

British TrailO Newsletter

June 2023





Introduction from the Editor

It has been a busy start to the TrailO year here in the UK with 3 events at the JK over the Easter weekend and the British Championships (BTOC) taking place in Northern Ireland just 4 weeks later. Reports on both of these can be seen in this issue. Without the dedication of the planners/organisers these events would not have happened - so many thanks to **John Kewley** (for the JK events) and to **Wilbert Hollinger** (for BTOC) and to all the others who supported them in various roles.

As I was preparing this Newsletter, my latest issue of CompassSport magazine arrived in the post. Although the issue had no TrailO reports, TrailO did get a mention. It was in a cartoon depicting the '7 Ages of Orienteering'. TrailO was mentioned as the 7th and final 'Age'. The relevant extract is shown on the right. As I have come to TrailO late in my orienteering life (I'm an M70), I can accept that perhaps, for me, the suggestion that it is for the elderly might be true (although I am not yet needing a walking stick to get around a course!).

But is the idea that TrailO is simply for those who have found that they can no longer tackle a 'FootO' course correct? Take a look at the results from the JK. **Ben Kyd**, an M20 Junior, won Days 1 and 2 and was second on Day 3. Take a look at BTOC - the British Open Class Champion is **Tom Dobra**, still an M21 (and he won Day 3 at the JK). And when travelling to events in Europe, it is noticeable that there are a significant number of juniors competing. So TrailO is not just for the elderly or physically challenged.

Orienteering (the 'FootO' version) combines both physical and mental challenges. TrailO provides similar mental map-reading challenges without the physical element. Of course, younger people enjoy the physical element but people of all ages enjoy puzzles or games and, with experience, can tackle them (examples might include cryptic crosswords or chess). There must be many more people, young or old, whether orienteers or not, who would enjoy the opportunity to tackle a TrailO course which normally combines a pleasant couple of hours in the outdoors whilst being mentally challenged. Lets try and shift the image of TrailO and promote it as mental puzzles for people of all ages.

As always, I am grateful to the various contributors who have helped with material for this issue.

David Jukes (davidjukes@sky.com)



Copyright: Paul Johnson /
CompassSport Magazine.
See: CompassSport Vol.44/2
(APR23) issue
Used with permission.

Next Newsletter

Provisional plans are to put the next Newsletter together towards the end of August for publication at the start of September. Coverage should include the World Championships, a number of WRE events and a report on TrailO at the Scottish 6 Days in early August.

All contributions are welcome!
All material should be submitted by 18 August - 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)**

Cover Picture

The image shows **Peter Roberts (EBOR)** competing in the British TrailO Championships held in early May in Armagh, Northern Ireland.

For a full report, see page 22.

Event Calendar



The table below lists some of the main TrailO events taking place currently scheduled. 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; PSpr = PreO Sprint

Date	Event	Status	Country
30 Jun-1 Jul	PreWTOC Adventure	2 x WRE/ECTO (T+P)	Czechia
3 Jul - 7 Jul	WTOC 2023	WTOC / WRE	Czechia
22-28 Jul	O-Ringen - 5 events		Sweden
2 Aug	PreO at Moray 2023 (Roseisle) - 'Rest' day at the Scottish 6 Days		UK (Scotland)
19-20 Aug	Philadelphia's Navy Yard Welcomes TrailO	2 x WRE (T+P)	United States
26-27 Aug	Hungarian weekend	2 x WRE/ECTO (T+P)	Hungary
15-17 Sept	Nordic Match	2 x ECTO (T+P)	Denmark
1 Oct	Coppa Italia TrailO	WRE	Italy
28-29 Oct	Etrusk Weekend	2 x WRE (T+P)	Italy
19 Nov	Hong Kong Champs (Pre O)	WRE (P)	Hong Kong China
26 Nov	Hong Kong Champs (Temp O)	WRE (T)	Hong Kong China
2024			
8 May - 12 May	European Trail Orienteering Championships 2024	ETOC / WRE	Finland

For further details, look for links at: [TrailO Fixtures Calendar](#)



Scottish 6 Days TrailO at Roseisle Wednesday 2nd August

Organiser/Planner Anne Hickling comments:

TrailO has become a regular rest day feature at the 6 Days over the past 10 years (though sadly missing out in the Covid-affected 2021 event). Scotland has become well acquainted with TrailO following the 2012 WTOC in Dundee and Tentsmuir and the 6 Days provides a good opportunity for new and old hands to have a go. The lovely forests of Moray have been used several times, first in 2013 at Culbin, and in 2015 at Darnaway. This year, Roseisle's complex contoured terrain will provide a stiff challenge. But the forest is handily placed to offer you a dip in the sea afterwards.

See: [Rest Day – Trail-O : Scottish 6 Days](#)



The next BriTOL Event

TrailO Development Steering Group Update



The national Steering Group (SG) held its second meeting of the year on Zoom on the 21st April chaired by **Graham Urquhart**. Some of the issues discussed are mentioned elsewhere in this Newsletter. In addition, the following were included:

- *Events - Forward planning:* There had been a suggestion from **Anne Straube**, as IOF TrailO Commission Chair, that it would be appropriate for the Steering Group and/or British Orienteering to plan to host a future WTOC or ETOC, perhaps in 2027 or 2028 respectively. Anne pointed out that there could be some support for a structured development programme involving the staging of some WREs or ECTO events in the first instance. The Group supported the concept but recognised that the staging of WTOC or ETOC would need the full backing of British Orienteering with recognition of the likely financial commitment involved. Graham would initiate some discussions with potentially a sub-group being established to develop a suitable programme. Locations would need to be identified which combined suitably challenging terrain with access to available volunteers.
- *Representative on the TrailO Commission:* Another item from Anne was that the TrailO Commission was keen to have a new member who would, ideally, be under 30. The idea was to have someone new who would be able to focus on how to make the sport attractive for the younger generation and be able to identify social media activities. The Group was uncertain whether there would be any UK volunteers but Graham and John Kewley would make some enquiries. **Any volunteers?**
- *Development Sub-groups:* Graham had circulated draft Terms of Reference for two Working Groups:
 - * one to focus on developing the sport by attracting experienced orienteers, and
 - * the other to focus on attracting non-orienteers who may have challenges that make other orienteering disciplines difficult to take part in. The challenges may be physical, as defined by the IOF, but all types of challenges could be considered.The drafts were reviewed and membership of the Working Groups will now need to be considered further.
- *Future adoption of ToePunch:* The Group considered that the use of electronic punching should be explored. It is believed that purchasing a full ToePunch set would cost about £1,400-£1,500. It might be possible to apply for funding but it was known that funding is normally provided to clubs (with bank accounts and audited accounts) and that TrailO does not have this structure. This creates difficulties. There might be some advantages in establishing a 'GB TrailO Club' but it would also create additional administrative requirements. Some thought needs to be given to this before taking that action. An alternative route is for an existing orienteering club to apply for funds, purchase ToePunch and then hire the kit out to anyone staging a TrailO event with fees to help recoup the expenditure over a period.
- *GBR TrailO Logo:* Following a request from British Orienteering for a good quality version of the current TrailO logo that has been in use for several years, there was a discussion about updating it. There is an IOF logo which is more colourful and attractive. However, there are conditions imposed by IOF on its use which appear to limit its use on all GBR TrailO publicity (since it might perhaps suggest IOF endorsement). British Orienteering is exploring options for an attractive GBR logo.

The next meeting is likely to be in June or July but the date has still to be confirmed.

Minutes of Steering Group (*once approved*) are normally available on the main British Orienteering website - see: **Governance: Steering Groups**



On the left is the current logo used on British TrailO website and in this Newsletter. On the right is the logo used by IOF.



Fair Play Education to have valid IOF Athlete License

In order to compete at IOF World Championships (such as WTOC) competitors need to have an IOF Athlete License. This involves an annual registration and confirms that competitors agree to comply with the relevant IOF rules. It costs 40 Euros annually and the money goes to the IOF Anti-Doping fund. Applications for the licence are submitted using an on-line digital process which was introduced in March this year.

IOF announced in April that licence holders are now required to complete an e-learning course on **Fair Play** to have a valid license. The IOF Fair Play Education is available through e-learning courses available at <https://education.orienteering.sport/>. All courses are free but competitors need to enrol to get access to the content of the courses. This enables IOF to keep track of a competitor's progress in the training and to give a tailored certificate when a course is completed.

Dedicated courses have been developed for athletes in all four disciplines. As well as being mandatory for Athlete License holders, it is recommended for everyone taking part in IOF competitions, including all team officials.

It has already been noted by some TrailO competitors who have completed the training that the content in the TrailO version of the training has some examples which are not really appropriate since they relate to issues involving the other orienteering disciplines. However, IOF have invited comments and improvements may follow.



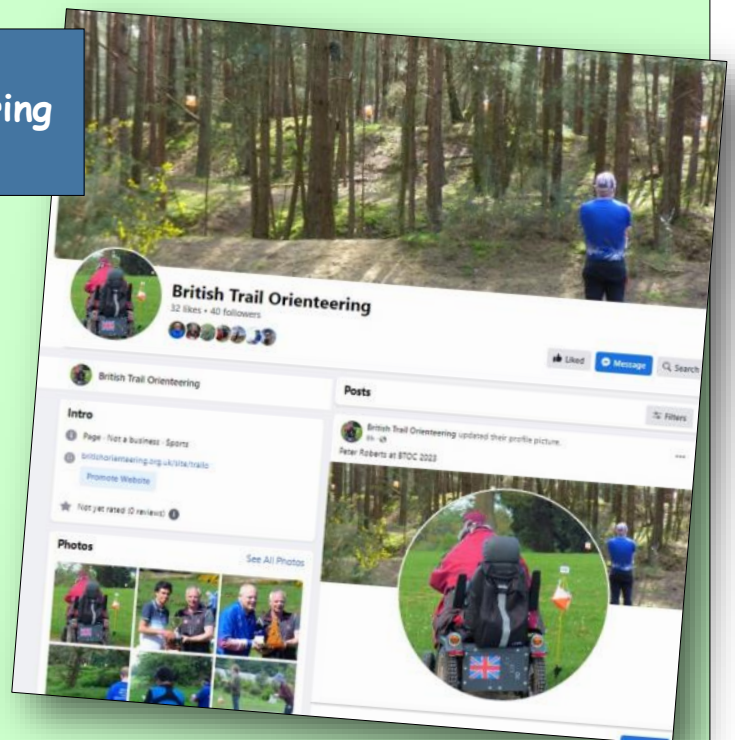
New British Trail Orienteering Facebook Page

For several years there has been a British Trail Orienteering Facebook Group. This served a useful purpose as a place where British enthusiasts could discuss forthcoming events and it was often used to discuss travel arrangements or issues linked to events. Although the 'Group' could be found by anyone, to ensure that the discussions were only seen by appropriate people, the 'Group' content was private and only visible to members who had been approved.

This private group was useful but it limited its use for publicity purposes. This was discussed at the recent Steering Group meeting and it was agreed to create a new public page where the focus would be on reporting activities of British TrailO members and as a place to promote forthcoming events. The new page will initially be run by **David Jukes** but it was initially set up with help from **Iain Phillips**.

The page went live on 23rd April and has been able to cover the JK events as well as the recent BTOC. To maximise its use for publicity purposes, please ensure that you 'like' the page, click on 'like' to the postings and, whenever it seems appropriate, please 'share' an item to other orienteering pages (or, in fact, to anything suitable!). Although the initial number of likes may seem low, this should grow as the site becomes established as a key place for information on British TrailO activities.

The original Group site has now been renamed as '**British TrailO Group**' and is still available for discussion of issues by enthusiasts.



GBR Team for WTOC 2023



The following was published by British Orienteering on the 12th May:

World TrailO Team Announcement

British Orienteering is excited to announce a team of ten has been selected to represent Great Britain and Northern Ireland at the World Trail O Championships (WTOC 2023). The competition is due to be held in the Czech Republic from 1 to 7 July 2023.

Good Luck !

O class in both Pre-O and Temp-O

- Ian Ditchfield (MV)
- Tom Dobra (TVOC)
- Charles Bromley Gardner (BAOC)
- John Kewley (MDOC)

P class in Pre-O

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

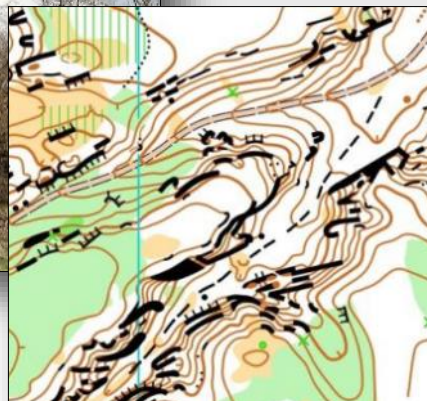
IOF Junior position in both Pre-O and Temp-O

- Ben Kyd (MDOC)

Reserve

- David Jukes (BKO)

Team Manager: A public invitation for expressions of interest in the post of GBR TrailO Team Manager for the WTOC was announced by British Orienteering in March. After an assessment of the submissions, the national TrailO Steering Group has agreed to recommend that **Liz Urquhart** be reappointed to the position. Liz has held the position for a number of years and fully met the criteria for the post. We are grateful for her willingness to continue to support the team in this way. The picture (*below*) shows Liz competing at the Falco Cup in Lithuania in April.



What type of terrain can the team expect?

Put simply: lots of sandstone cliffs!

The photo above shows the terrain in the WRE being held in the two days before WTOC. The map extract is from an example in the Bulletin for WTOC itself.

For more details, see the WTOC website:

<https://www.wtoc2023.cz/>



British TrailO League 2023 (BritOL)

The current list of designated BritOL events for 2023 is as follows (*additional events may be added*):

	Date	Organisers	Event
1	7 April	NWOA	JK Combined TrailO
2	8 April	NWOA	JK PreO
3	9 April	NWOA	JK PreO Sprint
4	6 May	LVO	BTOC
5	2 August	S6D	Scottish 6 Days TrailO event

Scoring:

Based on the final positions at an event, points are awarded as follows: People tying share the points for the relevant places, e.g. a tie for first and second gives 98 points and a tie for second, third and fourth gives 93.33 each.

Place	1	2	3	4	5	6	7	8	9	10	11+
Points	100	96	93	91	90	89	88	87	86	85	..etc..

Current Positions (*after 4 events*)

A competitor's best 3 scores are used to provide a total score. The following are the top 10 positions:

	Name		Club	Races	Score	Tie break	1	2	3	4	5
1=	Benjamin Kyd	M20	MDOC	4	296	0	100	100	96	96	
1=	Tom Dobra	M21	TVOC	4	296	0	90	96	100	100	
3	Sarah-Jane Barrable	W35	SLOW	3	269	1		88	90	91	
4	Charles Bromley Gardner	M60	BAOC	4	269	-1	89	87	93	81	
5	Kieran Marsh	M21	SLOW	3	268	0	96	89	83		
6	Nick Barrable	M45	SYO	4	267	0	81	93	77	93	
7	River Edis-Smith	M21	MDOC	3	266	0	91	90	85		
8	David Jukes	M70	BKO	4	264.5	0	87	91	71	86.5	
9=	Samuel Drinkwater	M21	MDOC	3	257	0	88		80	89	
9=	Dominic Wathey	M18	MDOC	3	257	0	80	86	91		

Fur the remaining positions, see the dedicated page: [British TrailO League](#)

European Cup in TrailO 2023 (ECTO)

The events contributing to this year's ECTO are indicated in the table on the right. As can be seen, it is still early. Results for the **Falco Cup** events are in but, as the time of writing the scores for the **PreO i Väst** event have not been confirmed.

Scores are based on a competitor's position and their best 5 scores in the year will count for the final result.

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

29-30 April	Falco Cup, Lithuania	TempO + PreO
20-21 May	PreO i Väst, Sweden	TempO + PreO
30 June - 1 July	PreWTOC TrailO Adventure, Czech Rep	PreO + TempO
26-27 August	Hungarian TrailO weekend, Hungary	PreO + TempO
16-17 September	Nordic Match, Denmark	TempO + PreO

The table below shows the current status of British competitors with scores on the IOF World Ranking table. Also included is an indication of the position they held at the start of the year. So far in 2023 there have been the following World Ranking Events (WREs):

- 12 February: Hong Kong Annual Trail Orienteering Championships 2022 with 1 WRE (PreO)
- 29-30 April: Falco Cup 2023, Lithuania with 2 WREs (TempO and PreO)
- 6-7 May: Stadi TrailO, Finland with 3 WREs (2 PreOs and 1 TempO)
- 19-21 May: PreO i Väst, Sweden with 3 WREs (2 PreOs and 1 TempO)

At the time of writing, only the first two of the three PreO i Väst events have appeared in the official listing. For the up-to-date listing, see: [IOF World Ranking - TrailO](#)

All		P Class	J Class		
26 May 2023	Jan 2023				
1				Antti Rusanen (FIN)	2.77
11			1	Simone Frascaroli (ITA)	5.89
35		1		Teemu Niskanen (FIN)	12.58
40	40			John Kewley	13.89
58	58			Tom Dobra	17.66
61	75			Charles Bromley Gardner	19.24
69	72		6	Ben Kyd (J)	22.43
87	94			David Jukes	26.84
93	89			Ian Ditchfield	29.34
95	101			Iain Phillips	30.01
113	114	10		Graham Urquhart (P)	36.20
218	162			Nick Barrable	68.23
235	198			Elizabeth Urquhart	70.30
263	238			Alain Kyd	73.43
268	319			Peter Hornsby	73.71
271	246			Dominic Wathey (J)	74.17
305	292	42		Peter Roberts (P)	78.41
316	298			Christine Roberts	79.24
352	264	50		Colin Duckworth (P)	82.29

Scoring:

The International Orienteering Federation has a single 'World Ranking' document covering all orienteering disciplines. This can be found on the IOF website - see the final item on their [Competition Rules for Orienteering page](#). For TrailO, see in particular paragraphs 7.8-7.11.

Two formulae are used to determine each competitor's score in PreO and TempO. In both cases, excellent performances will give a score close to zero with poorer results getting progressively larger. The maximum score included for any event is 15. A competitor's best 6 scores over the previous 18 months are used. If less than 6 scores are available, any missing score is allocated 15. The maximum score is therefore 90.

On-Line TempO Update



This year the main on-line competition is the 'Hungarian TORUS TempO Trophy 2023' on TORUS which consists of monthly events running on the last Wednesday of each month. At the time of writing, there have been four events.

Despite the name, not all the events are based on Hungarian terrain. Although the first two were in Hungary and used photos from Pilisborosjenő and Budapest, the event for March made use of images taken by the Planner, **Zoltán Mihácz**, on his visit to Edinburgh for the Edinburgh Big Weekend at the end of January. All the photos were taken in Pollock Hall, the location for the TrailO at the Big Weekend. Winner on this occasion was GBR's **Ben Kyd** who completed the 6 stations with no errors in a total time of 112 seconds - less than 4 seconds per problem! April's event was based in and around Pardubice in Czechia.



One of the controls using an image of Pollock Hall, Edinburgh, for the March competition.

With 12 monthly competitions throughout the year, a competitor's best 9 events will be used to determine the overall Trophy winner. The overall results on the TORUS website currently give positions based on 3 scores from the best 4 results. Despite winning the 2022 Hungarian Series, Ben is facing some stiff competition this year. He currently is in third place behind two Czech rivals.

The following table gives these 3 as well as the next 5 top British competitors. There are currently a total of 681 competitors (of which 48 are GBR) listed with scores from at least one of the four events.

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.

	Name	Club		Score
1	<i>Pavel Ptáček</i>	<i>BETA URSUS Rosice</i>	CZE	294.45
2	<i>Ondřej Macek</i>	<i>OK Lokomotiva Pardubice</i>	CZE	292.88
3	Ben Kyd	MDOC	GBR	292.65
17	Tom Dobra	TVOC	GBR	282.03
47	Robert Finch	NGOC	GBR	272.93
52	River Edis-Smith	MDOC	GBR	272.05
59	Andrew Stemp	Aire	GBR	268.19
60	Samuel Drinkwater	MDOC	GBR	267.92

Top TrailO Tips

Of course, we all hope to do well in an event and can wonder how other competitors do better. This is the first of a series of articles which will focus on different aspects of TrailO and provide advice from some of the top British TrailO competitors in the hope that it will help readers to improve. As someone who has made mistakes around the 'decision point', I thought I would start the series with advice on how to avoid errors when punching. It can be incredibly annoying to have reached a decision and to punch and then realise that you 'mispunched'. I think we have all done it! The second topic for this issue is a look at the equipment used and what else to carry during an event.

1. Decision Point Technique

What is the 'Decision Point'

Decision points are provided in PreO events when it is necessary to uniquely identify kites so that competitors can then indicate (on a card or electronically) which kite they believe is correct - or in the case of a zero answer, that no kite is correct. If there are several options for a possible correct kite, they are allocated letters from the left. The kites are not labelled but every competitor must be able to give each kite the same unique letter. By fixing a 'decision point' on the track, all competitors should allocate the same letters to the visible kites.

When there are additional kites visible which are not to be considered for a particular control (or set of controls), the planner may indicate the viewing limits which need to be considered. Usually there are two tapes which define the limits of the viewing angle or there may be a single tape indicating one limit

The Problem

Competitors are permitted to range up and down the track to view the kites from alternative points. This may improve the visibility or allow the relative positions of the kites to be clearer. Moving away from the 'decision point' may make the decision easier but, at the same time, may alter the relative positions of the kites. Kites which were A-B-C-D from the decision point may, from a different position, now appear in a different order (such as B-A-D-C). It may allow additional kites to become visible or it may lead to confusion when tapes had been used at the Decision Point. Having decided which kite is correct, the temptation is to quickly punch and then move to the next control problem. But how to ensure that you have given it the correct letter?

Advice from Experienced Competitors

Graham Urquhart provides a simple set of rules:

Don't punch until you do the following:

- Recheck cluster count
- Recheck control descriptions
- Recount flags
- Recheck the control number and punch number



A decision point at the 2022 BTOC event. In the image, three control kites are visible. At the decision point they would be considered, from the left, as A, B and C. When viewed from a bit down the track to the left, the C kite might appear first on the left potentially leading to a mis-punch as A.

However, it can be noted that the decision point is for two controls. The 3 visible kites related to Control 5. Not visible in the image were 2 additional kites some distance behind relating to Control 6. From the Decision Point, the 3 kites in the image were therefore actually A, C and E. Great care was needed to avoid mispunching!



- Parallax check

Colin Duckworth commented with the following thought and an example of an error:



- *Use all the information on both the map and the control descriptions. Check the number of flags before punching an answer. At the Nordic match in 2020 we had a group of several A-Z controls from a single viewpoint then a group of several A-E controls again from a single viewpoint. I fell into the trap of treating the second cluster as another set of A-Zs.*

And **Ian Ditchfield** expressed it like this:



- *One of the most annoying things that can happen is to make the correct decision - it's that kite there - and then record the wrong answer. Always return to the decision point, check again your control description to see how many kites you have to choose from, mentally apply the letters to each of them, and only then record the letter belonging to the kite you have chosen.*

2. Equipment

The Problem

When competing in FootO competitions, there are generally just 4 key items of equipment to consider: compass, electronic dibber, map and control descriptions. The standard arrangement is for the compass to be a thumb compass and attached to one thumb (or, if a base-plate compass, on a cord around a wrist), the dibber is often attached to another finger, the control descriptions are placed in a holder attached to a fore-arm which then leaves the hands free to hold and fold the map. So everything is available and can be used at speed.

Consider now the TrailO requirements. These can include: compass, electronic dibber or pin punch, magnifying glass, stop watch, waterproof cagoule, drink and map. Notice that separate control descriptions are not issued in TrailO which is one less thing to consider. However, instead, if a pin punch system is being used, then there will also be a control card (which is often quite big!). So there are many different issues to consider.

On the positive side, when competing at TrailO there is no restriction on what you wear so you will often have additional pockets in either trousers or jackets. The disadvantage of this is that it can be difficult to remember what is in which pocket and getting one thing out can lead to other things falling out.

Advice from Experienced Competitors

Considering some aspects of some of the items:

Pin Punch

- **Colin Duckworth** has a simple solution for the pin punch: *I carry my pin punch on a plastic coiled string attached to a belt loop, so that I can let it hang by my thigh but it is easy to get hold of when needed.* **Graham Urquhart** has similar advice: *Use retractable string to keep equipment available such as punches.* This advice is easiest to follow if you have your own pin punch which is prepared in advance. Graham also adds: *Safety pin as a backup punch for both electronic and manual punching.*

Stop watch

- Now consider the timing issue. It is important to remember that at major events, it is not permitted to carry a phone or



Above is a close up shot of **Charles Bromley Gardner** taken at the 2022 ETOC. He has his SI dibber attached to his belt with an extending cable and he is also carrying a set of safety pins

any device which can record location, such as many specialist watches. **Colin Duckworth** comments: *I use a digital wristwatch with a countdown timer function. I input the time limit from the final details and start the timer before dishing the start box. The watch then tells me the time remaining without having to do any calculations.* He also adds: *Don't forget to stop and restart the timer if there are separate sections of the course.* **Graham** comments: *Stop watch. 2 if timings are complex for example multi-sections.*



Above: **David Jukes** using a magnifying glass in Finland to enlarge the detailed map

Magnifying glass

- With some very tricky and complex terrain, seeing the fine detail can be important to reach the correct decision. Enlarging the map can sometimes be a great help - partly this will depend on your individual eyesight. Some compasses will have a built-in magnifier. **Colin Duckworth** commented: *I use a compass with a large magnifier built in, but was given a magnifying glass for Christmas so will be trying that out this year.* **Peter Roberts** uses both: *I have an upmarket compass with a good magnifier. I do carry a separate magnifier.*

Compass

- A comment from **Graham**: *Plate compass with 6mm circle and centre dot and good length straight edge.* The '6mm circle' (as a hole in the base plate) means it should match the control circle on the map. The 'centre dot' has to be prepared in advance by placing a small piece of clear plastic under the circle and accurately marking the exact centre point. As knowing the exact centre of the circle can be critical in reaching a decision, being able to confidently determine it can be important. He also says: *Don't take a sighting compass on the course.*

An additional comment from **Peter Roberts**, a P Class competitor who uses a mobility scooter to manoeuvre around the course. This adds yet another complication and, of course, dropping an item on the ground could be disastrous. Peter says: *On the front of my scooter I have a pouch where I can store things like my compass, pin punch and control card. However, when using an SI dibber I often fasten the dibber to an expanding cord and hang it round my neck. When using a card I would punch holes in it and attach it to a cord round my neck.*



Finally, the list mentioned waterproof cagoule and drink. A TrailO course can be over two hours long and during that time things can change so you need to be prepared for any potential weather. You may also consider taking some waterproof over-trousers. Many competitors will carry these back-up bits of kit in a bum-bag around the waist. Another use is for a drink (particularly in hot weather).

Here are two additional comments from P Class competitors. **Peter Roberts** says: *Food – I take a bar and drink with me and try to have a break part way round.* And **Colin Duckworth** adds: *Don't forget to take your medicines with you if you are likely to have to take them whilst out on the course.*



Above: Coming prepared for all possible situations. This is **Ian Ditchfield** carrying spare kit in a bum-bag at the 2022 ETOC.

There will be more **Top TrailO Tips** in the next Newsletter.

Do you have some of your own ideas that you would like to share? Please email the Editor and your suggestions may be included in a future issue. Likely topics will include:

Preparing for an event / What to wear / How to approach each control / TempO techniques / Post-event analysis

Know your fellow TrailO Competitors : Tom Dobra

For this issue, **Tom Dobra**, the 2023 British Champion, has agreed to answer questions for the Newsletter. Thanks Tom.

Age/Class? M21, definitely can run too fast for the P-class.

Family circumstances? I'm not from an orienteering family but have managed to rope my brother, Peter, in. My sister, Nicky, has also orienteered a few times but is mad about too many other sports. I now live alone.

Hometown? Current location? Born in London, feel most attached to Tunbridge Wells, now in Oxford.

How did you start orienteering and/or TrailO? I met some orienteers (Adam Bennett and Vicky Stevens, I think) at the Cambridge University Hare & Hounds pre-freshers' week training camp in 2010 and thought orienteering sounded cool. I never found CUOC at the freshers' fair a few days later, bumped into said orienteers again at a CUHH event, invited along to CUOC pub, felt like I had walked into a committee meeting, went to CUOC/WAOC training night, still not particularly impressed. A few weeks later, I won a long orange course by over 10 minutes at Mildenhall North, went straight back out again on the light green and found it much harder – best day of my year. That was the end of my Sundays! Side point: a memorable control from that light green is now flattened underneath the A11. *[The A11 has been widened to be a dual carriageway - Editor]*



Tom at the 2019 JK
(Photo: Steve Rush)

I got a lift to BOC Long 2013 with Phil Levi. Faced with the option of waiting in the car or trying something new, I went for something new. That was BTOC 2013 at Newlands Corner. The first half was distinctly unimpressive but then something clicked and I cleaned the second half

(or so my memory says!). Around that time, the late Anne Braggins introduced TrailO to CUOC/WAOC training nights, giving me a little more exposure and I think she even succeeded in making me plan one. I can't say I was into TrailO though or wanted to compete either. Fast forward nearly two years and I somehow ended up at BTOC 2014, held in March 2015 at Twywell Hills and Dales – not sure how but probably at Anne's insistence and thanks to Dick Keighley giving me a lift from Didcot. Everything then happened rather quickly as I was selected to be a young, fast brain at TempO at WTOC 2015 in Croatia. You can't turn down a GB selection and that was that.

Clubs? DrongO (the club for past member of Cambridge University OC), TVOC and BOOBS (ex-Bristol Uni if we ever affiliate again).

Best achievement/success? Winning ETOC 2018 relay bronze with John Kewley and Charles Bromley Gardner in Slovakia. Other highlights are 8th in WTOC 2022 PreO in Poland, winning the spectator PreO at WTOC 2015 with a score that would have put me 4th at the real WTOC and WTOC 2019 relay bronze in Portugal also with JK and Charles.

Most enjoyed event? Why? WTOC 2022 in Poland is right up there: epic PreO and TempO and a generally



The bronze medallists at ETOC 2018:
John Kewley (left), **Charles Bromley Gardner** (middle) and **Tom Dobra** (right)

enjoyable week with stunning scenery, decent running including a Parkrun beginning with J, a chance to be juvenile by not being the youngest on the team (sorry Charles, I know you try) and an adventure by train in both directions to get there (I received compensation, enough said).

Worst event/most embarrassing TrailO moment/biggest goof? Most unpleasant was having a mental meltdown at ETOC 2016 PreO day 1 in Czechia. The course was too hard for me but I learnt so much about time management. I'm not sure what was worse: finishing 10 seconds late or discovering that there were no zeroes in the entire course!

Favourite area and/or terrain? Why? Anything with squiggly contours that you can see clearly on the ground. Many regard translating contours into shapes as the purest form of orienteering.

International experience/selection? Selected for WTOC TempO every year since 2015, add in PreO since 2017, both disciplines at every ETOC since 2016, in a relay team at every WTOC and ETOC I've been to. I usually travel abroad to a few WREs/ECTOs each year, including the Nordic match, held every autumn and where anyone can compete for GB – join us!

What have you put back into the sport? Planned a few competitions, manage BriTOL (or try to), member of national steering group committee, hopefully enthusiastic.

Other activities/interests? FootO, running including lots of competitive XC, hillwalking, travel especially for nature, some say trains.

Employment? Mathematician in a consultancy.

What training do you do? For TrailO, talk about the courses afterwards to have a full debrief. Loads of FootO helps with my familiarity with what terrain looks like up close on the ground. Like many orienteers, a lot of my training is during races.

For running, I do intervals every Tuesday evening, social steady of an hour every Thursday evening and try to get in some decently long weekend runs if I'm not orienteering or doing other stuff.

Sleep is essential for a strong performance, as anyone who has shared a room with me at WTOC will know from my abnormally early bedtimes.

Do you compete in on-line TrailO event and, if so, please comment? Yes, all competitions now that they've dropped down to a sensible number. Sometimes I do well, sometimes I do badly, often due to fatigue at the end of the working day or trying to use a small screen such as my phone. The bigger the better with screen sizes, and it's worth adjusting the colours to look as natural as possible with a fairly large contrast.

What is the best thing about TrailO? Problem solving.

What is the worst thing about TrailO? Waiting an eternity for valid results, unless it gets entertaining like the random place generator at the ETOC 2022 relay.

TrailO ambition? WTOC individual medal, most likely in PreO.

What have you done that no one else is likely to/will have done? Walked a four-day loop south from the most southerly town in the world, Puerto Williams. And a week later was on the last seat on the last bus from Argentina to Chile before the border shut due to Covid.

Favourite music/book/film, etc? Don't tend to listen/read/watch much these days. Choice of TV depends on my mood, but I frequently watch Formula 1, Silent Witness, Top Gear, Police Interceptors or a history documentary; His Dark Materials was superb too.



Tom at the ETOC 2022 Relay in Finland

Jan Kjellström (JK) International Festival 7th - 9th April



The JK is an annual orienteering festival staged in the UK every year over the 4-day Easter weekend. Its location moves around different regions. And each year, in addition to the various FootO events, there will be some TrailO events available.

Ideally these would be adjacent to the FootO events allowing as many competitors as possible to take part in both. The number and type will vary depending upon the available terrain and the available volunteers.

Organised by the NWOA this year, the location was the Southern Lake District and 3 events were staged:

- Friday 7th April - Combined TrailO - Williamson Park and Univeristy of Cumbria, Lancaster
- Saturday 8th April - PreO - Rydal Show Field
- Sunday 9th April - PreO Sprint - Great Tower Woods

John Kewley (MDOC) took the lead TrailO role . Before considering the events themselves, here he provides an introduction to the decision making with regard to the locations and the event formats.

JK Preparations - The Where? and the What?

When asked to be JK23 TrailO Coordinator "for 1-3 days" by Dave McCann last year I realised that there wasn't really anyone else in the NWOA who could do it so I had to say yes.

Anyway, the first plan was to get areas and the JK areas were a bit in flux with the previous year's storm damage that caused area changes for the major summer event, 'Lakes2022', as well. I contacted all the Planners and over time got the same message that (for various reasons) there was either no room for TrailO or there weren't suitable tracks. I then started scouring Routegadget pages for SROC and LOC to see what I could find and contacted friends in those clubs. To cut a long story short, after several trips to check on areas (all from 1-2 hours from my house) and several "sorry you can't use that area" messages I secured the four areas we ended up using. They weren't without their problems though.

- **Williamson Park, in Lancaster:** reasonable area, but not possible for full technical difficulty and lots of deciduous trees so almost everything had to be short range as leaf cover in Spring can vary from year to year and, while visibility from the track can be a positive for setting more technical controls (since reading detail at a distance is harder), it can also be a pain since you have to be able to see the kites from the track. I initially thought of using it for a PreO Sprint, but with the new forthcoming IOF Guidelines it wasn't going to be technical enough to fit in enough problems in a short distance. It would also be suitable for TempoO, especially in combination with the adjacent area (see below).
- **University of Cumbria, in Lancaster (and across the road from Williamson Park):** it looked like there'd be good possibilities for TempoO, but a significant part of the terrain was unusable due to development work (off to the left at Tempo Station 2).
- **Rydal Show Field, just north of Ambleside:** newish map, unlikely to be vegetation issues for long range controls, but a long way from Day 2 FootO, and also on the wrong side of Ambleside for Bank Holiday traffic. Original plan was to enter at the N end from Rydal Hall, but they had a big group arriving and couldn't accommodate us for parking.
- **Great Tower, south of Windermere:** Bilbo [Ed: an orienteer based in the Lake District] was planning on producing a Sprint Map of the area for the Lakeland Warrior event for a Night Sprint, but that didn't come about so JK23 commissioned him to make it. For this area we also had to pay money per competitor so it wasn't going to be cheap and it also had the issue where although there was enough terrain for a classic PreO event, the visibility couldn't be guaranteed for longer distance controls due to the imminent arrival of Spring. There was also the issue of tracks, some of them were very rutted and steep.

So what should we do?



I really wanted to try out the new PreO Sprint format, but Williamson Park didn't have the concentration of controls I needed nor the technical difficulty. Doing TempO would have been an option and that was my original intention with 4 stations in Williamson and 2 in the University of Cumbria, but I was concerned about the fairness with many members of public walking through our competition in the Park and the lack of helpers so I decided on doing a Combination PreO, but with 2 minutes per control rather than the usual 3. I did 2x TempO stations rather than Time Controls (TCs) to make it a Combined event (akin to one leg of a TrailO Relay) since there was no extra effort required and it at least gave the selectors 2 TempO stations for their deliberations for the WTOC team (PreO TCs are inherently different).



As soon as I found out that we could use the southern area of Rydal Show Field for parking and my worries about seeing kites from the car park vanished, then putting on a classic PreO was a no brainer. It was a long way from the FootO, but I felt the travel would be worthwhile. In collaboration with the Controller, I decided to use a Timed Section rather than a pair of Time Controls as it would require less officials and it was going to be tricky to plan two TCs in that small area to the south. Unlike the PreO Sprint, I wanted the controls in the Timed Section to be easy (at least once you'd got into the map).

So that left Great Tower for a PreO Sprint and I worked hard to get a course that was both short enough (provisional IOF guidelines suggested max 300m, minimum 20 controls) and was I felt fair to P Class (with respect to visibility and track surface/slope).

A Competitor's View - Liz Urquhart

Easter in the Lake District, competing and expecting to spend large amounts of time outdoors - first items to be packed were waterproofs and thermals! As it happened, the remarkably good weather rendered them redundant, and Day 1 of the JK was so wonderfully bright and sunny that we had to stop en route to buy sunscreen!

Day 1 - Combined TrailO: Williamson Park and University of Cumbria

The first of three TrailO events on offer was held in tandem with the FootO Sprint but at Lancaster's "other" university (the University of Cumbria) plus the adjoining green and wooded spaces of Williamson Park. It was a "Combined TrailO", starting with a short time-constrained PreO course followed by two TempO control stations. Since most competitors would be travelling on the day, and a fair number would also be competing in the FootO sprint, "normal" PreO courses taking a couple of hours were not an option. **John Kewley** of MDOC, who was responsible for planning and organising all three TrailO events for the JK, was out early putting out controls (accompanied by his controller, **Graham Urquhart** of OD) whilst other volunteers erected the rather splendid tent provided for the day by **Charles Bromley Gardner** (BAOC), set up download, wrote competitors' names on

Day 1 - Combined TrailO

Open

PreO section: 16 controls (1 void) / 400m / 44 mins (50 P class)

TempO section: 2 stations x 5 problems

Results: Total time = Time for TempO plus 60 sec penalty for each incorrect PreO control plus 30 sec penalty for each incorrect TempO control.

Standard

PreO section only: 12 controls / 300m / 45 mins

Planner's thoughts - Day 1

Unfortunately we had an issue with one kite which was vandalised for late competitors and so we had to cancel that control (Elite #14). To be honest, there were some map discrepancies that I hadn't see when I set the problem so although on paper it looked one of the more interesting controls, the map was certainly misleading, if not unfair so if there was one control to be vandalised then this was probably a good one. Personally I think the 2 mins per problem (for Elite) worked nicely as only two people had all correct.

As for the TempO, my intention was to have very clear zeroes and well done to the three who got all correct at both stations.

Open	Name	Cont.	Time
1	Ben Kyd (J)	15	56
2	Kieran Marsh	15	127
3	Peter Dobra	14	130
4	River Edis-Smith	14	141
5	Tom Dobra	14	152

P Class	Name	Cont.	Time
1	Colin Duckworth	13	346
2	Peter Roberts	10	510
3	Richard Keighley	9	737

Standard	Name	Cont.
1=	Graham Denney	8
1=	Zhenlong Li	8
1=	Henry Marston	8
1=	Philip Johnson Davis	8
1=	Geoff Hancox	8
1=	Heather Walton	8

punch cards and persuaded the university "Security" that we were pretty harmless, really. Then came the rush, as the first competitors turned up, needing directions to the Start and/or toilets, punch cards, tutorials on how to do TrailO, and, in particular, Combined TrailO.

Then they came back, after a high-speed trip through the woods analysing controls ranging from close-up woodland micro-features to distant prospects of large ornamental follies. Download was surrounded by those queuing for their results,



Two examples from Day 1.

The top image shows Controls 7 and 8 on the Standard Course (with Control 7 also being Control 8 on the Open course). The map extract is from the solution map. The lower image shows the first of the two TempO stations.



7	A-C		▬▬▬				
8	A-B		↗			└┘	



1.5	A-F		△	↻		○	
-----	-----	--	---	---	--	---	--



querying their results, comparing notes with other competitors, and waiting for challenges to be acted on. Most seemed to have enjoyed the experience, and might be tempted to try it again if offered the opportunity. Courses closed by late afternoon, but that was not closure for everyone - controls had to be collected in and event impedimenta tidied away, an acceptable set of results produced and published (thanks to **Dick Keighley** of WIM and his helpers) before a start could be made on getting the next day's event under way.

Day 2 - PreO: Rydal Show Field

Come Saturday morning it was time to move on to Rydal for a full-on PreO event using the hillside neighbouring Rydal Show Field. Once again **John Kewley** was out early finalising control placement, assisted by his Day 2 Controller, **Iain Phillips** of LEI (and the occasional sheep). In the meantime, early helpers tried to remember how to erect the old red PreO tent ...

John Kewley had planned a testing course, using his available terrain to the full, with control sites switching between close-up and "I could do with my binoculars" distant features. Fortunately, we were blessed with another fine day, or some of the distant controls might have been even more challenging.

Following on after the PreO course, the tiebreaker was not the more usual timed control/s but a very short timed section, with four controls in no time flat! Then it was time to wait for results.

Day 2 - PreO

Open

PreO section: 28 controls / 700m / 105 mins (120 P class)

Timed section: 4 controls / 10m

Results: Controls correct on PreO. Tie break by controls correct on timed section then time taken on timed section.

Standard

PreO only: 17 controls / 700m / 72 mins

Open	Name	Cont.	Timed sect. (Cont + sec)	
1	Ben Kyd (J)	27	4	44
2	Katja Engelhardt	26	4	64
3	Tom Dobra	26	4	81
4	Nick Barrable	26	4	89
5	David Jukes	26	4	108

Open	Name	Cont.	Timed sect. (Cont + sec)	
1	Graham Urquhart	23	4	53
2	Colin Duckworth	23	4	57
3	Peter Roberts	18	4	64

Standard	Name	Cont.
1	Henry Marston	15
2	Zhenlong Li	12
3	Ian Robson	10

Planner's thoughts - Day 2

I had even more trouble than on Day 1 getting the canes into the ground so this meant that the course took longer to setup than expected (although it was never going to be easy).

The original plan was for the Timed Section (TS) to be before the main course but, to get the event started it was switched to be after - I think it worked better that way round so that worked out well. One issue was the shrunken Start and Finish symbols on the TS map. The aim was to let the control circles show more clearly but it was still hard to see what was going on. I suspect smaller circles or maybe 4 separate mini maps (although all visible together, not like in TempO) would have worked better than all of it on one map. Unlike the PreO Sprint, I wanted the controls in the Timed Section to be easy (at least once you'd got into the map). With this level of difficulty I think a 60 second penalty (as you would have for a PreO Timed Control for a wrong answer) would have worked equally as well as what we did, but maybe people took their time to ensure they didn't make a mistake and would have rushed more had it been that variant rule.



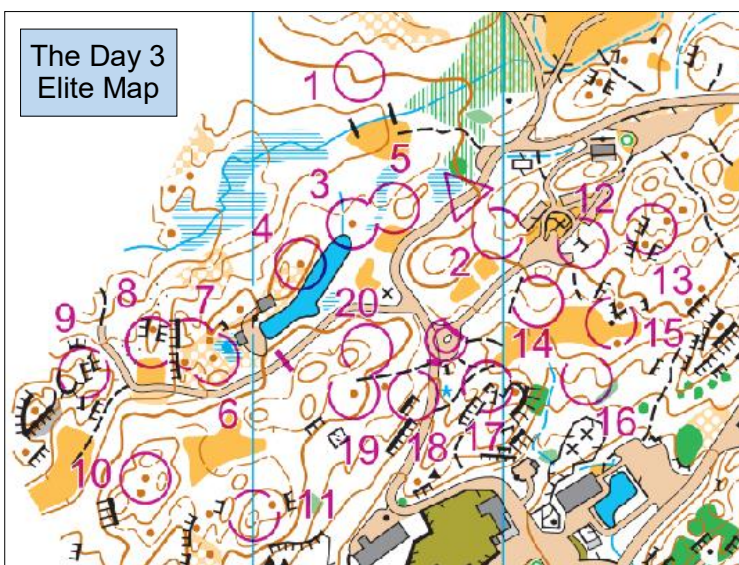
Day 3 - PreO Sprint: Great Tower Wood

Day 3 dawned less bright, but that did not dampen the enthusiasm of those who travelled up the suspension-clattering track to the scout camp at Great Tower for a fast and furious PreO Sprint. **John Kewley** (controlled this time by **Scott Collier**) had plenty of complex terrain at his disposal, crammed with hillocks, boulders, knolls, marshes (large and small), crags, depressions, etc. These would in any case have been difficult to read under normal PreO conditions, but competitors had to answer 20 A-Z controls in 28 minutes (Open class, P class had an extra 7 minutes).

The last section was possibly the hardest, with Controls 12-20 all sited round 4 sides of a square clearing – it was only too easy to forget which one you were answering when under time pressure! The day finished with the prizegiving for the individual competition winners and overall winners - with eco-friendly prizes of tree saplings that had been planted in areas being re-forested!

For links to all the results, maps and photos, see the JK page on the British Trail Orienteering website:

[Jan Kjellström \(JK\) TrailO](#)



The Day 3 Elite Map



Elite Control 15



John Kewley (l) discusses the event with **Samuel Drinkwater** (r)

Day 3 - PreO Sprint

Open

PreO: 20 A-Z controls / 240m / 28 mins (35 P class)

Results: Controls correct. Tie break by time taken.

Standard

PreO: 12 A-Z controls / 240m / 32 mins



Open	Name	Cont.	Time
1	Tom Dobra	19	17:33
2	Ben Kyd (J)	19	19:30
3	Charles Bromley Gardner	18	14:44
4	Dominic Wathey (J)	18	14:58
5	Sarah-Jane Barrable	18	19:01

P Class	Name	Cont.	Time
1	Graham Urquhart	17	23:48
2	Colin Duckworth	16	22:08
3	Richard Keighley	14	23:34

Standard	Name	Cont.	Time
1	Heather Walton	11	29:34
2	Henry Marston	10	22:34
3	Zhenlong Li	10	30:08

Planner's thoughts - Day 3

To me, I think this day went the best. I'd be interested to know what folks thought about this newer format, and in particular by making the controls hard rather than easier. The key though was that you shouldn't have to hunt for kites so in my opinion the kites in question were all easy to locate and not so far from the path (and I did provide decision points).

The only bad decision I felt was that we decided not to put up the tent, so results were done out in the sunlight and we messed up the initial results for the prize giving – sorry to those affected.

Falco Cup - Jonava, Lithuania 20 - 30 April 2023



Iain Phillips reports

Late April brought the first European round of 2023's World Ranking Events with the annual Falco Cup in Lithuania organised by Andrius Jovaisa of OSK Falco. There was a large turnout of local wheelchair users and also many Ukrainians. In total there were over 100 competitors leading to some extended start times.

Eight UK based trail orienteers ventured out (Charles Bromley Gardener (BAOC), Iain Phillips (LEI), Peter Hornsby (LEI), John Kewley (MDOC), David Jukes (BKO), Michael Tsang (SLOW) and Liz and Graham Urquhart (OD)). The event was in Jonava, a short bus ride from Kaunas airport which meant we could do the local travel on foot or by public transport.

There were 4 different TrailO competitions with the results (based on a scoring system) combined to give the overall Falco Cup winners:

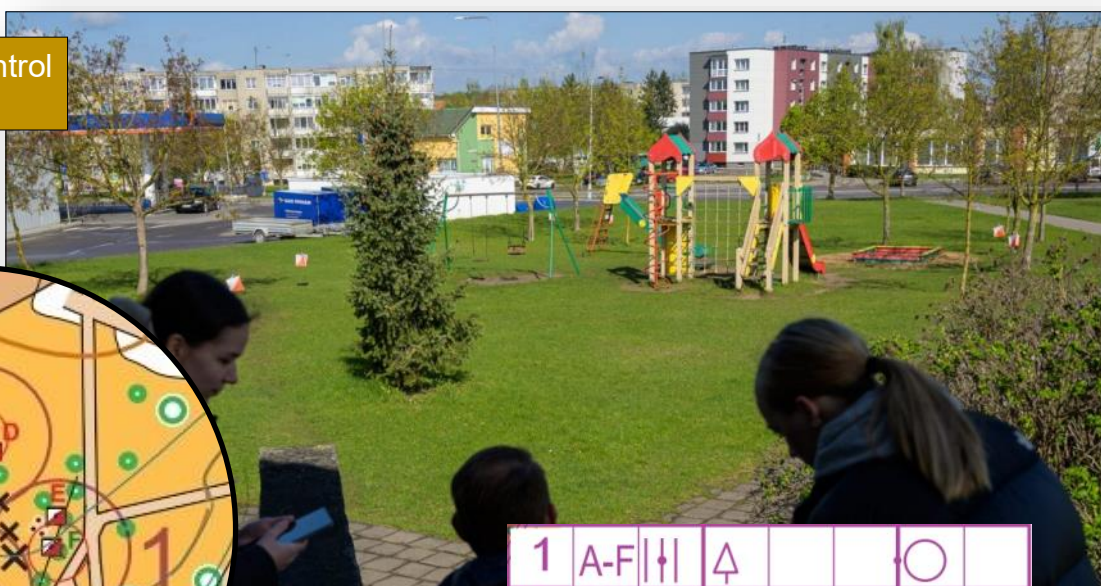
- **PreO-1:** With starts scheduled from about 15.00, the first competition on the Friday was a PreO with 30 controls and 2 timed controls. Several controls were voided due to problems with mapping and flag placement, but we were promised that such errors were restricted to Friday.
- **TempO:** Saturday saw a 6-station TempO with (usually for modern times) 6 problems at each station.
- **PreO Sprint:** This was followed immediately by a 20-control Sprint AZ PreO. The course for this was only 150 metres but only 22 minutes were allowed so rapid decisions were needed.
- **PreO-2:** Sunday was a 2nd PreO with 33 controls.

Both the TempO and 2nd PreO were ECTO and WREs.

The terrain was a river valley with plenty of parkland, a few contours and lots of woodland, as well as a couple of big lakes, one with a small beach. This enabled a number of close in controls with a few challenging problems either by distance or viewing angle.

Between competitions plenty of time was spent drinking coffee and eating ice creams in the sun.

The first Timed Control for PreO-2



1	A-F		△		○
2	A-F		△	×	≡
3	A-F	↑	△	△	≡

PreO-1: 32 controls (6 voided) / 750 m / Max time: 120 minutes / 1 Timed control (3 tasks)

TempO: 6 stations with 6 tasks each

PreO Sprint: 20 AZ controls / 150 m / 22 minutes / Controls correct to count but time taken as tie break

PreO-2: 33 controls (1 voided) / 1.2 Km / Max time: 135 minutes / 2 Timed controls (3 tasks each)

PreO-1	Name	Cont.	Time
1	Adam Stalka (POL)	24	35
6	John Kewley	21	47
9	Michael Tsang	21	108
12	David Jukes	20	112
24= (5 P)	Graham Urquhart	18	38

PreO-2	Name	Cont.	Time
1	Aurimas Murenas (LTU)	30	64
16	John Kewley	26	124
33	David Jukes	23	117
36	Charles Bromley Gardner	23	212
48 (9 P)	Graham Urquhart	21	250

Sprint	Name	Cont.	Time
1	Yevhenii Lukatskyi (UKR)	18	657
13	Michael Tsang	16	658
14	Iain Phillips	16	678
18	David Jukes	16	973
37 (3 P)	Graham Urquhart	14	855

TempO	Name	Time	Pen.	Tot.
1	Krystian Petersburski (POL)	242	210	452
9	Charles Bromley Gardner	387	150	537
18	John Kewley	360	270	630
23=	Iain Phillips	415	240	655
23= (1 P)	Graham Urquhart	505	150	655

Technical Issue

Consider the two Falco Cup map extracts on the right taken from the solution maps. The top one is from the PreO Sprint and the bottom from the PreO-2. In both cases purple lines indicate the limits of the useable course for competitors. However, in both cases, a track leaves the main route but they have a flight of steps. In the top example, these go down past Control 11 (as can be seen in the image); in the bottom example, they go up past Control 27.



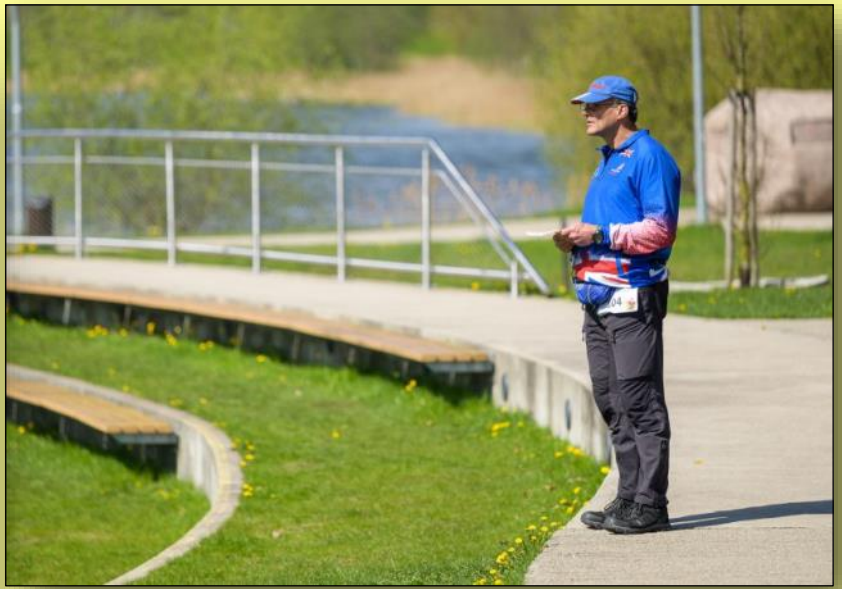
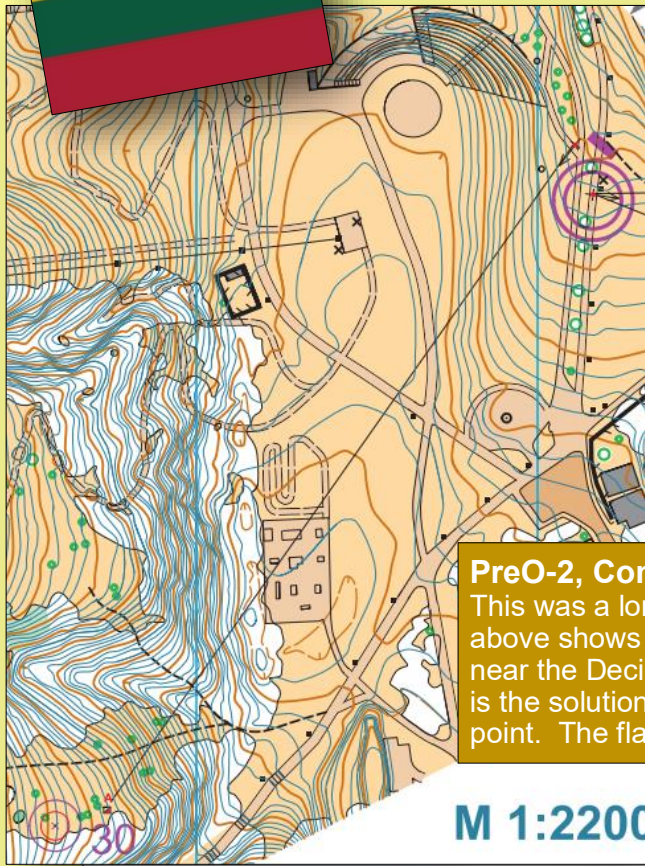
IOF TrailO Rules state: '16.4 Any route not passable by all wheelchair users, because of width, protruding roots, fallen trees or other unsuitable surface must be banned to all and marked on the map and/or in the terrain by tapes.'

IOF Guidance also provides the following: 'Consideration must be given to the condition of the route to be followed and any route that is not accessible to all without a viable alternative must be banned to all. For example a path with steps or a fallen tree would not be passable by the majority of wheelchair users, but if an alternative parallel route is available the competitor may be left to choose.'

The routes are not indicated as forbidden on the map and there were no tapes on the ground - but the steps are not accessible to wheelchair users. When an Open competitor is competing, it can be easy to forget this. One competitor did go up the steps to get a better view of Control 27 but, when they realised that the route was not accessible, they decided not to give an answer for that control and continued without punching.

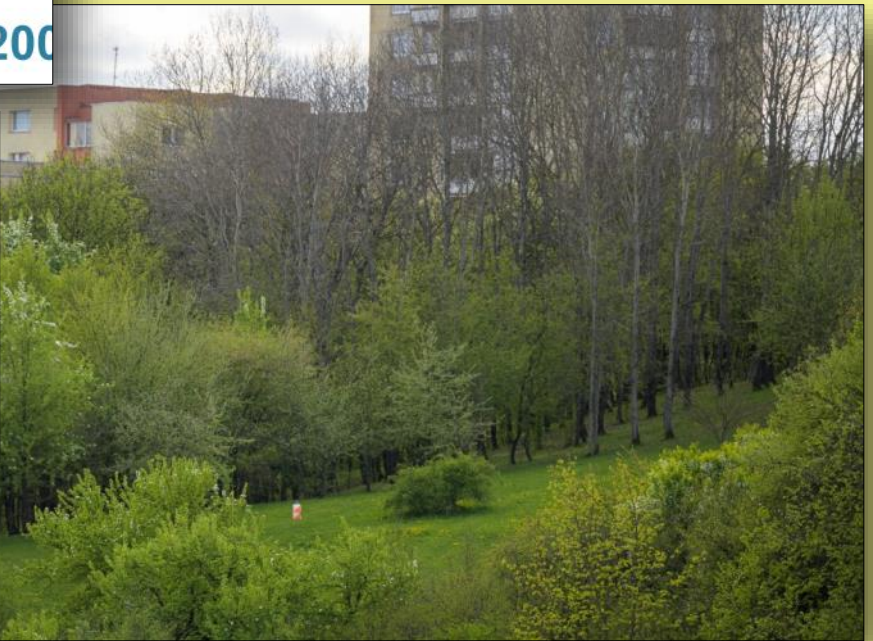
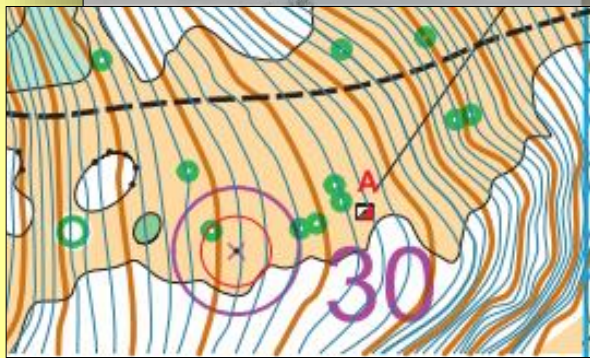
But should these tracks have had purple bars on the map? Perhaps not but organisers need to remember that there may be first timers taking part who will need guidance on the rules.



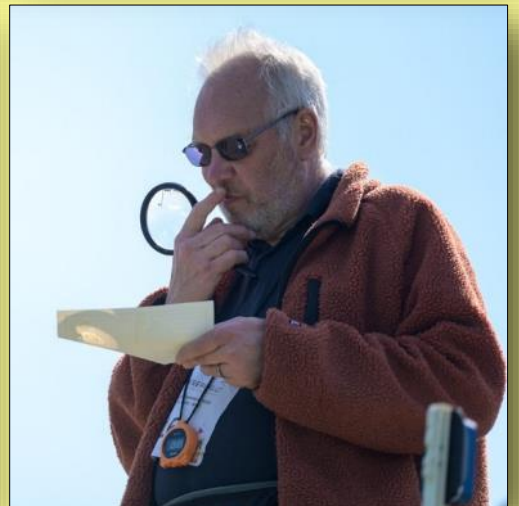


PreO-2, Control 30:

This was a long-distance control near the end of the course. The image above shows **Charles Bromley Gardner** assessing it from the circular path near the Decision Point. The image below shows the visible flag. Also shown is the solution map with an enlargement showing the area around the control point. The flag was too low in the clearing. Charles correctly entered 'Z'.



All Falco Cup photos taken by **Donatas Lazauskas**



3 GBR competitors at the PreO Sprint: **David Jukes** (left), **Iain Phillips** (middle) and **Peter Hornsby** (right)

British TrailO Championships (BTOC) Armagh Palace Demesne 6 May 2023

BTOC this year was held in Northern Ireland on the same day as the British Sprint Championships (also held in Armagh). To allow competitors to compete in both, the event was scheduled to start at about 6.00. It was staged by Lagan Valley Orienteers (LVO)

Wilbert Hollinger - Planner and Organiser comments:

It was good to have almost all of the top GB TrailO competitors compete at Armagh and, whilst it was not the most technical of areas, I tried to provide problems which would challenge and separate participants. Indeed, with only one person getting all the controls correct and then three with two wrong, but separated by having different times. This appears to have been achieved.

It was quite an undertaking to have the event following the sprints, not helped by their one hour delay and it was a bit of a rush for officials and many competitors alike. The registration location at the Rugby club was certainly welcomed.

The timed controls proved surprisingly difficult for some. Whilst there were some very quick decisions, the fact that only one control was to be determined at each point seemed to add pressure. Certainly the low 25% success rate at T2, in choosing the correct tree was most unexpected. On the course itself there was quite a lot of lining up and this sometimes involved moving well away from the decision point. The fact that punches could be carried did not disadvantage those who were less mobile but, provided the position of the kites could be remembered, such movement greatly aided correct interpretation. The controller, **Stephen Gilmore**, and I spent considerable time in checking out numerous possibilities for alignment and making minor map adjustments as required, although the map, drawn by local mapper, **Graeme Francis** (who also drew the sprint maps) was, we considered, generally very good.

As always, there was a fair bit of debate when the solutions were made available with most agreeing that the event in this parkland venue had been more difficult than expected.

A big thanks to Stephen as controller and to all who assisted at the timed controls, some of whom are now keen to participate in TrailO and indeed it is to be hoped that after a number of lapsed years an Irish Championship can be staged next year.

Congratulations to Tom and Colin on winning the Open and P class respectively and it was nice to see them receiving their trophies, just before the Middle Championships prize giving, at Drumkeeragh.

Our thanks to Wilbert and his team of helpers from LVO for a great competition. What Wilbert doesn't mention is that, as well as setting up the BTOC, he was a competitor in the British Sprint Championships himself. He came second in the M75 heat in the morning but then won the final in the afternoon.



Wilbert Hollinger
at the event

Competition map

2	A-E	↑	↑	=
---	-----	---	---	---

An Early Problem: Control 2 Decision Point view.
 Flags A and B were off to left and concerned Control 4. The 3 flags appeared to each be positioned 'between' two trees with one tree being behind the closer large tree trunk on the left. Surely the answer is 'C'. **Correct ? See next page!**

David Jukes comments as a competitor:

Armagh Palace Demesne certainly provided a surprising mixture of terrain types and varied control sites.

We started with two Time Controls which, unusually, each consisted of a single control to assess. The first used a small ruin whilst the second had us looking out across some of the parkland with scattered trees and small thickets. This was surprisingly tricky with panic setting it as the seconds ticked away. With only the one decision to be reached, there was no time to 'get into the map' so it was a real test of quick map interpretation.

It was then straight into the 20 control PreO course. After an initial control on a wall just off the track (how far down the track was it?), the next few controls (2-5) were as expected and used the open parkland with scattered trees. Control 6 though was in an area of woodland and needed a different technique to try and identify the correct flag. More open parkland followed interspersed with varied areas of woodland. The last few controls (17-20) took competitors into a more formal garden area which needed careful evaluation to ensure the correct flags were selected. The variety of challenges that Wilbert had produced was certainly unexpected.

Unfortunately one control (16) had to be voided. After some competitors had difficulty identifying all the flags, it was realised that the decision point marker had perhaps been moved and was positioned with a large tree obscuring one of the flags.

Having the event in Northern Ireland was always likely to lead to a reduced number of competitors, but by combining BTOC with the British Sprint and British Middle Championships it made for a good weekend



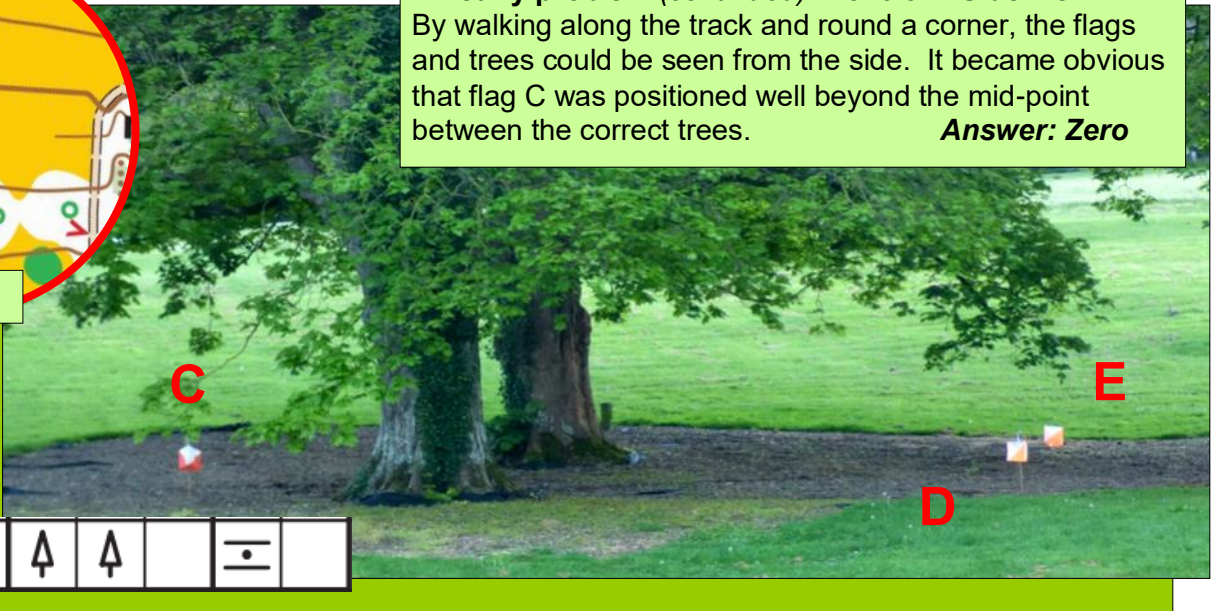
Receiving their trophies from **Greg McCann** of Lagan Valley Orienteers:

- **Top: Tom Dobra** (Open Class)
- **Bottom: Colin Duckworth** (P Class)



Solution map

An early problem (continued): Control 2 Side view.
 By walking along the track and round a corner, the flags and trees could be seen from the side. It became obvious that flag C was positioned well beyond the mid-point between the correct trees.
Answer: Zero



2	A-E	↑	↑		≡
---	-----	---	---	--	---

of competition for those wanting to do all the events. Inevitably though it put added pressure on the organisers. The British Sprint Championships, which consist of an initial set of heats followed by finals, often suffer from delays as allocating start times for the finals depends on the results from the heats. With BTOC initially due to start at 16.45, the delays to the Sprints led to this being after 18.00. However the weather was kind and competitors were all able to complete the course before dusk. Having the Rugby Club (with a bar) as the event centre gave everyone a chance to relax after the competition. What proved harder though was finding somewhere to eat at 21.00 as Armagh restaurants appeared to expect diners to be finished by then.

Well done to Lagan Valley Orienteers and to Wilbert in particular for their work in the staging of the event. The competition was certainly an excellent BTOC with the winners being worthy Champions. The trophies were awarded at the British Middle Championships the following day before we all headed back home - for many, a flight back to Great Britain!



Peter Roberts relaxing in the rugby club after the event

For links to all the results, maps and photos, see the BTOC page on the British Trail Orienteering website:

[British Trail Orienteering Championships](#)



Competitors entered a formal garden towards the end of the course. Here the **A** and **B** flags were a distraction whilst the **C** flag was correct



Elite Class - Top 10 competitors

	Name	Club	Open/Junior	Cont.	Time (s)
1	Tom Dobra	TVOC	O	19	80
2	Ben Kyd	MDOC	O (J)	17	13
3	Nick Barrable	SYO	O	17	37
4	Sarah Jane Barrable	SLOW	O	17	148
5	John Kewley	MDOC	O	16	90
6	Sam Drinkwater	MDOC	O	16	96
7	Ian Ditchfield	MV	O	15	29
8	David Jukes	BKO	O	15	84
9	Andrew Stemp	AIRE	O	15	89
10	Duncan Harris	DEE	O	15	98

	Name	Club	P	Controls	Time (s)
1	Colin Duckworth	TVOC	P	15	84
2	Graham Urquhart	OD	P	12	110
3	Peter Roberts	EBOR	P	12	157

Standard Class

	Name	Club	Open/Junior	Cont.
1	David Jolly	HALO	O	13
2	Gordon Stephens	LVO	O	12
3	Stefano Rizzo	FERMO	O	11
4	Flora Jolly	HALO	O	11
5	Richard McCourt	LVO	O	10
6	Graham Denny	SAX	O	10
7	Kirsty Hosford	Ind	O	6

PreO: 20 controls (1 voided) / 1.7 Km / Max time: 110 or 120 (P) mins / 2 Timed controls each with one task (*for Elite only*)

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

Minutes of the meetings of the Steering Group can normally be found on the BOF website at: [Governance - Steering Groups](#).

British Orienteering: TrailO Selection Panel 2023

Chair of Selectors: Neil Cameron

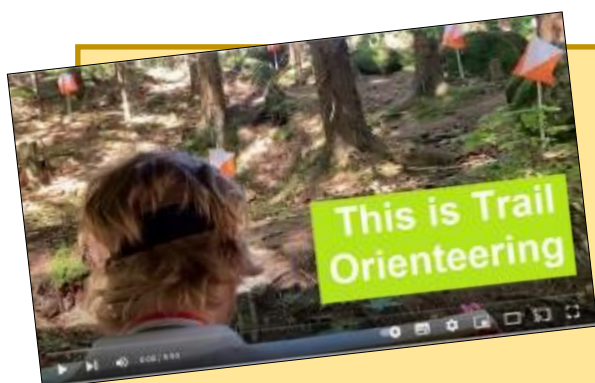
Selection Advisers: Clive Allen and Wilbert Hollinger

UK Involvement in International TrailO

Member Trail Orienteering Athletes' Advisory Group: John Kewley

Member IOF Athletes' Commission: John Kewley

Qualified Event Advisors: Charles Bromley Gardner, Colin Duckworth, Richard Keighley, John Kewley, Iain Phillips and Graham Urquhart



This is Trail Orienteering 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](#)).

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



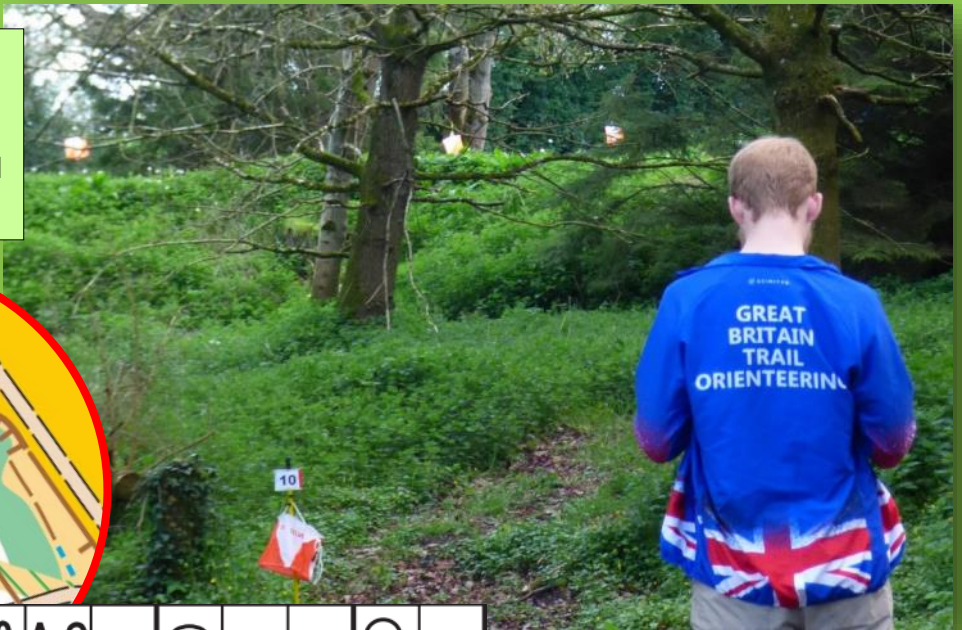
It was a lovely sunny afternoon for the second day of this year's JK weekend in the Lake District. Here is **Alan Parker (AIRE)** helping out at the start of the Day 2 PreO course.

For more information on TrailO, see: [British Trail Orienteering](#)



Success for **Graham Urquhart (OD)** at the Falco Cup in Lithuania at the end of April. Graham took first place in the P Class TempO competition with Ukrainians finishing 2nd and 3rd.

Alpha, Bravo or Charlie? Or Zero? **Ben Kyd (MDOC)** checks his map at Control 10 at the British Championships in Northern Ireland in early May



Solutions Map



10	A-C	⊕		⊙
----	-----	---	--	---