

British Trail O Newsletter

June 2024



Introduction from the Editor

It was certainly an honour to be selected to be a member of the British TrailO team and have the opportunity to compete recently at the European TrailO Championships (ETOC) in Finland. Whilst my results were variable and not as good as I had hoped (but that probably applies to nearly all the competitors!), it was however a great experience.

Most of the team arrived in Finland on a Saturday 4th May and left on Monday 13th May. With the exception of the Monday of departure, if you include the ETOC model event, I was competing on every day - a total of 9 events. For Tom Dobra, who made the TempO Final, he had 10 events. Before ETOC, my previous 9 events spanned a period of nearly 12 months. What I hope is that, despite the variable results, I will have gained a huge amount of experience - boosted by the post-event analysis with the other British participants when back in the accommodation each evening.

It was particularly good to have a new member in the British team, Kieran Marsh, in Finland and it was his first experience of TrailO outside of the UK. With the complex rocky terrain that was used for nearly all the events, the technical challenge must have seemed a massive step up from that found at many UK events. He did well and should be pleased with his results (*see his comments later in this Newsletter*).

What I feel this perhaps illustrates is that, despite the terrain appearing to be new and providing a very different challenge, the fundamental TrailO processes of reading the map and interpreting the terrain still apply. Experience can certainly help but careful application of the fundamentals is the first requirement. And Kieran appeared to achieve this very successfully. Perhaps I need to remember this at my next event!

David Jukes (davidjukes@sky.com)



Cover Picture: The image shows **Tom Dobra** being escorted to Station 9 in the Final of the TempO competition at the European TrailO Championships (ETOC) held in Finland in May. Tom was our only competitor to reach the TempO Final. For his account of the day, see **Pages 25 - 26**

Supporting TrailO Leaflets

Have you wondered what is involved in putting on a TrailO event? Does the idea seem too difficult? With limited events, it can be difficult to work out what to do – but without people trying in the first place, the number of events remains limited. One way to solve this conundrum is to provide better advice and guidance.

And this is why there are some new '**Supporting TrailO**' leaflets now available on the TrailO section of the British Orienteering website. Experienced TrailO competitor, **Clive Allen**, has redrafted some former guidance and fully updated it. There are now 4 leaflets providing many suggestions and they are illustrated with photos and images. These are designed primarily to support organisers and planners of foot orienteering events or training activities who may like to also offer some TrailO.

The leaflets have the following titles:

1. **How to stage a simple PreO event**
2. **How to stage a PreO Sprint event**
3. **TempO stations and PreO timed controls: Training or a simple event**
4. **TempO stations and PreO timed controls management at full-scale TrailO events**

More leaflets are planned for the future.



These can be downloaded as pdf files from the '[Staging small TrailO events](#)' page on the British Orienteering website.

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
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 (See box below)		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



British Autumn TrailO Weekend

Incorporating the 2024 British TrailO Championships (BTOC)

Saturday 12th October:
PreO at Burnham Beeches, Slough

Sunday 13th October:
TempO at University of Reading,
Whiteknights Campus

For embargoes, see:
https://www.britishorienteering.org.uk/embargoed_areas





There will be two Championship events this year determining the 2024 PreO BTOC Champions and 2024 TempO BTOC Champions. In addition, the BTOC Trophy will be awarded to an overall winner based on the results of both events.

- Course Planners: **Tom Dobra** (PreO) and **Charles Bromley Gardner** (TempO)
- Organiser: **David Jukes** (BKO)

Watch out for more details on the British TrailO website: [British TrailO Championships \(BTOC\)](https://www.britishorienteering.org.uk/btoc)

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](#)

TrailO Development Steering Group Update



The national Steering Group held a meeting on Zoom on the 26th April chaired by **Graham Urquhart**. The following is a summary of some of the items discussed:

Events:

- **BTOC 2024:** The Steering Group discussed the planned weekend of TrailO being organised by David Jukes for October. Following a site visit by Tom Dobra (Planner) to Burnham Beeches, he had confirmed that the location would support a British Championships PreO event. It had already been accepted that the University of Reading Whiteknights campus could provide a suitable TempO Championship. The Group agreed to confirm that the weekend would act as the 2024 BTOC Championships. Further discussion led to an agreement that there should be separate PreO and TempO Championships and that the single TrailO Trophy would be awarded to an overall weekend winner based on a combined result calculation. The need for Controllers was also discussed. It was agreed that these should be appointed although it would be preferable if this was not undertaken by people who would wish to compete. Attempts would be made to identify suitable people willing to act as controllers.
- **JK2025:** John Kewley has been involved in some assessment of potential areas linked to the plans for the FootO events. Work continues on this. There was a short discussion as to whether the priority should be event quality (i.e. events using high quality terrain even if some distance from the FootO) or event participation (i.e. events adjacent to the FootO events). John was asked to produce a paper or article on the advantages of each option.
- There was some additional discussion about a site in Yorkshire for an event. Clive Allen had visited and described its potential for a TrailO event but, due to some issues, he felt it would be unlikely to be suitable for a future BTOC.

Equipment:

There was again a discussion on the future purchase of Toe Punch for use in the UK. Graham Urquhart pointed out there are 3 main challenges to be solved for this to be achieved. These include: future ownership (BOF, a current club or a new TrailO club?), import arrangements (following Brexit, importing the kit would face additional barriers and costs), and funding (the estimated cost is around £4000 plus taxes and duties). Until these issues are solved, the potential to hire equipment will be considered.

Selection Policy for 2025:

There was an early discussion regarding likely the likely evidence that will be used by selectors when assessing the team for WTOC 2025. The actual selection will probably be in May or early June 2025. However, some important 2024 events are likely to be useful in selecting the team. Details of those considered significant should be advertised appropriately. Clive Allen will draft a statement for publication on the BOF selection page.

Currently the Steering Group suggested that the following should be considered potentially useful for selection purposes:

- **UK** – BTOC 2024, JK 2025.
- **International** – The Hun/SVK WTOC pre-event on 7th/8th September (which would also be very suitable as training for WTOC itself), any WRE and ECTO events in general, the Nordic Match on 21st/22nd September.

Anyone wishing to be considered for selection is advised to use this list and to look out for the publication of Clive's statement for more precise guidance

The **TrailO Development Steering Group** is chaired by **Graham Urquhart** who can be contacted at: trailocommitteechair@britishorienteering.org.uk

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)

The table below shows the updated World Ranking list positions for all the GBR competitors as of 1st June. Also included are two from Hong Kong who are currently resident in the UK - both are members of MDOC.

When compared to the listing in the last Newsletter (11 March), for many competitors, positions have dropped. A competitor's best 6 events during the past 18 months are used to give their overall score. Since the last list in March, there have been plenty of additional events giving opportunities to boost scores. The list includes scores from all 6 WREs staged in Finland at both the ETOC Warmup and the ETOC itself. Missing is a score from a very recent Italian event

For GBR competitors, **Ian Ditchfield** has risen since previously he only had 5 scoring events. Also going up are **Colin Duckworth** and **Christine Roberts** (both previously only having 4 scoring events). A new entry to the table is **Kieran Marsh** (SLOW) who attended the Pre-ETOC events as well as the Championships itself.

All		P Class	Jun. Class	Name	Score	Events counted in score
1 June 2024	11 Mar. 2024					
1	1			Krystian Petersburski (POL)	5983	6
10	7		1	Simone Frascaroli (ITA)	5861	6
14	19			John Kewley	5826	6
66	49	1		Vladyslav Vovk (UKR)	5435	6
70	53			Tom Dobra	5405	6
71	50			Charles Bromley Gardner	5404	6
97	65			Ben Kyd	5189	6
106	80			David Jukes	5064	6
112	102			Michael Tsang (HKG)	4946	6
114	101	10		Graham Urquhart (P)	4921	6
120	107			Wang Ki Yuan (John) (HKG)	4866	6
121	103			Iain Phillips	4858	6
130	192			Ian Ditchfield	4741	6
199	197			Elizabeth Urquhart	3724	6
212	248	36		Colin Duckworth (P)	3608	6
214	--			Kieran Marsh	3593	5
222	213	37		Peter Roberts (P)	3311	6
232	264			Christine Roberts	3023	6
331	326		33	Max Straube Roth (J)	1372	2
337	231			Peter Hornsby	1315	2
372	--			Clive Allen	998	2

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

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

European Cup in TrailO 2024 (ECTO)

For 2024, the IOF TrailO Commission (TOC) has designated the following 12 events from 6 weekends to contribute to ECTO:

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

A competitor's best 5 events will be used to determine the final positions. At each event, the scoring system used is based on a competitor's position in the results and gives the following points:

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

The first two weekends, with 4 PreO competitions, have been completed. However, with the large attendance at the two Finland events (there were over 150 at each of the events), there are over 90 people who all have a score of 2. As only two GBR competitors attended the Slovenian events at Easter (see report on pages 13-14), it is not surprising that they are currently the top two from GBR. Their current positions and scores are:

- 29th John Kewley 45 points
- 47th Charles Bromley Gardner 29 points

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

International Orienteering Federation (IOF) Updates



Elections to the Athletes' Advisory Groups and the Athlete's Commission

As a part of the governance structure of the IOF there are four Athletes' Advisory Groups (AAGs), one for each orienteering discipline. The Groups represent the voice and interests of athletes by engaging in decision-making processes within the IOF organization and to empower athletes through the communication of information. The Groups are elected for a two-year term by orienteers who have competed at an international level in recent regional or world championships in each discipline.

Elections were held earlier in the year for the new two-year term which has just started - in May. Each AAG should have a minimum of 4 members and a maximum of 6 members. The groups should, in theory, also have one or more members from outside Europe and at least two of each gender – but that requires appropriate people to stand for election. In the TrailO election, 5 people stood and they all got sufficient votes to be elected to the Group. These include **John Kewley** from GBR. The full list (with their votes and % votes) is the following:

- John Kewley (GBR): 71 votes (72 %)
- Pinja Mäkinen (FIN): 65 votes (66 %)
- Laura Elīza Lapiņa (LAT): 61 votes (62 %)
- Aaron Gaio (ITA): 59 votes (60 %)
- Arno Grønhovd (NOR): 57 votes (58 %)

Each AAG also elects two representatives from their Group to form an Athletes Commission (AC). Following the AAG elections, **John Kewley** and **Pinja Mäkinen** will be the representatives on the AC.

Congratulations to John for his re-election (he has already been serving on the AAG and AC for the last two years) and well done for giving his time to contribute to this work.

The monthly Hungarian TORUS TempO Trophy 2024 has continued with events provided on the last Wednesday of each month. With 5 events now having taken place, the leader-board is beginning to provide a valid picture of the top performers. The table on the left is based on a competitor's best 4 scores from the 5 events held so far.

Continuing his outstanding performance at this form of TrailO, **Ben Kyd** is showing in first place. He did miss the February event and, as an 'Advisor' for the May event, he was allocated points based on his previous scores. Currently in second place is the Italian junior Simone Frascaroli with a score of 391.10. However, if scores from all five events are counted, Simone is a clear leader having competed in them all and having won those in April and May. At the end of the year, results will be based on a competitor's best 9 events from all 12 in the year.

Also available is a club listing based on each club's best 3 competitors at each event. Here we can see the current dominance of MDOC in the competition with Ben, Samuel and John providing consistently good scores. The next 2 GBR clubs are Bristol OK and TVOC.

Top 10 GBR (based on best 4 scores from 5 events)			
1	Ben Kyd	MDOC	394.75
11	Samuel Drinkwater	MDOC	372.13
33	Tom Dobra	TVOC	356.34
44	John Kewley	MDOC	346.48
49	Robert Finch	NGOC	344.08
61	Jamie Austin-mills	NOR	338.48
70	Nicola Morris	BOK	331.94
105	Iain Phillips	LEI	313.66
134	David Jukes	BKO	303.80

Club		Score	
1	MDOC	GBR	1374
2	COMA	ESP	1307
3	OLV Landshut	GER	1306
11	Bristol OK	GBR	1137
22	TVOC	GBR	961



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.

An example control from the May 2024 event. The correct solution was 'F'

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 only limited details yet on the events designated as being part of the British TrailO League 2024.

Currently only 3 events are listed:

- PreO at the JK event on Good Friday
- 12th October - BTOC PreO
- 13th October - BTOC Temp O

Is anyone else planning to stage a TrailO event which could be added?

To check for any updates regarding BriTOL events, see: [British TrailO League](#)

Know your fellow TrailO Competitors : Ian Ditchfield

For this issue, **Ian Ditchfield** has answered the questions for the Newsletter. Ian, as you will read, has been a member of the GBR team for many years.

Age/Class? M65

Family circumstances? Partnered with Ruth Rhodes

Hometown? Current location? Dorking

Employment? Used to work in IT for Friends Provident insurance company. Took redundancy/early retirement when job off-shored to India.

Clubs? Mole Valley

How did you start orienteering and/or TrailO? Used to do Long Distance Walking. Wanted something more competitive and started training for a marathon. Found running boring. The LDWA events I enjoyed most were the type they called "Kanters", which were described as "like score orienteering". Didn't understand the "score" but picked up on "orienteering". Tried a (foot) orienteering event. Never looked back!



TrailO for me started as something to fill in spare time at multi-day events. I'm not good at stretching, but wandering around with a map after a race stops me getting too stiff. What really kicked it off for me was something I didn't even know about at the time. Originally, TrailO was regarded in most quarters as primarily for the disabled, and an international TrailO team was only allowed for Paralympic competitors. However, it was soon recognised that the map-reading challenge is just as valid for the able-bodied, and in 2009 the IOF changed the rules. Suddenly the redoubtable Anne Braggins was urging FootO people who had done well in the odd TrailO event to take part in World Championships!

Best achievement/success? 5th in the World Championship (PreO was the only individual class back then) at Tentsmuir in 2012. 4th, with JK & John Crosby, in the team event at the World Championship in 2011 (no relay in those days, "team" event was the aggregate scores of 3 pre-nominated competitors, at least one of them "P", on the second of the two PreO days). British (PreO) Champion jointly in 2010 (tied with JK) and outright in 2012 (JK disqualified himself by planning).

In FootO, I have to pick my other IOF certificate, for 4th place in the M60 World Masters Sprint in Auckland, New Zealand in 2017. Although I have to admit that, while 4th sounds good, I was over a minute down on 3rd - that's a lot in sprint. Domestically I've won my age class in the British Nights couple of times. With Mike Elliot & Nigel Bush, I'm reigning British Champion in the M125+ relay class. We won in 1998, the year the JK relays switched from age class to handicap classes. I think its addition to the British relays was a mistake, certainly the class was only run that once.

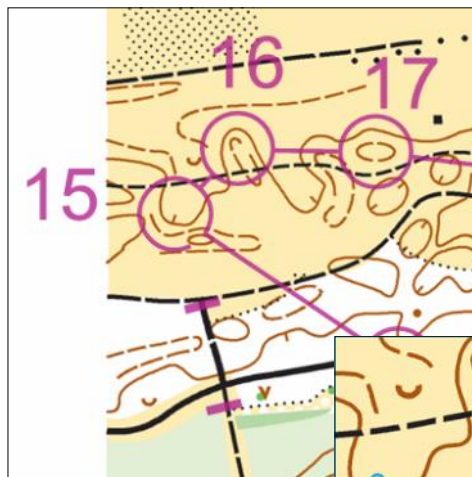
I'm also rather proud of my LDWA thousand mile badge, earned by completing 10 100-mile events between 1986 & 1996. Not a race, just a 48 hour time limit. My fastest time 29 hours 59 minutes.

Most enjoyed event? Why? I'm tempted to nominate last year's World Championship for the amazing rock scenery in Czechia. However, to really enjoy a TrailO event, I have to be under the illusion that I am 'enjoying' it, and I never felt I was really getting to grips with those controls 10's of meters above my head. So I'll go for the fantastic weekend that JK put together on the sand dunes at Newborough (Anglesey) in 2012.

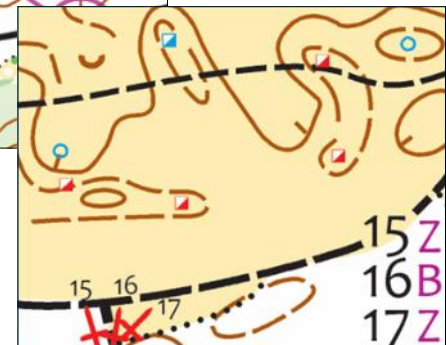
Worst event/most embarrassing TrailO moment/biggest goof? Fortunately TrailO is an individual sport, so mistakes are rarely embarrassing. And worst event would be one where I disagreed with the planner's answers - doesn't mean that the planner is wrong, whatever I may think; and we have to be grateful for our planners so I wouldn't want to embarrass them if they were at fault.

I'll pick two incidents where my failings still annoy me after several years. One was a British Championship on a showery day in Northern Ireland. I did most of the course in the dry, but the heavens opened while I was considering the last control, which if I remember rightly was an "A-Z"). I made myself stand there, while it felt like someone was throwing buckets of icy water over me, until I was sure I had the right answer, pin-punched, and bolted for the finish and shelter. Only when the results came out did I realise that I punched the wrong side of the card, "A" instead of "Z" or vice versa!

The other was peering at a distant sand-dune at Tentsmuir. [See control 15 in the maps on the right] The control was supposed to be in a re-entrant on the far side of the sand-dune, and we could see the top of a flag peering over the ridge at the right point. So I went for it. With a little more experience, I would have realised that, while the kite was in the correct re-entrant, the control should have been further down, and so the kite should not have been visible. If I'd got that right, I would have been World Champion (unless the extra pressure of a higher score on the first day detracted from my day two performance).



World TrailO Championships 2012 - Tentsmuir
 Day 1 PreO
 Controls 15-17
 Competition map (left) and Solutions (below)



15 A-E	∩		↑
16 A-E	○		↑
17 A-E	○		↗

Favourite area and/or terrain? Why? I like sand dunes for both TrailO and FootO, and came 5th in a World Championship at Tentsmuir, so that's an easy one.

International experience/selection? Every World Championship and European Championship since 2010.

What have you put back into the sport? Planned and organised a British TrailO Championship and a JK TrailO. And planned several major footO events including a British Night Championship.

What training do you do? Very little bespoke TrailO training; I think it's only when you're puzzling over kites placed by someone else that you can really learn, and that opportunity usually only arises at events. I do however run around with an O map a few times a week,

Do you compete in on-line TrailO event and, if so, please comment? I do. It's easily-available TempO training, but I'm not an enthusiast; I find the lack of perspective and the intermittent unannounced use of wide-angle images frustrating. If I start to take it seriously, I'll begin by buying a much larger monitor.

What is the best thing about TrailO? It's the purest form of map-reading competition, running speed is pretty irrelevant. And the ability of everyone, irrespective of gender or disability, to compete on equal terms is pretty cool too.

What is the worst thing about TrailO? The lack of feedback. If I look for a FootO control in the wrong place, I know I haven't found it. And hopefully a bit later, I'll know where I should be.

In TrailO, you don't get told what you've got wrong until much later, and very often you can't go back and look again. Quite apart from the annoyance, this inhibits learning from your mistakes.

TrailO ambition? It's a source of frustration that I believe I'm much better at PreO now than in 2012, but have never got close to getting back on a WTOC podium. The standard of the world's best has gone up further and faster than mine. But maybe, just maybe, I might get there again.

Other activities/interests? I still go walking in the countryside, although not over long distances any more. I have a season ticket for two football clubs, Crystal Palace and Leatherhead (the latter I regard more as a donation than a way of reducing my spend on admission). I also do a little map editing for the Waze SatNav, partly to make sure that the SatNav will guide me to the right car parking for O events.

What have you done that no one else is likely to/will have done? Don't think I've done anything that remarkable. Perhaps doing UK Urban League events in Bristol and Newcastle on consecutive days (a triangular train journey over 3 days from home).

Favourite music/book/film, etc? Not much into music or film and I don't read many books now. I'll nominate the Lord of the Rings, which I read long before anyone made a film of it.

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.

TrailO at the Jan Kjellström Weekend

Friday 29th March 2024



This year's JK Festival was based in the Midlands. Problems with the lack of suitable terrain on the Saturday and Sunday meant that the only opportunity for a TrailO event was to make use of the Loughborough University campus, the location for the JK Sprint on Good Friday.

There are two reports on this event giving the perspective of the event winner, **Ben Kyd (MDOC/OUOC)**, and the event Planner, **Peter Hornsby (LEI)**.

Ben Kyd, JK TrailO Open Champion :

Easter weekend sees thousands of orienteers descend on a region of the UK for 4 days of varied and exciting races suited to everyone, including trail orienteers. This year, a PreO course around Loughborough University was the offering for the 71 people that came to compete, alongside the more popular sprint race on the other half of the campus. Though the weather forecast beforehand hadn't looked great, the rain only briefly appeared, meaning bright sunshine and pleasant race conditions for all who took part.

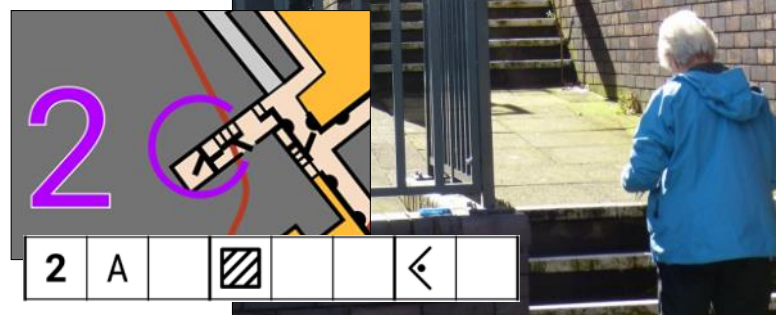


Control E9: Colin Duckworth, P Class Champion in action.

The course started with a timed section, where we were given 3 tasks to complete as quickly as we could, and the answers to all these tasks were either A or Z (kite or no kite). This section would only be used as a tiebreaker for those who scored the same on the main course (firstly by the number of tasks you got right out of 3, and then on how quickly you completed it), but it was still important to get these tasks right as it could make the difference for those fighting for the medals.

Emerging through the curtain blocking our view from the dark underpass, the view to the right that awaited us was a tight but still somewhat technical alleyway, and I found myself quickly trying to adjust my eyes to the light whilst gazing up at the staircases and ledges to determine where the three kites precisely were. I was told that later on some people found this even harder as they were staring up the alleyway directly into the sun! Fortunately for me though, I was able to deduce my answers quickly and punched the first Finish box to stop my time in this section.

Timed Section:
3 kites and 3 problems. The map below shows one of the challenges.
Correct answer:
Zero.
The photo shows **Ruth Rhodes (SO)** having a go.



The main PreO section of the course then immediately followed, with competitors' times starting as soon as they finished the timed section. The elite

course had 20 tasks to complete in a time limit of 70 minutes for the open class and 80 minutes for the P class, and the 1km course took us around various different buildings on the campus, which happened to also loosely follow the route that was being used for people to get to the car parks. Given my later start in the sprints, I was one of the first few people out on the course, and so amongst the difficult problems I also had the constant flow of traffic to contend with, plus the occasional puzzled orienteer wondering why I was stood staring into the bushes at the side of the road!

Despite the limitations in the area, however, the course was extremely well planned. A wide variety of tasks were tested, from some close-up technical tasks around the student accommodation near the start

to some more long-range tasks in the more open areas at the end of the course. There were even a few tasks based on contour and vegetation features, which was not something I personally expected to feature given the location of the event. Whilst an urban PreO was always going to be simpler in nature, focus was definitely needed to do well, and I found I was taking a lot of care to make sure I had understood the kites' locations and had solved the tasks properly.

A great deal of thanks needs to go to Peter Hornsby for planning the course and allowing TrailO to continue to be a part of the JK. Having an event located adjacent to one of the FootO events makes things a lot more convenient for those wanting to do both, and also increases the visibility of TrailO in the UK (especially when everyone coming to the event has to drive through the course!), and the competition was greatly appreciated by all who competed. My thanks also goes to Iain Phillips and Graham Urquhart for their heavy involvement on the organisational side, plus all the other helpers on the day for making sure everything ran smoothly for the duration of the event. It was an excellent way to start the weekend, and I'm looking forward to the offerings that will be found at the JK next year.



Graham Urquhart considers another problem set amongst the student residences.

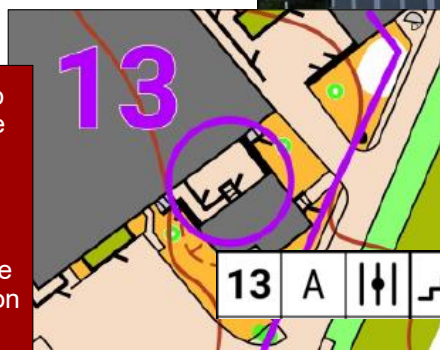
Peter Hornsby, Event Planner :

About a year ago while I was busy remapping the Sprint area, Iain Phillips (LEI, and the Day Organiser) caught me at a weak moment and persuaded me to set the TrailO event that traditionally runs alongside the main attraction. As I know the campus very well, having mapped it many times I thought that it would be an easy task, it must have been a very weak moment.

Last year's JK was a spectacle of 3 great TrailO events with varied terrain, types of event (and good weather) - a difficult act to follow. Unfortunately the urban nature of the campus, especially around the event centre, was not an ideal area for PreO. But PreO was decided upon and draft courses soon followed. In the meantime the walk from the Sprint finish to download was planned through our timed section, the Chemistry building was removed (the site of the first control), and the String course and Biathlons invaded other possible areas. So, all was re-planned and the courses were run in reverse.

Moving on to the courses

- **Timed control:** a simple set of steps problem made more difficult by having to juggle both maps. Some of the later starters were hampered by low sun. We did consider, and should have used, electronic punching for this station.
- **E1/S1:** a late addition to the course after the hoardings to the demolished buildings were removed about a fortnight before the event. The sight line was checked with a normal car in the line just next to the control group but we didn't anticipate that a monster-truck sized 4x4 will replace it on the day. I was surprised that some competitors were able to solve the E16/S13 group from that point, well done.
- The next set of controls around the residential blocks (**E3-11/S2-8**) seemed reasonably straightforward with some nice multiple building corner problems.
- **E12/S9:** This was much harder than I expected. The only reliable way of solving was the car park edge kerb line. Other methods were vague and gave conflicting results.
- **E13/S10:** A poor site due to the cartography being simplified for the Sprint map and thus making it



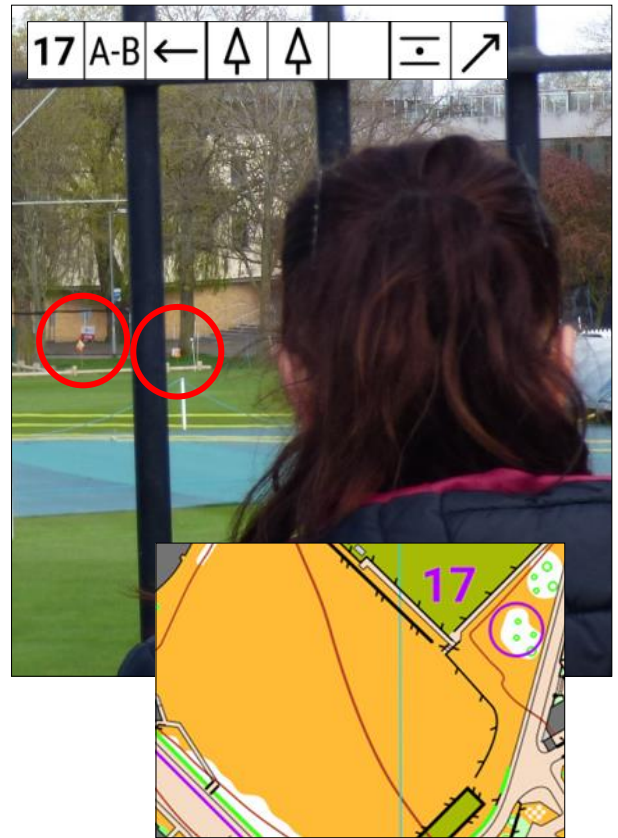
Control E13/S10: As can be seen from the Elite map extract, the map suggests a single flight of steps. The control description indicates that the flag should be situated at the 'Middle steps, foot'. The photo, taken from the opposite direction from the viewing point shows the actual structure. Although the lower flight was hardly visible from the viewing point, based on the map and control description, there was some confusion as what should be the correct flag location.

confusing for competitors. It was realised that this had not been suitable for use as a problem, hence it was voided.

- **E17:** This was our attempt to have a distant view problem, but, it was visible above the hedge for the tall and able-bodied. It would have been better to have kept competitors on the south side of the road.
- The final group for the elite **E19/20** was more challenging and may have been used for the standard course but the limited space at the viewing position excluded this.

So what have we learned? Apart from the issues mentioned above, about cars in line of sight and assuming that a so called trivial control is easy (or correct), then mainly - if the venue is ideal is for TempO then provide a TempO.

Control E17 (below): This was an interesting long distance control problem. The viewing point was through a metal gate set in a tall hedge. For most competitors, the only view was through the gate; tall competitors may have seen the kites as they walked along beside the hedges.



Elite Class	Name	Club	Correct (PreO /)	Time (secs)
1	Ben Kyd	MDOC	19 / 3	24
2	Charles Bromley Gardner	BAOC	19 / 3	43
3	David Jukes	BKO	18 / 3	31
4	River Edis-Smith	SYO	18 / 3	32
5	Wang Ki Yuen	MDOC	18 / 3	35
6	Anne Straube	OD	18 / 3	39
7	Tom Dobra	TVOC	18 / 3	43
8	Samuel Drinkwater	ERYRI	18 / 3	47
9=	John Kewley	MDOC	18 / 3	49
9=	Kieran Marsh	SLOW	18 / 3	49
11	David Wathey	MDOC	18 / 3	51

Elite: 20 controls (1 voided), 1000m, 70 mins
Open / 80 mins P Class, 1 Timed Section with 3 tasks

Standard: 15 controls (1 voided), 1000m, 60 mins (No timed section)

Standard Class	Name	Club	Correct
1=	Jacob Stevens	CHIG	13
1=	Joanna Qiu	CHIG	13
3=	Vicky Todd	EBOR	12
3=	Emma Kyd	MDOC	12
3=	Rebecca McCreadie	DEE	12

P Class	Name	Club	Correct (PreO /)	Time (secs)
1	Colin Duckworth	TVOC	16 / 3	44
2	Graham Urquhart	OD	15 / 0	82
3	Peter Roberts	EBOR	11 / 2	66

Newsletter Distribution

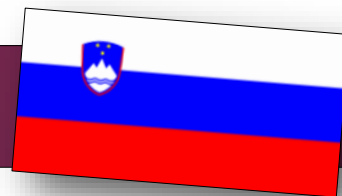
This Newsletter can be downloaded from the British TrailO website and an announcement is made on the Facebook page and to the international 'Bearing towards the C-Flag' Facebook group.

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Trzin TrailO 2024 - 30th/31st March 2024

Slovenia



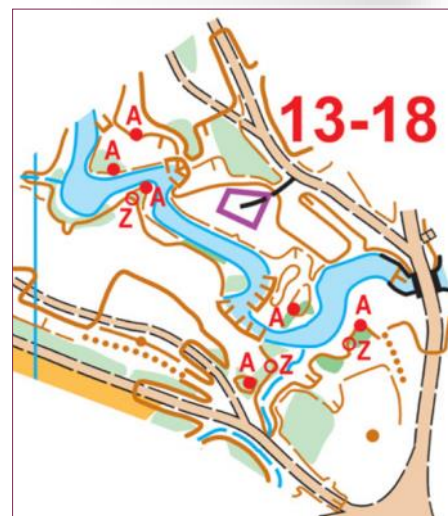
In addition to our own JK TrailO event on Good Friday, the Easter weekend also saw the first two 2024 European Cup (ECTO) events. Both **John Kewley (JK)** and **Charles Bromley Gardner** made the trip and here Charles reports on the events:

Having helped to pack away the JK24 event, two TrailO gluttons headed off to Ljubljana via Gatwick to complete the weekend's orienteering, with two WRE PreO events and a Night Sprint PreO. Apart from booking a group taxi from the airport, all travel was completed by local buses, or walking from a comfortable B&B accommodation to the evening's event and back.

Saturday's PreO was a 3-parter, on separate A5 maps, along a small river course. The height difference between the water and surrounding area was only up to 6m, but the ground had been sufficiently eroded to provide good form-line and contour features. Parts 2 (6x AZ controls) and 3 (10x AZ controls) were each solved from small viewing areas, about 10 x 20m. Entry into and off each Part was timed using TOE-punch. Only one competitor forgot to punch out of Part 2, requiring a manual result adjustment: luckily Part 3 was barely 50m away, so JK was still within the overall time allowance, even including the walk between the two parts.

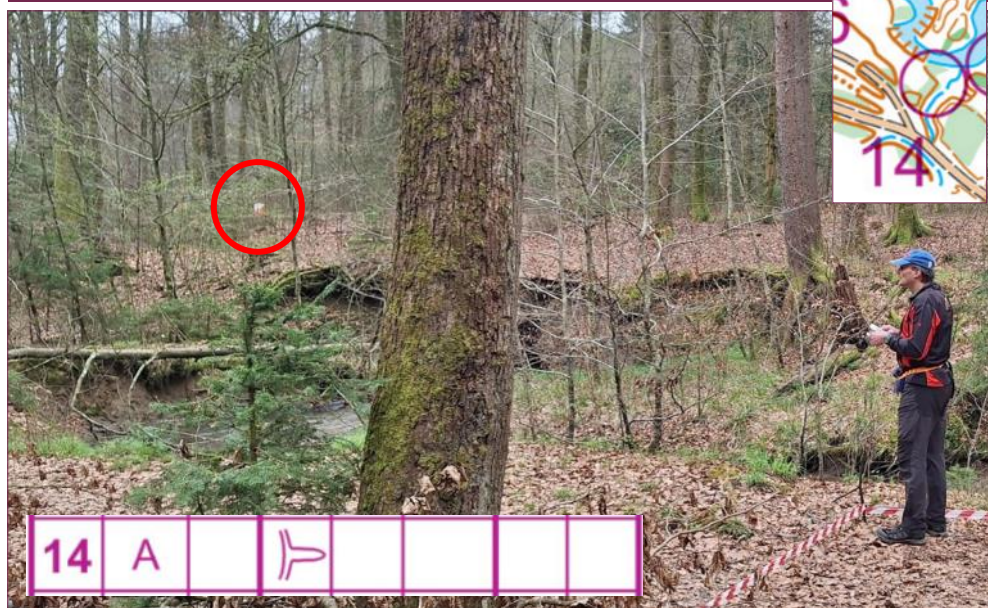
Separately, the Jury debated for some length after the event whether to disqualify a junior Ukrainian for possession of a mobile phone on the course, as he had been seen whiling away waiting time playing on it. He was disqualified - harsh, but Rules!

The evening's event consisted of 20 controls in parkland, edged by some woods, over a 330m course. The maximum distance to flags was 40m, so a good headlight was needed but not up to the typical Swedish standard. One control circle was drawn further afield though. A few controls were right beside the path. Luckily the weather was dry, as normal paper was used for the maps. The most decisive controls were on a drain cover (#7) and adjacent vegetation (#8). The former was level with the



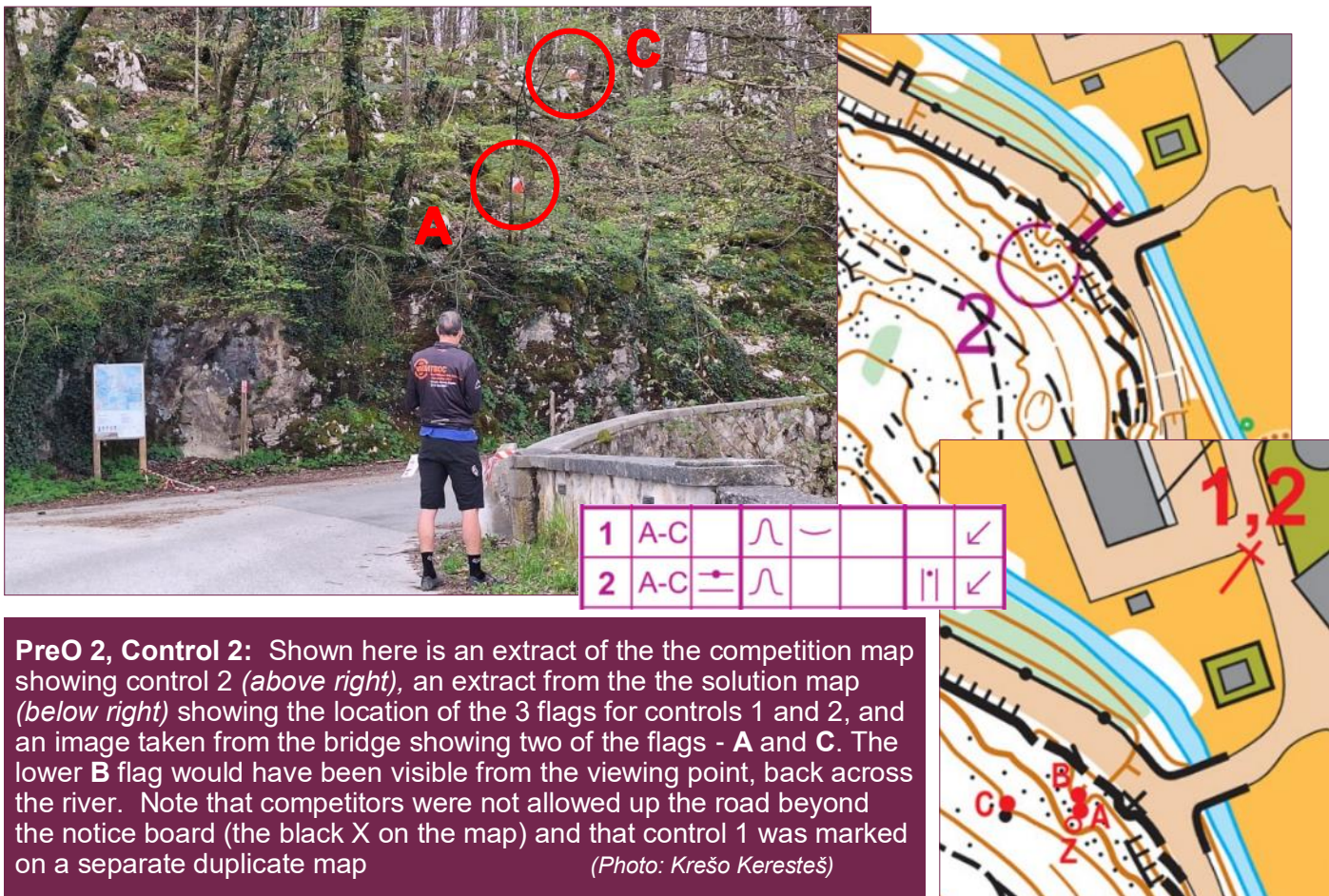
PreO 1: The second section (solution map above) with 6 A-Z controls all viewed from the small viewing area marked by the purple rectangle. The image below shows **Charles Bromley Gardner** at the viewing area. The river embankments can be seen with the flag for Control 14 just visible. It was incorrect, as indicated on the solution map above.

(Photo: Krešo Keresteš)



PreO Night Sprint: A map extract (left) showing controls 6-9 and the equivalent solution map (right). Note that the black circles included rubbish bins or disc golf baskets. The blue cross is the 'water shaft' or drain cover. Only the track at top left could be used.





PreO 2, Control 2: Shown here is an extract of the the competition map showing control 2 (*above right*), an extract from the the solution map (*below right*) showing the location of the 3 flags for controls 1 and 2, and an image taken from the bridge showing two of the flags - **A** and **C**. The lower **B** flag would have been visible from the viewing point, back across the river. Note that competitors were not allowed up the road beyond the notice board (the black X on the map) and that control 1 was marked on a separate duplicate map
(Photo: Krešo Keresteš)

ground, not visible whether the flag was correct or not, so it helped if competitors could determine if the adjacent control was correct or not: was it on the light green veg boundary, or the edge of a small white wood merging into scattered trees? Perhaps the next control (#9), on similar vegetation, might help? In the event all three were Z and many competitors rued misaligning the adjacent rubbish bin.

A further small area beside a renovated castle (Grad Jablje) provided Sunday's PreO. The first 15 controls were on a rocky steep slope, tightly packed over 380m requiring two side-by-side maps, whilst the remaining 11 over 90m were up by the castle on gentler terrain only rising 12m. No pre-event warning that the contour intervals were different (2.5m, then 2m), or at least that's my excuse.

The decisive control was #2: what was the correct upper part of the re-entrant? There were 2 flags in close proximity. There was plenty of opportunity to view from back and close, but the contour and adjacent crag features were intricate. And had we identified the contour interval? Where was the low crag, with tags, that should be 1m below the control location? In the event, both flags were just too low, with the control site being slightly out of sight. It took some working out, even with the solution map to hand, so those who got it right, for the right reasons, deserved their reward.

A very worthwhile Saturday to Sunday trip to a fun, challenging and well-organised event.

PreO 1: 28 controls, 350m, 95 mins / 2 TCs each with 3 tasks
PreO 2: 26 controls, 470m, 92 mins / 2 TCs each with 3 tasks
PreO Sprint: 20 controls, 330m, 30 mins

PreO 1	Name	Pts	Time (secs)
1	Laura Eliza Lapina (LAT)	28	31
9	John Kewley	27	54
20	Charles Bromley Gardner	26	91

PreO 2	Name	Pts	Time (secs)
1	Ralph Körner (GER)	26	27
30	John Kewley	23	61
45	Charles Bromley Gardner	21	111

Night PreO Sprint	Name	Pts	Time (m:s)
1	Simone Frascaroli (ITA)	20	9:26
2	Charles Bromley Gardner	20	13:53
14	John Kewley	19	18:02

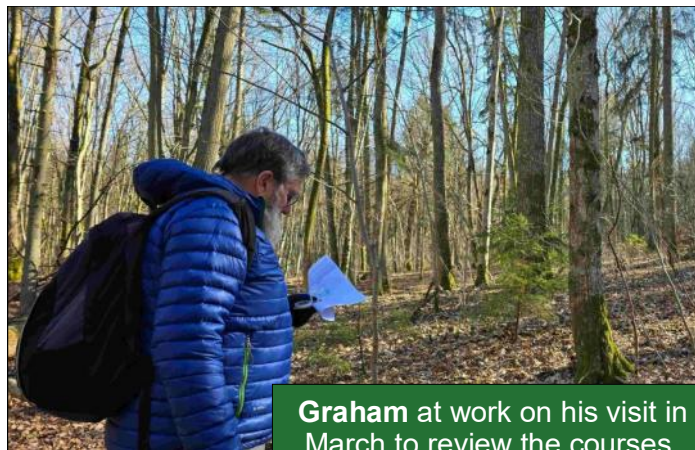


Falco Cup 2024 - 12th-14th April 2024 Alytus, Lithuania

Instead of the usual report from a competitor, here we take a look at an event from the perspective of the Event Advisor. **Graham Urquhart** fulfilled this role at the Falco Cup in April and here provides some background and details some of the issues that he needed to consider.

What is an EA for?

Event Advisors (EAs) are appointed by the IOF to provide assurance on the quality of events. While this focusses mostly on the major Regional and World Championships, EAs are also appointed for all World Ranking Events (WRE). They engage with the Organiser and local controller of the event to represent the competitors in ensuring a successful and fair competition. This means that the maps, courses and problems are all assessed and reviewed, and that the other arrangements for access, accessibility, results and so forth are also suitable. The intention is to minimise any complaints and protests by ensuring fair competition and smooth organisation.



Graham at work on his visit in March to review the courses.

GBR have several trained EAs, though many of us have not actually undertaken an EA role in practice, so I was happy to accept the invitation to act as EA for the 2 WRE events in Alytus, Lithuania at the Falco Cup 2024.

How does this work?

For a WRE, the EA is appointed about 6 to 12 months before the event, when WRE status is granted. This means that some of the processes required for Regional championships cannot happen. For example, it is usually not possible to review the courses 12 months in advance when the light and the vegetation are similar to the event, but this is a necessary compromise given the WRE timing. The course reviews are initially undertaken on paper, and later one or two visits are made to the terrain for in-place checks. At the event the EA re-checks the courses and setup.

For the Falco Cup, I spent 3 days in Alytus a few weeks before the competition, reviewing all the courses with flags in place. As we had time, I also had a look at the 2 non-WRE events that ran in parallel to the WRE.

What was the preparation for the Falco Cup like?

The Planner/Organiser was Andrius Jovaiša who is himself an experienced EA and was the EA for the European TrailO Championships in Finland this year. As a result, the overall arrangements were already in good shape. At the visits, the idea is to make sure that all competitors can solve the problems, for example eliminating problems that would require moving both ways on steep slopes or manoeuvring in narrow spaces which are hard for wheelchairs, and to try to find alternate ways to approach the problems to make sure that the same answer is delivered however the problem is tackled. Sometimes this requires some adjustment to the map or the tasks, and sometimes a problem needs to be removed. After these small changes, I felt that the events were in good shape.

An example is control 9 (shown in top extract from the planning map on the right), which was a great problem, but needed to be solved from a steep path, so might have been unfair for manual wheelchairs. It was not used.

The TempO also had the challenge of ongoing forestry work, which is a perennial problem. Station 2 was originally a wood, with 2 distinct trees; at the EA visit it had become open, with 2 rootstocks (see map extract bottom right). At the event, the rootstocks had been largely ground down, but fortunately still had a very visible mound and sticks. As a result the Station could still be used.



How did it go?

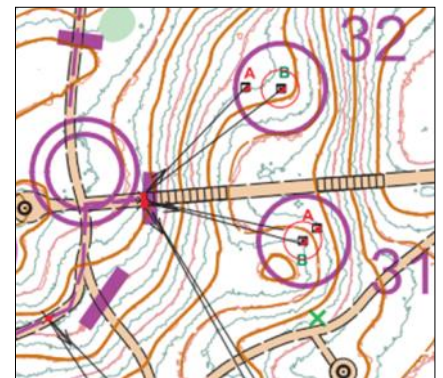
The non-WRE events had a few issues relating the preparation of the electronic punching equipment, and which were solved for the WRE events. The issues were overcome but delayed the results for those events. They also provided a warning for the main events, so we could address the issues in time. The WRE events ran smoothly, largely on time and with results published online.

Another key role for the EA on the day is to provide input in the handling of complaints by the organiser. In the TempO there was one complaint relating to the availability of results before the competition was complete. It was suggested that the event had been compromised because answers had been published on the top.cz web site before the last starts and requesting that the event should be voided. The organiser in consultation with the event advisor determined that there had been an empty results table with answers accidentally published. However, there was no indication that these might be the correct rather than the dummy answers. Reviewing the punching records of competitors who might have seen this information before competing showed no irregularities in timing or correctness and was generally in line with the rest of the competition. As a result the complaint was rejected, and no protest was made.

Looking back - what did I learn?

The experience of working in detail with such an experienced planner was great TrailO training for me, as well as helping to improve the event. I would recommend this role to anyone wanting to improve their elite TrailO skills, once you have the IOF training and certification.

Watching the competitors at the event, the track for controls 30 and 31 (the planning map, right, shows these as 31 and 32) meant that these were possibly unfair to wheelchairs as it had a small kerb in the centre. Also, a split of the course at the steep section or one way would have made the competition fairer as it would remove any movement up and down the slope for all. It would also allow for earlier starts, as Part 1 could be started as soon as the controller and EA checks were complete, rather than waiting for the whole course to be checked.



If the weather had been bad, cover for the TempO controls would have been needed. Fortunately, it was sunny but windy.

While the results all went smoothly at the WRE, in future I would give more focus on the preparation of equipment and the assurance that the electronic punching and results systems are robust.



Job done! **Andrius Jovaiša** and **Graham Urquhart**

PreO 1	Name	Pts	Time (secs)
1	Pinja Mäkinen (FIN)	22	76
9	John Kewley	17	28
25	Iain Phillips	13	81
34	Elizabeth Urquhart	11	154

PreO 2	Name	Pts	Time (secs)
1	Esko Junttila (FIN)	27	174
2	John Kewley	26	125
31	Iain Phillips	19	214
42	Elizabeth Urquhart	16	348

PreO Sprint	Name	Pts	Time (m:s)
1	Magnus Sterner (SWE)	19	12:47
7	Iain Phillips	18	20:19
8	John Kewley	18	20:44
53	Elizabeth Urquhart	6	23:47

PreO 1: 25 controls (1 voided), 800m, 99 mins / 1 TC with 3 tasks
PreO 2 - WRE: 31 controls, 1400m, 135 mins / 2 TCs each with 3 tasks
TempO - WRE: 6 stations each with 6 tasks
PreO Sprint: 22 controls, 150m, 24 mins

TempO	Name	Time (s)	Penalties (s)	Total
1	Krystian Petersburski (POL)	241	90	331
10	John Kewley	295	210	505
21	Iain Phillips	327	360	687
51	Elizabeth Urquhart	544	600	1144

PreETOC Warmup - Turku, Finland 4th - 6th May 2024



Before many Championship events, the country hosting the competition provides an opportunity for competitors to get more familiar with the terrain and the mapping techniques. This was the case this year with the European TrailO Championships (ETOC) staged in and around Turku, Finland in early May. Here **Kieran Marsh (SLOW)**, attending his first international TrailO events, reports on the various PreETOC events staged this year.

Before the ETOC this year, there were a series of "Warm-up" events. These allow you to get your eye in to the terrain, as well as, in my case, get some much needed practice in, before the actual championships get started. This year there were 4 events on the days before ETOC:

- PreO Sprint
- Warm up PreO 1 (World Ranking and ECTO)
- Warm up PreO 2 (World Ranking and ECTO)
- Nosehill PreO



Kieran Marsh enjoying Finnish TrailO

PreO Sprint

The first event of the week was on the evening of the Saturday on which most of us arrived. For me it was the first time I would see the type of terrain we might be seeing for the main events, as I had never travelled to Finland for TrailO before, or in fact out of the UK. This was a PreO Sprint event. This is not a style of TrailO that is yet in the ETOC, so it was just a bit of fun, and a warm-up for the warm-up. PreO Sprint consists of only A/Z controls with a very short time limit, and the overall ranking of competitors is firstly by number of correct problems, and secondly by time taken, which makes it slightly different from normal PreO, for which the overall time on the course is largely irrelevant. The main thing for all of us, though, is to take the time to get everything right, and only then to worry about speed!

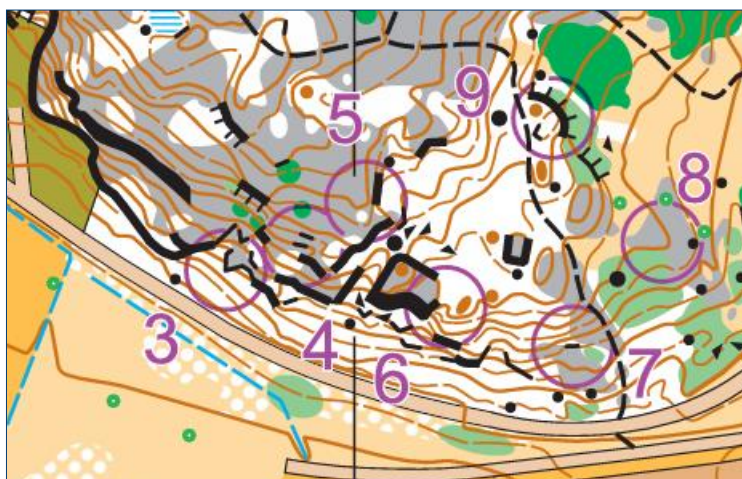
The course was over a couple of hundred metres along the side of a road. Turku is interestingly arranged with buildings interspersed with large areas of rock with contour detail. All of these problems were looking up at cliffs and open rock under some trees. I found the first few problems hard as I struggled to know when open rock would be marked, and how to tell what the edges of it may look like, having never really seen it on a British map before! One thing of note about these controls was that several of them were very hard to see in between all of the foliage which resulted in some people incorrectly marking them as Z, logically thinking that if you can't see it, it's probably not in the right place.

We had 2 people in the top 10 - Tom Dobra and David Jukes - each of whom got 19/20 correct.

Warmup PreO 1

This event was split into 2 halves, with a timed control splitting them. One interesting thing about the TrailO results is that they highlight the proportion of controls that people got correct, which can suggest areas that everyone struggled on.

In the first half, number 4 was such a control (see map right), with only 30% of people answering correctly. This was an A-Z problem that had a series of cliffs in the control circle, with the circle centred on a smaller cliff just above and to the NW of a larger cliff. There are a number of techniques that can be used to solve this sort of problem, and my technique was to visually contour round from the large cliff, and so I knew the control should be about the same height, or slightly higher, and then combined that with the knowledge of the 4m tolerance and a distance estimation from the larger cliff. I thought that if the control was to be Z, then the kite would have to be at least 8m from the larger cliff (as the control site was



itself 4m away) and I decided that this was not the case, so the control must be correct and therefore an 'A' - which it was!.

There were then several relatively long distance controls at the end of the first half which I struggled with, as it was hard for me to make out the contour detail amongst the foliage, and to estimate distance at such a range. I again struggled with differentiating open rock from open forest, as with plenty of moss on the rock it can be hard to spot to the untrained eye!

Then in the second half there were many challenging controls including one AB control (16) that was allegedly on the edge of a pond (see map right). Unfortunately there were several knolls blocking the line of sight such that the pond was invisible, so we had to rely on other methods to determine the answer. I counted out the knolls I could see, and then estimated the distance of the kites from the knoll I thought should be due south of the answer. We had the advantage of 2 viewing angles for this control which I used to see that the controls were too far back from the pond, so it must be a Z.



Another one that had the lowest success rate of all was #22 (AB) with just 18% correct (not including me!). This was meant to be on the junction of a ditch and a stream. The stream was not visible from our line of sight, but a useful rootstock was, which gave something to lock in on. It was easy enough to rule out the kite that was too close to the rootstock, but the other kite was plausible enough that a lot of us went for A, however it was on the wrong side of the stream! So the correct answer should have been Z.

There were also other tricks to learn about, which included a "stray" Alpha kite off to the side of the main problems like in #27, where the problem in itself was fine, but several people made errors by forgetting the largely irrelevant Alpha kite when counting which kite was correct.

The top 2 scorers for GBR on this PreO were David Jukes and I, both with 21/30 correct. This might seem a low score but even the best three competitors got for wrong suggesting some controls were perhaps difficult to solve. I also got 4 of the 6 of the timed control problems wrong, which placed me below David. It also highlighted to me that I needed to forget there was a timer going, and just to focus on getting them right, first and foremost!

Warmup PreO 2

This event was a shorter course of only 24 problems, which overall were easier than the previous day's challenges, with no control falling below a 50% success rate, and several people getting them all right.

For me there were more lessons to be learnt! The first one was, even if a control seems easy, to use at least 2 methods to determine if it is right. #3 was an A-C problem, with the control in a re-entrant on a path, between 2 boulders (map right). A and C were obviously on the front boulders, which left either B or Z. I lined up B between the two boulders and it looked good, so I went for B, but I neglected to consider the relative difference in distances between each boulder and B, which made it a clear Z!



The next lesson was during #10 (map right). These maps all had a lot of form lines, between almost every single pair of contours. On a usual map I would be eagle eyed, looking out for the form lines as they are usually added to help more clearly define the ground shape rather than simply having the contours. However, they don't necessarily appear as clear on the ground as on the map. However, here I forgot that, and saw a clear shape on the contour, so I (again forgetting to use multiple methods) went with the shape of the ground matching the shape of the contour, and got the wrong kite. To correctly determine, it was possible to line up the boulder behind in parallel with the path, from the viewpoint of #9 to see the correct kite, or to realise the clear feature would in fact be on the lower form line, and not the contour!



There were then a few controls all on the same side which I enjoyed going up and down the path and working them all out together, not punching any of them until I had worked out exactly where I thought each kite should be and therefore which kites were right or Z. I was finally getting used to the bare rock vs cliff vs boulder vs nothing distinction!

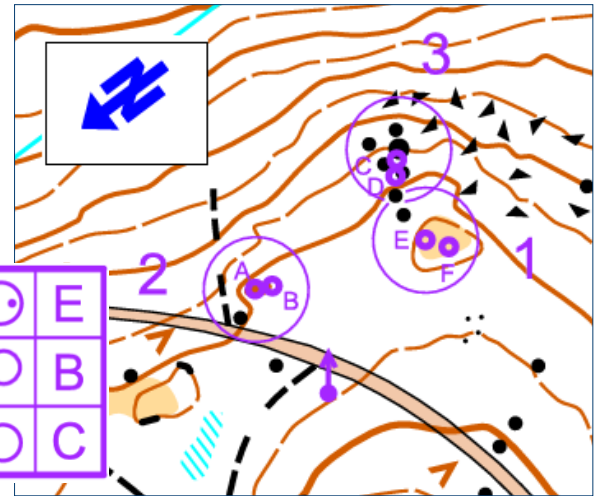
The first timed control provided another learning opportunity for me (and a reminder for others). The second problem at the site had the circle centred on a knoll, so I quickly said A which was on the knoll and moved on, happy with my performance. But it turned out there was a cheeky control description that said it was at the foot of the knoll, so B was in fact the answer. This was a surprise to me as A was at the centre of the circle and B was not, even on the solution map(!), but you have to use the description as well as the circle to determine the correct answer.

Today we had 3 GBRs all on 22/24, just separated by time on the timed controls - Charles Bromley Gardener, John Kewley, Ian Ditchfield.

PreO 2 - Time Control 1: As mentioned by Kieran, the second problem had the control circle centred on the point knoll. The A and B flags were at this location with the A flag on the top of the knoll and the B flag to one side. The control description indicated the SW foot so the B flag was correct.

However, the control circle for point features is centred on the feature as marked on the map - in this case, the brown dot.

1.1	A-F	○			⊙	E
1.2	A-F	●			⊙	B
1.3	A-F	▲			⊙	C



Nosehill PreO

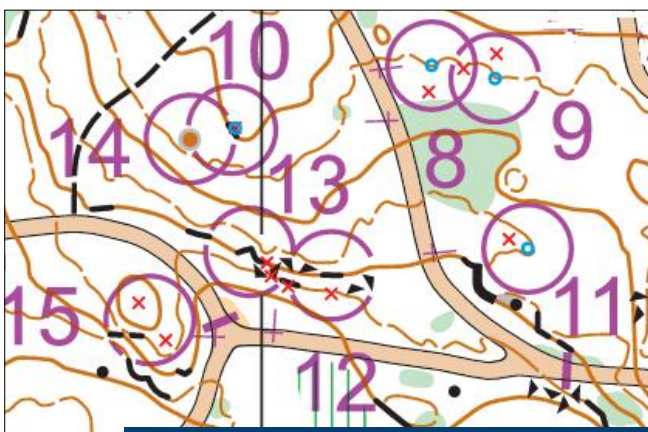
The final warmup event was on the morning of the opening ceremony, and the terrain was a combination of cross-country ski trails and some controls looking up at cliffs and into terrain from a nearby road. There was an interesting combination of really easy controls with trickier ones scattered throughout.

We started with the timed controls, which were easier than those from previous days. I managed to get all of them correct, which I was very pleased with. However, the speed at which some people managed them was very impressive - the quickest person took 15 seconds for all 6 problems across 2 stations!

At a first glance, the very first control seemed too good to be true, as the control circle was centred on a form line hill, and the kite was on a small round hill. Upon closer inspection, of course, the kite was too close to the path junction, and the 2 mapped hills were clear on the ground and larger than the (unmapped) one the kite was on.

I then spent a very long time on #4, as my gut instinct was that both of the kites were too far back, but with various line-ups (including the kites of #3 and #5, a high-risk gambit if I had been incorrect on either of them!) it seemed that the closer kite was in the right place. Having mixed thoughts about it I decided to go with my lineups over the distance guesstimation that my gut instinct was based on, which turned out to be correct.

There were then a cheeky couple of controls, #10 and #14 which ended up being the same kite! The viewing points were well separated making it not very obvious. My first thought was that they probably were the same kite, but having been back and forth between them about 5 times, I couldn't convince myself that this was the case, so I ended up marking them both as A. I was pretty confident that 10 was A, and less so about 14 so, with hindsight given that I had thought they were possibly the same kite, I really should have gone with a Z for 14 but unfortunately not this time!



Nosehill Solution map: Controls 9-15

The few controls along the road at the end were particularly challenging (*see image next page*), as there was bright sunlight, and to see into the forest through the trees was hard. The light reflected off the trees and didn't really make it inside! Fortunately, most of the features involved were large or obvious enough

10	A	⊙			⊙	A
14	A-E	●				Z

that this didn't cause many issues, but it certainly added to the challenge. On this event 2 Brits got just one wrong each - Charles and Tom.

Final Thoughts:

I am very grateful to have had the opportunity to attend these events, as I really enjoyed all of them and learned a lot from each one. I'm looking forward to going to more international events in the future if I get the chance! I would definitely recommend you to try going to some European TrailO events if you have been enjoying the British events, as the sport feels very different in completely unfamiliar terrain and they provide excellent opportunities to learn and practice.

21	A-D		☐		ñ	Z
22	A-D		☐		ñ	Z
23	A	↙	☐			A
24	A-B		☐		LO	Z
25	A		☐		ñ	Z



Nosehill
Solution map:
Controls 21-25

ETOC Warmup Events
PreO Sprint : 20 controls, 300m, 30 mins
PreO 1 : 30 controls, 1.4km, 132 mins Open / 140 mins P Class, Timed Controls: 2 stations x 3 tasks
PreO 2 : 24 controls, 700m, 93 mins Open / 103 mins P Class, Timed Controls: 2 stations x 3 tasks
Nosehill PreO : 27 controls, 800m, 105 mins Open / 120 mins P Class, Timed Controls: 2 stations x 3 tasks

PreO Sprint	Name (Top 5 GBR)	Pts	Time (m:s)
1	Tatsuyoshi Koizumi (JPN)	20	25:52
7	Tom Dobra	19	22:38
8	David Jukes	19	25:25
15	John Kewley	18	24:00
16	Colin Duckworth	18	24:17
18	Charles Bromley Gardner	18	26:25

PreO 1 Open	Name (Top 5 GBR)	Pts	Time (sec)
1	Anders Höjje (SWE)	26	53
47	David Jukes	21	179.5
49	Kieran Marsh	21	316.5
65	John Kewley	19	98
77	Tom Dobra	18	118.5
85	Charles Bromley Gardner	17	53

PreO 2 Open	Name (Top 5 GBR)	Pts	Time (sec)
1	Antti Rusanen (FIN)	24	27
32	Charles Bromley Gardner	22	98
40	John Kewley	22	147
46	Ian Ditchfield	22	160
66	Tom Dobra	20	46
71	David Jukes	20	108.5

Nosehill PreO Open	Name (Top 5 GBR)	Pts	Time (sec)
1	Krešo Keresteš (SLO)	27	19
26	Tom Dobra	26	38
27	Charles Bromley Gardner	26	46
39	David Jukes	25	42
55	Ian Ditchfield	24	31
63	John Kewley	24	91

PreO 1 P Class	Name	Pts	Time (sec)
1	Michael Johansson (SWE)	22	94
23	Colin Duckworth	17	119.5
23	Graham Urquhart	16	137.5
28	Peter Roberts	14	159.5

PreO 2 P Class	Name	Pts	Time (sec)
1	Eero Hakanen (FIN)	23	106
11	Graham Urquhart	19	136
17	Colin Duckworth	17	241
30	Peter Roberts	12	146

Nosehill PreO P Class	Name	Pts	Time (sec)
1	Eero Hakanen (FIN)	26	38
5	Graham Urquhart	24	59
13	Colin Duckworth	21	116
23	Peter Roberts	15	96

European TrailO Championships (ETOC) 2024 Turku, Finland : 7th-12th May



The last **European TrailO Championships (ETOC)** were held in 2022 and, as this year, were hosted by Finland. In 2022, most events were in areas close to Helsinki. This year, all the events were close to, or even in, the city of Turku. The schedule for the Championships was:

- Tuesday 7th May Opening Ceremony
- Wednesday 8th May Model Event
- Thursday 9th May PreO - Part 1
- Friday 10th May PreO - Part 2
- Saturday 11th May Relay
- Sunday 12th May TempO: Heats (am) / Final (pm)

For event details, see:

<https://tume.fi/etoc2024/>

For GB Results, see Page 27

For full results, see:

<https://top.vq.cz/event/etoc2024>

The GBR team had arrived in time for the PreETOC events described on the previous pages. Although it was Spring in Finland, for most of the Championships there was a cold NW wind which kept temperatures around 10°C-13°C. Luckily it remained mostly dry and, when the sun broke through the cloud, it could feel warmer.

The 2024 GBR team.

Back row: John Kewley (MDOC), Clive Allen (a team selector), Graham Urquhart (OD), Peter Roberts (EBOR), Christine Roberts (an assistant for Peter), David Jukes (BKO)

Front row: Charles Bromley Gardner (BAOC), Ian Ditchfield (MV), Liz Urquhart (Team Manager), Colin Duckworth (TVOC), Tom Dobra (TVOC) and Kieran Marsh (SLOW)

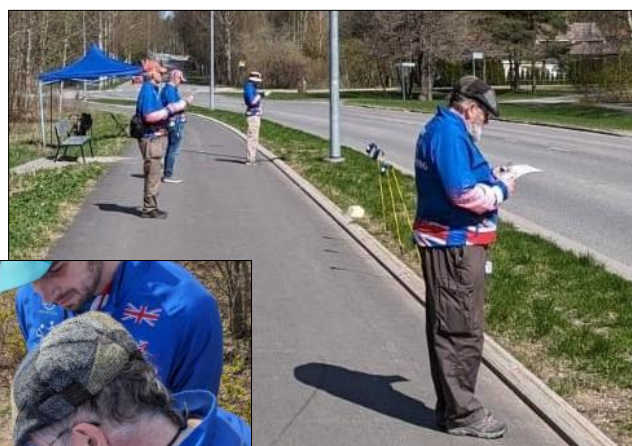
The photo was taken at one of the PreETOC events. **Iain Phillips** is missing as his arrival was delayed by personal issues.



The Model Event

At championship events it is a requirement to provide competitors with an opportunity to experience all elements of the forthcoming events - PreO, Timed Controls and TempO. It also helps the organiser check that their procedures will work.

However the results do not count and some aspects of the procedures are less rigorous. For example, team members are set off at 2 minute intervals in a national block, solution maps are provided in advance allowing immediate discussion once everyone has completed the course and you are allowed to return to the competition area for a more detailed analysis if required.



GBR team members at the Model event:
Above: On the final section of the PreO Model looking at a rocky hillside
Left: Discussing the

ETOC PreO - PreO 1 and PreO 2



Championship PreO events are usually staged over two days with the results from both days combined to give an overall Champion.

There were over 130 competitors on each day. Providing a 2 minute start interval meant that starts times were from 10.00 to about 14.30. So as to avoid early starters giving help to those starting later, all competitors with start times from 11.30 had to enter a quarantine area - meaning a wait of up to 3 hours. On both days the temperature was only about 12°C. For PreO 1 it was cloudy with a breeze so difficult to keep warm; for PreO 2 it was sunnier and calmer so better.

Here **Graham Urquhart** gives a brief comment on a few of the PreO controls:

PreO 1

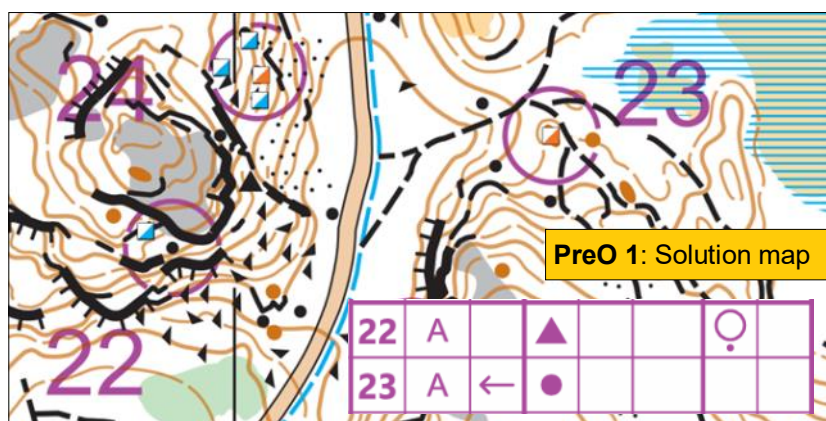
The event was held in typical Finnish terrain, with mature woodland over detailed rock features rising from the paths. In the sample solution below, the extremes of difficulty are illustrated.

Unusually, control 23 has a strong and mostly visible path network around it in addition to the boulders, knolls, crags, and contours. 96% of the competitors correctly answered Alpha for this control. The boulders either side of the path provided a clear location and can be used to check that you have got the correct knoll (under the flag symbol).

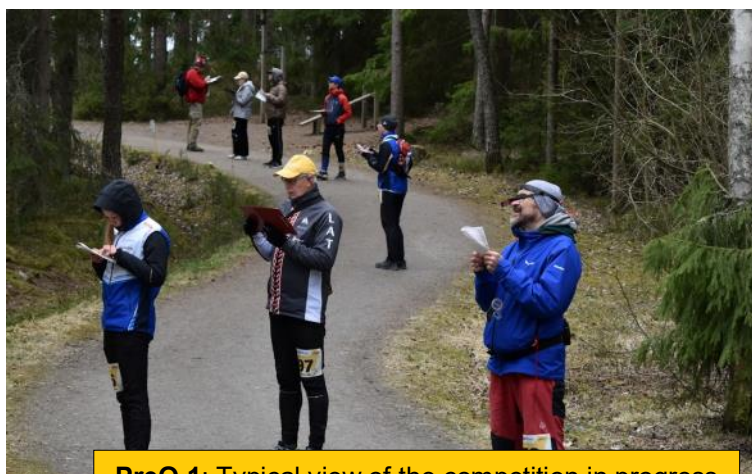
By contrast control 22 was more typical of the problems that were set. Looking up at the complex crags made identifying which rock was which very tricky, and the contours meant the view of the boulder, the knoll and the small crag was severely restricted. I, like more than half the others, decided that this was OK (Alpha) rather than the Zero that is clear in the solutions. The rest of the UK P-class team did get this right, so it is obviously possible!



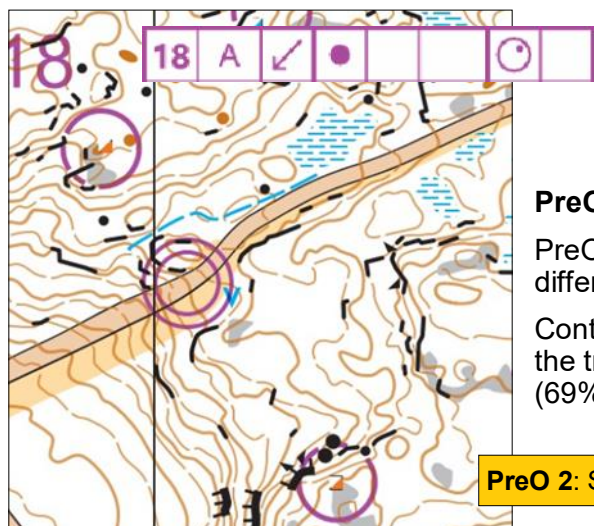
The Quarantine area on Day 1 of the PreO



PreO 1: Solution map



PreO 1: Typical view of the competition in progress



PreO 2: Solution map

PreO 2

PreO2 looked as though it would be similar, with the main difference being that it was split into 2 parts.

Control 18 was near the end of the 1st section and proved to be the trickiest control of the day for everyone, with the majority (69%) selecting a Zero even though the flag was correct.

ETOC Relay



John Kewley describes his participation in the ETOC Relay:

The TrailO Relay not only combines the skills of 3 team-mates, it also combines the two disciplines of PreO (without Time Controls or a Timed Section) and TempO. The way the respective parts of the course are scored is as follows: the corrected time for each competitor is the sum of the times taken at each TempO control station plus 30 seconds penalty for each wrong answer during the TempO part plus 60 seconds penalty for each point deduction during the PreO part (wrong answer or time penalty). The three corrected times are added together to give the team time and teams are ranked accordingly, lowest time wins. Note that as the PreO time limit is for the team as a whole, early leg runners will often rush about a lot more than usual to ensure that they handover to their team-mates with as much time left as possible. For the first timer, seeing the mass start “sprint” of a TrailO Relay followed about a minute later by 20 competitors standing and staring at the terrain is a strange juxtaposition.

Each team member had to complete a 14 control PreO course (the same decision points were used for each leg, but there were course variants for many of the problems, a bit like you have “gaffles” in a FootO Relay). There were then 2 TempO stations per competitor. The final “anchor” leg was then given an additional spectator TempO station. Unlike the World Championships, at ETOC it is permitted to enter two teams in each of the Open and P Class, but only the higher ranked one on the day is eligible for an official classification. Nations from other regions are also allowed to compete in a non-competitive capacity and this year saw two teams from Japan.

Unlike many teams that pre-select their Relay team(s) in advance of a championship to reduce the pressure on the athletes in the competitions leading up to the Relay, the GBR TrailO team is typically selected during the ETOC week itself. The teams selected were Tom, Charles and myself in GBR O1; Ian, David and Iain in GBR O2; and Peter, Colin and Graham in GBR P. Having won diplomas for 6th P Class and 6th= Open in WTOC 2023 and the Open class getting Bronzes in WTOC 2019 and ETOC 2018, the TrailO Relay is generally considered the discipline where GBR has its best chances of top 6 diplomas or even medal positions at.

The course itself was hard physically and technically. There was a short steep section near the start and another longer one part the way round the course. The good news was that controls didn't need to be solved while on the hill, and additional time had been allowed for the P Class competitors, but even so I felt that a couple of extra organiser pushers could have been usefully used there. Although many of the controls were technically difficult, most could be best viewed from near the decision point (good for P Class) and, as it was an out and back course, it meant there was more time than usual for answering controls.

A great job by both Tom and Charles meant I set off on 3rd leg in one of the first few and knew I had plenty of time to check everything so I was disappointed to learn later that I had got a PreO control wrong (Control 8), but I then found out the majority of the field also failed to solve it. In fact, only ESP 2 in Open had all their 3 members correctly



*'The course was hard physically ...' - as demonstrated here with **Christine Roberts** helping to get **Peter Roberts** up the incline just after the start. Note the front wheel in the air!*

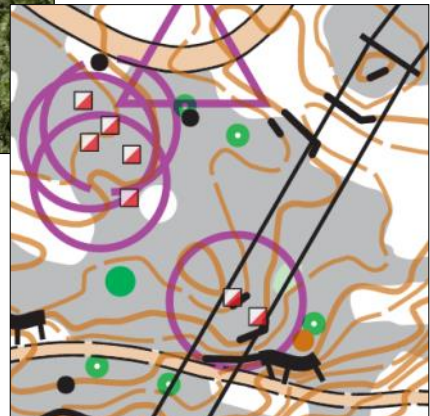


John Kewley considering a PreO control during the Relay. The solution map (right) shows control circles for Controls 10 and 11 for all 3 legs - hence 6 circles. The visible kite in the picture is the one to the NW in the map extract. The fence is visible behind the hill.





The tricky Control 8. All competitors had the same problem with two kites visible on the far side of a small hill. Only about 35% of competitors correctly chose **B**. The solution map (below) shows the kites for Control 7 (A-E) as well as the two kites for Control 8. The photo is taken from close to the triangle - the triangle was the furthest point on the track where competitors had to turn around and return to solve the later controls.

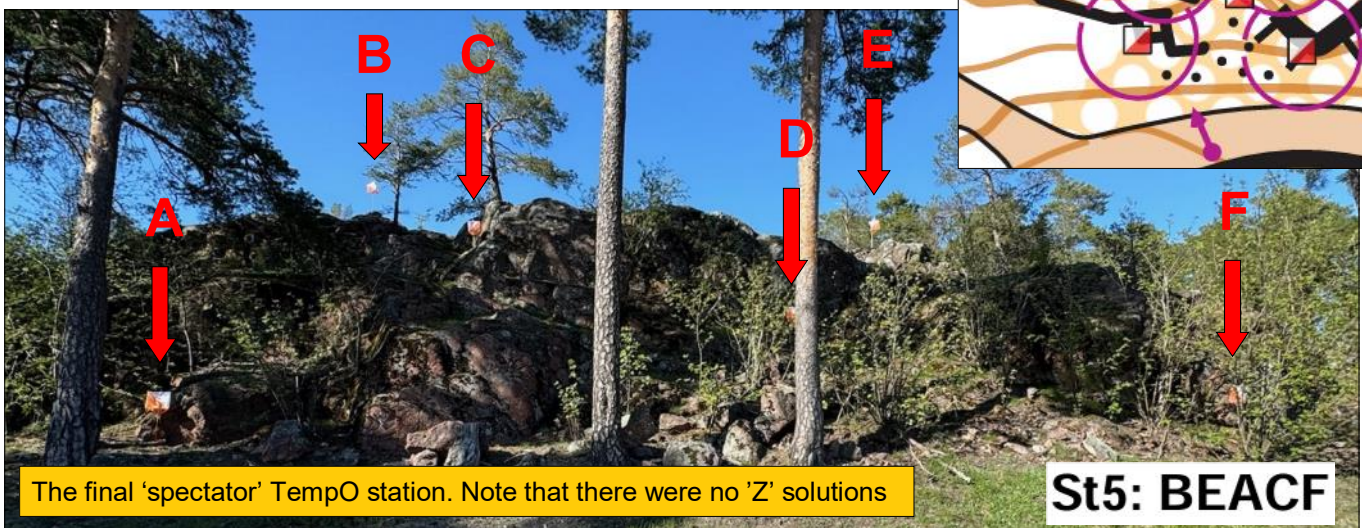


solve control 8 so kudos to the GBR P Class team as 2 out of 3 of them were correct. We did visit this control later and it was tricky to see what made it so hard. I think it was the combination of the optical illusion of looking slightly downhill along a very vague form line (which throughout the week were mostly used to show intermediate height rather than additional shape) that was hard to trace.

After my TempO stations I returned to quarantine although for a far shorter period than I had done in previous years on last leg (one year I spent a total of 7 and a half hours in quarantine, but there was no “pre-course” quarantine this time) and we awaited our call for the final station. We were ordered into current team position and I learned we were in 14th place (12th nation), 24s ahead of Latvia in 15th and over 20s behind the teams ahead of me (exact numbers were hard to remember since we only heard the numbers read out once, in my opinion it would be better if these standings are pinned up). My strategy therefore was just to go steady and get them right as I felt that was the best way to maintain or advance my position. As it was, when I was next in line to do the station myself, I heard that Laura of Latvia had made one mistake so that gave me 54s in hand if I answered them correctly. I therefore took it even steadier on the first couple just to make sure, but unfortunately mis-read the 4th problem and got it wrong. My slow time combined with the 30s penalty for my mistake meant that Latvia had now overtaken us by 5.5s, but we’d managed to overtake the Polish 2nd team so we stayed 14th team, but had dropped to 12th nation.

St5	0,0 km		
1 A-F	○		⊙
2 A-F	⌢		
3 A-F	≡		└
4 A-F	→	≡	⊙
5 A-F	≡		└

Our Open 2nd team fared even worse than us and the selectors were proved correct in that in every course variant and indeed every TempO station, the first team beat the second with the exception of the additional spectator control where Iain Philips beat me by 1 second. The P Class team were only 51s off the podium in 7th place which is their best ever performance in the ETOC TrailO Relay.



The final 'spectator' TempO station. Note that there were no 'Z' solutions

St5: BEACF

ETOC Tempo - Heats and Final



Here **Tom Dobra** provides an account of his day at the ETOC Tempo Championships:

08:50. Earlier than Kieran's wake-up time every day so far this week. Quarantine closes on the Astro inside the football hall at Impivaara. Locked inside are Kieran, Iain, David and Charles in the red corner (heat B or heat 1) and Graham, Ian, JK and me in the blue corner (heat A or heat 2). This is not a battle between corners but a battle within: the Tempo qualifiers.

Iain is first Brit off at 10:15, laying down a time of 597.5s (10 errors) over a course of 6 stations of 5 tasks each. For the rest of us still in quarantine, we obviously know nothing. Next up are Kieran and me, both starting at 10:40. Our heats go round a forest loop in opposite directions. Yes, I said forest. And it's Tempo, so this is going to be hard.

Station 1 presents an array of crags and contours, all conveniently presented from a major track junction. Take it steady, get it right, 39.5s. Station 2 was a little harder but with the A kite on a double boulder. Two stations, both with easy anchors. Everyone raves about a hard Tempo but remember you can never plan one too easy. Station 3 is looking up a hill with a re-entrant clearly defined by a boulder.

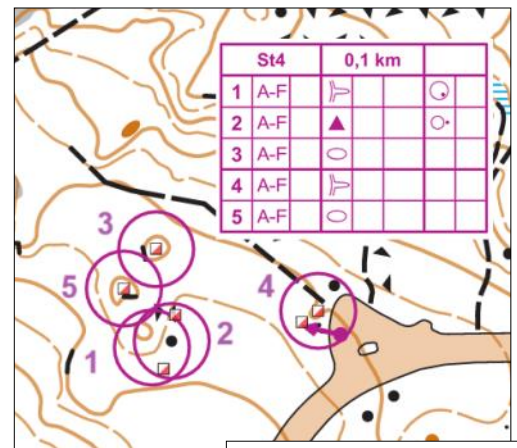
On to station 4 and the land is flat again apart from a few nobbles in the distance (with kites on them, of course), a thicket of younger trees probably obscuring a few more nobbles, and D and F on a spur so near I could almost touch it. First task: on the left part of the spur to the left of the leftmost hill. C looks down a bit, let's go with that – apparently not as I found out later. Second task: on a boulder at the foot of said spur. I was the top finisher and one of only five out of 57 to spot that B was too far right and in a boulder field. Strange when it turns out how wrong I was about the first task. Then, an E, F and finally Z because it must be behind the thicket, except it wasn't! 43s + 2 errors puts me in 39th place at the station. Given how badly wrong I had the nobbles just behind it, I don't understand how I got the second task right and for the right reason. Even Pavel Ptáček wanted me to explain task 2 afterwards. Hats off to Graham as the only person in the entire heat to clear this station!

Feeling battered, stations 5 and 6 go remarkably smoothly, clean in 36s and 45s. More crags and boulders. Fortunately, I was wrong in thinking I had got the very last task wrong on the far right.

Back at base, no sign of Kieran. In fact, I beat him round the course by the best part of 10 minutes. Shame there's no prizes for that. Over to the results screen and I'm in provisional 17th with the qualification red line at 18th. Not many people are left to start and Libor Forst's TOP software slots partial results in based on current progress, so I have a chance. As I watch, I go down to 18th, then up to 17th, then 20th, 16th, and, finally 18th and nobody can boot me out now. I've qualified for the final!

Or have I? The Swedes frantically write a complaint, station 2 is voided due to an incorrect control description and I'm bumped down to 20th. No!!! Some chatting elicits what was wrong: the F kite had been incorrectly hung on a spur, a metre away from its correct location at the foot of the spur. For those of us who don't read the descriptions unless absolutely necessary and saw that the kite was well within the zero tolerance of 4m, we selected the kite and moved on. Should a minorly incorrect description be enough to void a station? I don't think so. Joao Pedro Valente (POR) and I both independently wrote complaints to this effect, both rejected, then Joao Pedro stumped up the €50 deposit for a protest before I could even think about it. There is now no point in me also risking €50, so crack on with lunch and wait while the jury deliberates. Meanwhile, Kieran, as new kid on the block, is enjoying the live, educational demonstration of how the complaints procedure works. Jury comes downstairs and goes into a back office, then over to us some minutes later. The verdict: station 2 remains voided but JP and I are through to the final anyway! No beer money for the IOF! *[The Portuguese €50 being returned to them]*

That's the morning's excitement. Rounding up the results, JK had been well off qualifying but voiding station 2 really helped him and he climbed to 22nd (287.5s vs. 150.5s for the top qualifier). Ian was 37th in

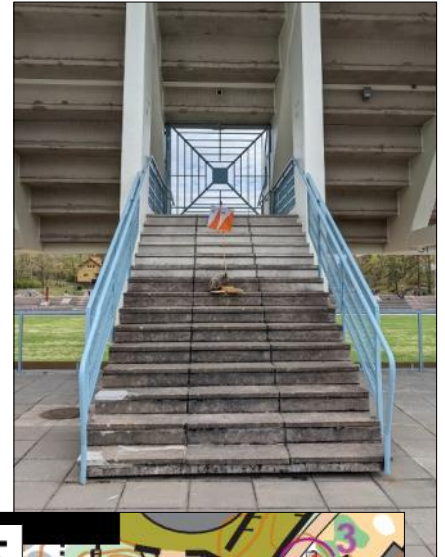


St4: ZZEFC

341.5s and Graham 44th in 378s. Kieran topped the Brits in the other heat, coming 42nd in 536s, 146.5s off qualifying but very decent for almost zero TempO experience before today. Charles was 40.5s down in 44th, Iain in 49th, 2s ahead of David (50th).

A Championship TempO final is always going to be juicy. Did I mention the added pressure of live TV coverage? And spectators free to roam to view all stations? The venue is parkland around Paavo Nurmi stadium, so should be a little easier. Wrong! They planned it harder.

Station 1: oh, hello camera on a tripod in front of me. A tree and staircase counting exercise. Not too bad unless you invent an extra F kite: 2 mistakes, bang! Station 2 has a bit of everything: crags, contours, vegetation and water, with an it's-behind-you Z to start. Station 3 presents another classic Z to start on the building out of sight and a zero for the third task identified by only 5 out of 38 (sadly not me this time), which I think could have made for some interesting jury action had the tape measure come out to check the 4m zero tolerance. Station 4: bare rock with scattered bushes; I dropped the third task. Station 5 presents an awkward view downhill over boulders but turns out to be about contours and vegetation. The walk to station 6 includes some kites to stare at, but alas they are only dummies. Station 6 is full on boulders and crags. 7 crags and vegetation. Station 8: the full works with a large boulder and some vegetation conveniently placed to make it a little harder. And station 9: the grand finale presents an



St1: ZZBFE

	St1	0,2 km		
1	A-F	↗		
2	A-F		▲	○
3	A-F	←	≡	⊥
4	A-F	↗		
5	A-F		▲	≡

awkward view of steep rock, a boulder in the bushes to the left and commentary. Taking it steady, I only dropped the penultimate task and received an applause.

Overall, I made 5 errors, scoring 557s, which brought me home in 34th place out of the 38 finalists. It would have been 29th had I not double mispunched at the first station. Perhaps my best statistic is a streak of 25 correct answers, a record only surpassed by four other competitors. The European Champion is Lauri Mäkinen (FIN) in 320s (2 errors), a true TempO specialist having not been selected for the Finnish PreO team.

TempO finals are always a fantastically brutal experience. So glad I made it! Off to a celebratory all-you-can-eat sushi for €23.

St9: BAZEC

	St9	0,1 km		
1	A-F		≡	
2	A-F	↘	▲	○
3	A-F		≡	
4	A-F	↙	≡	
5	A-F		≡	



ETOC Events and Results

PreO 1 : 32 controls, 0.9km, 123 mins Open / 133 mins P Class, Timed

Controls: 2 stations x 3 tasks

PreO 2 : 33 controls, 1.1km (in 2 parts), 132 mins Open / 140 mins P Class,

Timed Controls: 2 stations x 3 tasks

TempO Heats A/B: 6 stations x 5 tasks (*Heat A: 1 station voided*) **TempO**

Final: 9 stations x 5 tasks

Relay: *PreO section*: 3 x 16 controls, 800m, 99 mins Open / 135 mins P

Class. *TempO section*: 3 x 2 stations x 5 problems plus final leg 1 extra station x 5 problems.

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

Relay Open	Country	Time (m:s)
1	Norway	7:57
2	Finland	8:29.5
3	Italy	9:37
12	Great Britain	13:34

Relay P Class	Country	Time (m:s)
1	Czechia	19:21.5
2	Sweden	20:08.5
3	Ukraine	20:35
7	Great Britain	26:53

PreO 1 Open	Name	Pts	Time (sec)
1	<i>Jonatán Furucz (SVK)</i>	30	17
35	John Kewley	28	90
55	Iain Ditchfield	26	38
77	Charles Bromley Gardner	25	232
80	Kieran Marsh	24	113
87	David Jukes	23	107
90	Tom Dobra	22	97



PreO 1 P Class		Pts	Time (s)
1	<i>Svein Jakobsen (NOR)</i>	29	142
21	Graham Urquhart	21	127
23	Peter Roberts	20	299
28	Colin Duckworth	18	178.5

PreO 2 Open	Name	Pts	Time (sec)
1	<i>Sami Hyvönen (FIN)</i>	24	27
35	Tom Dobra	29	101
36=	John Kewley	29	102
58	Charles Bromley Gardner	27	102.5
62	David Jukes	27	217
78	Iain Ditchfield	25	130
80	Kieran Marsh	25	192

PreO 2 P Class		Pts	Time (s)
1	<i>Ola Jansson (SWE)</i>	23	106
25	Graham Urquhart	19	317
29	Peter Roberts	17	356
32	Colin Duckworth	15	196.5

Total PreO P Class		Pts	Time (s)
1	<i>Svein Jakobsen (NORE)</i>	56	414.5
23	Graham Urquhart	40	444
25	Peter Roberts	37	655
30	Colin Duckworth	33	375

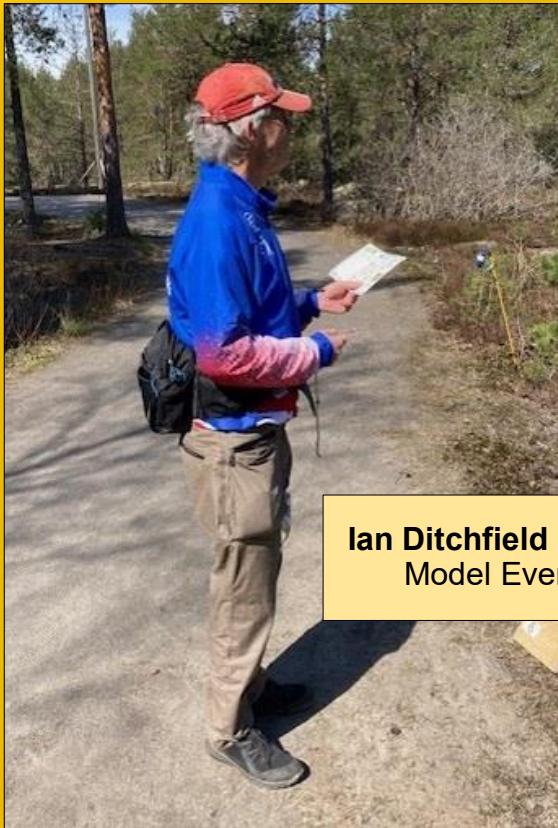
Total PreO Open	Name	Pts	Time (sec)
1	<i>Aaron Gaio (ITA)</i>	62	66.5
33	John Kewley	57	192
63	Charles Bromley Gardner	52	334.5
67	Iain Ditchfield	51	168
68	Tom Dobra	51	198
74	David Jukes	50	324
76	Kieran Marsh	49	305

TempO Heat A	Name	Time (s)
1	<i>Marcello Lambertini (ITA)</i>	150.5
18	<i>Andreu Espinosa Bajo (ESP)</i>	256.5
19	<i>Joao Pedro Valente</i>	258
20	Tom Dobra	261.5
22	John Kewley	287.5
37	Iain Ditchfield	341.5
44	Graham Urquhart	378

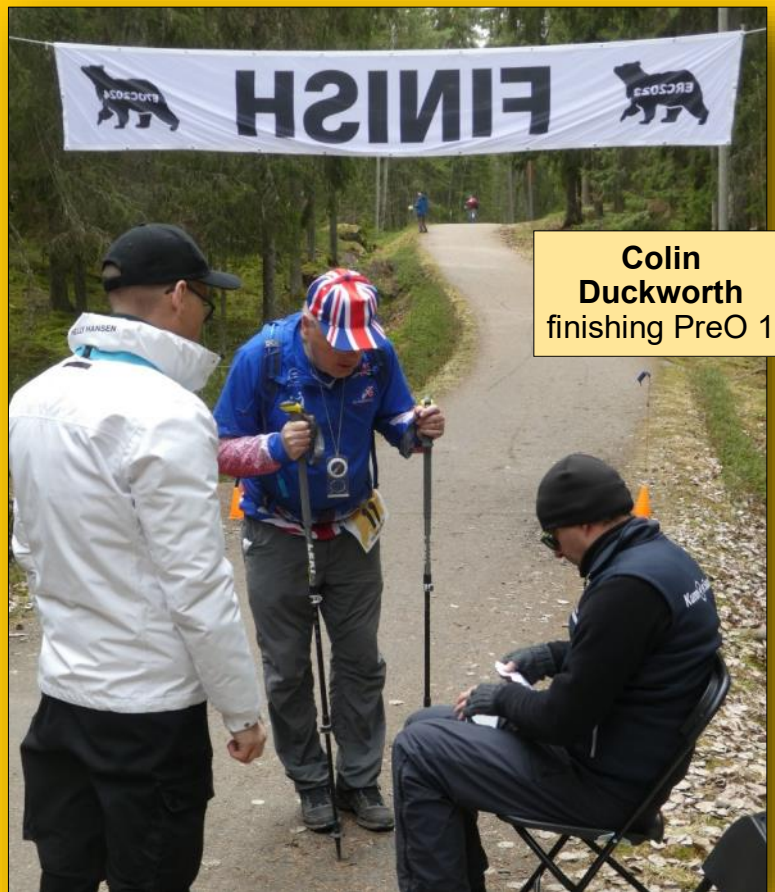
TempO Heat B	Name	Time (s)
1	<i>Ondřej Macek (CZE)</i>	289
42	Kieran Marsh	536
44	Charles Bromley Gardner	576.5
49	Iain Phillips	597.5
50	David Jukes	599.5

TempO Final	Name	Time (s)
1	<i>Lauri Mäkinen (FIN)</i>	320
34	Tom Dobra	557

A few more photos from the European TrailO Championships (ETOC) in Turku, Finland



Ian Ditchfield at the Model Event



Colin Duckworth finishing PreO 1



The mass start of the P Class Relay

Next Newsletter

It is expected that the next issue will appear in early September. All contributions are welcome!
All material should be submitted by the middle of August but earlier submissions would be appreciated.



GBR team members at the Opening Ceremony