO results did not match those in the PreO - the rapid map interpretation and decision making tests additional skills to the analytical ones needed for PreO. The winner was last year's TempO World Champion, the Czech Ondřej Macek, who gave answers in a total time of just 209 seconds although his one error added an extra 30 seconds. For **John Kewley**, his 4 errors added 120 seconds to his 355 seconds placing him in 33rd place. **Tom Dobra** and I answered more quickly (291 and 310 seconds respectively) but we both had 7 errors so adding an extra 210 seconds to our times and leaving John as the best GBR on the day. Unfortunately for both John and Graham, their TempO performances, when added to their excellent PreO results, meant that they both were pushed out of the medal positions when the overall weekend results were calculated.

The weekend was an excellent opportunity to refresh skills after the winter break and to meet up with other TrailO enthusiasts and discuss matters of mutual interest. The events were very well organised with challenging terrain. A great weekend of TrailO.

First on, last off

Peter Roberts gives an account of the issues he faced for the weekend

I am very fortunate that despite being restricted to a wheelchair I am able to take part in TrailO events both in this country and abroad. Up until now all travel abroad has been by ferry and car often spending several days in the car to and from events.

This year I decided to try flying which meant I had to get a suitable electric wheelchair that I can take on a plane.

Well I bought such a chair and tried it on my driveway and it seemed OK. I now had to do the travel and make sure it was suitable. Here I selected the event in Prague. My plans included train to London, the Underground to Heathrow, plane to Prague with the use of public transport the rest of the time.

We signed up to the Assistance schemes through LNER, the Tube and British Airways. All were very helpful but manoeuvring the ramp is a skill I need to practice.

- **PreO:** 28 controls, 500 m , 99 mins Open / 104 mins P Class, Timed Controls: 2 stations x 3 tasks
- **TempO:** 6 stations each with 5 tasks
- **Overall:** Time for TempO + Time at PreO Timed Control + 90sec per error in PreO.

Open PreO	Name	Cont.	Time (s)
1	John Kewley	27	55
8	Tom Dobra	25	56
27	Charles Bromley Gardner	23	71
39	David Jukes	22	79
62	Michael Tsang	18	172
64	Iain Phillips	18	287
73	Christine Roberts	73	281
77	Elizabeth Urquhart	14	214

P Class PreO	Name	Cont.	Time (s)
1	Graham Urquhart	22	199
9	Peter Roberts	15	165

Temp O	Name	Time (s)	Penalties (s)	Total (s)
1	Ondřej Macek (CZE)	209	30	239
33	John Kewley	355	120	475
37	Tom Dobra	291	210	501
42	David Jukes	310	210	520
54	Iain Phillips	288	270	558
68	Charles Bromley Gardner	363	300	663
77	Graham Urquhart	382	390	772
82	Michael Tsang	307	510	817
85	Peter Roberts	269	570	839
94	Christine Roberts	429	630	1059

One feature of the Prague race was that the route was on tarmac. What I had not appreciated was the hills and the canber slope of the track. Unfortunately I spent more time trying to keep the wheelchair on the track rather than looking up at the controls. This I found very difficult.

The air travel was interesting. We went through the fast route to the aircraft and were the first on the plane, we removed the batteries and the chair went in the hold. When we got there we were told to wait until everyone had got off and the wheelchair was brought to me, batteries put in and off we went again through the fast channels. Getting through security on the way out – well, what can I say – I thought they were going to take the chair to bits. Anyway its all experience I suppose.

We just took with us hand luggage – small case and rucksack with my wife as beast of burden!

For future events I will need to become more accomplished at driving the wheelchair. Hopefully I can use it for the JK TrailO. I am told there are no kerbs. Its not very good over grass or rough ground.

There you have it, first on last off.

Peter (in his new chair) and **Christine Roberts** at the start of the Tempo event



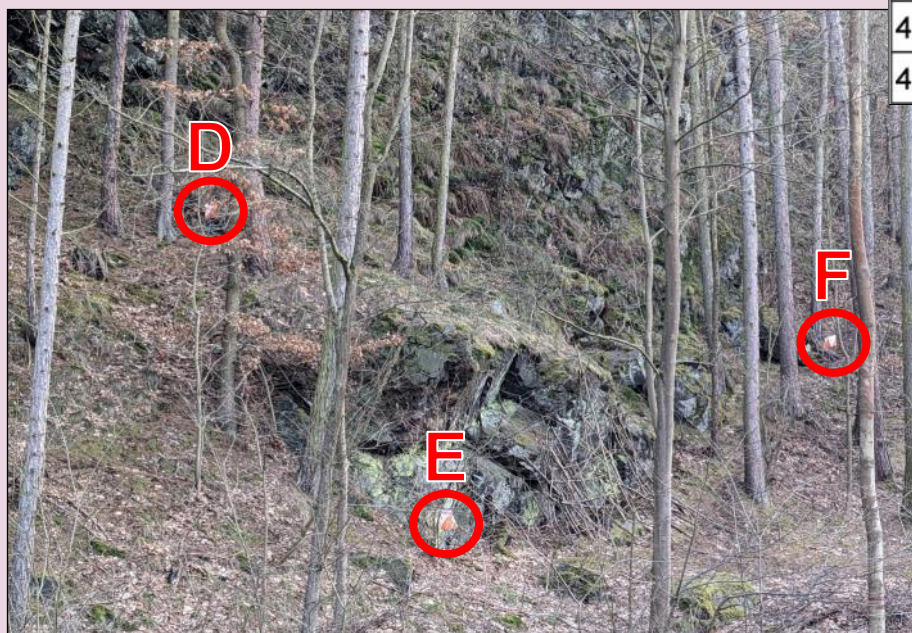
	Overall Top 4 Open: Name	PreO time	TempO time	Total (s)
1	Laura Lapina (LAT)	194	300	494
2	Dusan Furucz (CZE)	181	340	521
3	Daniel Locker (CZE)	367	246	613
4	John Kewley (GBR)	145	475	620

	Overall Top 4 P Class: Name	PreO time	TempO time	Total (s)
1	Serhii Bielanenko (UKR)	785	590	1375
2	Valerii Lytvynov (UKR)	914	463	1377
3	Eero Hakenen (FIN)	771	625	1396
4	Graham Urquhart (GBR)	739	772	1511

TempO - Station 4

Looking across the river to the steep slope on the other side. The viewing point was a bit further to the left of the camera position meaning that the boulder for Control 2 was hardly visible from the chair. Many competitors stated F for that control rather than Z. The D kite was on a small area of stony ground but the circle for Control 4 was on a small crag - just visible on the left edge of the photo and a bit higher than the D flag.

4.1	A-F	mm		OL	A
4.2	A-F	↗	▲	·○	Z
4.3	A-F	↙	mm	♂	C
4.4	A-F	mm		⊙	Z
4.5	A-F	↙	▲	·○	F



TrailO Development Steering Group

As an orienteering discipline, TrailO in the United Kingdom comes under the jurisdiction of British Orienteering (BOF). Many aspects of the organisation of TrailO are delegated to the TrailO Development Steering Group. Included within its responsibilities are:

- Monitoring and reviewing all Trail Orienteering activities and programmes
- Production of a programme to deliver sustainable international success and capable of supporting athletes to achieve the annual targets; reviewing the programme on an annual basis
- Supporting, volunteers and staff in the delivery of the programmes and the international team by ensuring it is given the opportunity to achieve the agreed goals and medal performances
- Advising the Board on disability awareness and other matters concerned with the involvement of disabled people in orienteering activities

Current membership of the Steering Group:

Members

- **Chair – Graham Urquhart**
- EMOA – Iain Phillips
- NWOA – John Kewley
- SCOA - Colin Duckworth
- SEOA – Ian Ditchfield
- SWOA - Richard Keighley
- YHOA – Christine Roberts
- British Orienteering Rep. - Scott Collier
- Team Manager - Elizabeth Urquhart
- IT/Software - Tom Dobra

- Website - David Jukes
- Co-opted: Charles Bromley Gardner
- Co-opted: Nick Barrable

Correspondent Members

- NIOA – Wilbert Hollinger
- SOA – Anne Hickling
- IOF liaison – Clive Allen

See Page 5 for a description of discussions at the January meeting. Minutes of Steering Group meetings (*once approved*) are normally available on the main British Orienteering website - see:

Governance: Steering Groups

Elizabeth (Liz) Urquhart who has been appointed by British Orienteering to be the Team Manager for the ETOC 2024
(Photo: TrailO.cz Facebook page)



British Trail Orienteering Facebook Page



Are you a Facebook user? If so, have you 'liked' or do you 'follow' the **British Trail Orienteering** Facebook page? It is the best place to be kept informed of news and updates relating to British TrailO activities.

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This Newsletter can be downloaded from the British TrailO website and an announcement is made on the Facebook page and to the international 'Bearing towards the C-Flag' Facebook group.

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