



**British  
TrailO  
Newsletter  
November 2023**



## Introduction from the Editor

As we approach the end of the year, it is time for us all to both look back and to look forward. Looking back provides a chance to reflect on success and disappointment and to learn from these. Looking forward, there is an opportunity to set targets and to identify opportunities to put into action the points from the reflection on past performance.

We have had some good TrailO events during 2024. **John Kewley** provided a set of three different events at the JK in the Lake District at Easter. The PreO in Rhydal Show Fields was held in glorious spring sunshine and was, for me, a highlight. **Wilbert Hollinger** provided a memorable British Championships in Northern Ireland which he somehow managed to arrange on the same day that he became M75 British Sprint Champion. And, of course, there was the World Championships in Czechia with both the Open and the P Class GBR relay teams gaining a podium place by coming 6th in their classes.

It is unfortunate that the opportunities to participate in TrailO here in the UK are limited. For many sports, the location of a competition is not relevant - think of an athletics track or a football field. In those cases, preparation and training can be done close to home. For orienteering, whether FootO or TrailO, different terrains involve different challenges and experience certainly helps performance. As I have found, competing at some European TrailO events can initially be a major challenge. However, I have also found that other GBR members are always welcoming and willing to offer advice. Travelling with others adds to the opportunities to discuss the competitions as well as reducing the costs. When you look forward, consider whether you can include one or more of these in your schedule.

As the Editor of this Newsletter, I can also look back over the 4 issues that I have prepared with the support of many contributors. When I started the Newsletter with the first issue of the year, I was uncertain whether there would be material to make a Newsletter worthwhile. I think there has been plenty and I hope you have found the issues both informative and educational. For 2024 I expect to again to produce 4 issues but it would be helpful if some readers could share with me their thoughts on the content and the frequency. Would, for example, a more frequent issue (6 a year?) but with less content be better? More widely with publicity, have you any comments on the TrailO pages on the British Orienteering site or the 'British Trail Orienteering' Facebook page, both of which I have taken on during this past year.

It is perhaps rather early but may I wish you all the best for the coming holiday season and great performances in TrailO in 2024.

**David Jukes** (davidjukes@sky.com)

**Cover Picture**

Over the late August Bank Holiday in England and Wales, when many TrailO enthusiasts were in Yorkshire for the White Rose event, **John Kewley** and Editor **David Jukes** were in Hungary for the TrailO at the Hungarian Weekend. The photo shows John out on the PreO course. Reports on both events are provided in this issue.  
*(Photo: Ferenc Fehér)*

**Next Newsletter**

As mentioned above, the Newsletter will continue to appear in 2024 with potentially 4 issues. The first is provisionally planned for publication in mid-March.

**All contributions are welcome!**  
**All material should be submitted by the end of February - earlier submissions would be appreciated.**

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

## Event Calendar



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

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

Date	Event	Status	Country
9-10 Dec	Hong Kong Champs (T and P)	2 WRE	Hong Kong China
28 Dec	Gran Canaria O-Meeting: <i>includes TrailO on one day of the 5-day meeting</i>		Canary Islands, Spain
<b>2024</b>			
12 Feb	Portugal O-Meeting (POM): <i>includes PreO on one day of the 5-day meeting</i>		Portugal
2-3 Mar	Prague TrailO Adventure (2 P and T)	2 WRE (P + T)	Czechia
29-31 Mar	<b>TrailO at the JK, Midlands</b> ( <i>details to be confirmed</i> )		Great Britain
30-31 Mar	Trzin TrailO 2024 (2 P)	2 WRE/ECTO	Slovenia
12-14 Apr	Falco Cup (T and P)		Lithuania
4-6 May	ETOC warmup Events (SpP + 2P)	2 WRE/ECTO	Finland
8 May - 12 May	<b>European Trail Orienteering Championships (ETOC) 2024</b>	ETOC / WRE	Finland
8-9 June	Modum PreO / As PreO (2 P)	2 WRE/ECTO	Norway
24-25 August	Grand Prix Pomerania (T and P)	2 WRE	Poland
7-8 Sept	Hungarian TrailO Weekend (T and P)	2 WRE/ECTO	Hungary
21-22 Sept	PreO i Vast (T + 2P)	3 WRE/2 ECTO	Sweden
9-10 Nov	Dragon Cup (T + P)	2 WRE/ECTO	Poland
15-16 Nov	TrailO Weekend (SpP + T + P)		Israel
<b>2025</b>			
27-31 Aug	<b>World TrailO Championships (WTOC)</b>		Hungary / Slovakia

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 (SG) held a meeting on Zoom on the 8th September chaired by **Graham Urquhart**. The main topic on the agenda was consideration of a draft 2024 GBR Team Selection policy. The Steering Group made some amendments and agreed that the policy could be forwarded to British Orienteering for confirmation and publication.

- *For more information, see the box below with comments from Graham.*

The Steering Group was also asked to give advice on how to proceed with allocating scores for the BriTOL following timing problems at the recent White Rose TrailO event. It agreed that, for the purposes of BriTOL, the results from the sprint section of the event should be disregarded.

- *More details are provided in the event report on pages 18 and 19.*

The next meeting of the SG is expected to be held in late November or early December.

### GBR Team Selection 2024/25

The IOF will be holding the European Trail Orienteering Championships (ETOC) in Finland in 2024 from 8<sup>th</sup> to 12<sup>th</sup> May 2024. It is now also confirmed that a World Trail Orienteering Championship (WTOC) will be held in Slovakia and Hungary towards the end of August in 2025. British Orienteering approve and publish the selection policies each year for all the international disciplines (see <https://www.britishorienteering.org.uk/Selection>). We can expect the selection policies for 2024 to appear soon, so keep an eye out for them.

As the 2024 ETOC is in early May, the deadline for submissions of interest for selection is likely to be earlier than usual. Anyone with an interest needs to ensure that, once published, they note the date and submit their statement as soon as possible, and certainly before the time limit.

The permitted team sizes for the European Championships are larger than those for the Worlds, and so there are more opportunities for interested athletes to be selected. Also, for the first time, there will be some additional places available for suitably qualified juniors to extend the team. With the larger team size, ETOC can be an opportunity to provide development experience for those showing promise but who may not have had an opportunity to compete extensively. We will be encouraging people to apply who may be in this position.

Looking further forward, now that we know the location of the 2025 World Championships in Slovakia and Hungary, potential team members for 2025 should already be looking for international opportunities to compete on similar terrain during 2024.

The initial programmes for the 2024 World Ranking Events and the European Cup in Trail Orienteering have been recently published on IOF Eventor, and there are some relevant events for those who can travel to gain experience and to demonstrate performance in similar competitions in preparation for possible selection for 2025 and 2 events (Prague TrailO Adventure in Czechia and the Hungarian TrailO Weekend) stand out as representative of the 2025 terrain. The event calendar is also included in the TrailO section of British Orienteering web site here <https://www.britishorienteering.org.uk/site/trailo/events>.

**Graham Urquhart**, *Chair of the Steering Group*



## International Orienteering Federation (IOF) Updates



As indicated above, IOF has approved the application from Hungary and Slovakia to jointly stage the **2025 World TrailO Championships**. This was confirmed at the September meeting of the IOF Council. It was noted that this was the first time that IOF have approved a two-nation application for the staging on an IOF World Championships in any discipline. The expected dates for the event are 26th-31st August but it is still early in the planning process. Preliminary details have been given in a Facebook posting which suggests that the events will be:

- 27/28 August - Hungary for PreO Days 1 and 2
- 30 August – Slovakia for Relay
- 31 August – Slovakia for TempO

In IOF Eventor there is an indication of the embargoed areas for the Slovakian events - see [WTOC 2025](#).

## British TrailO League 2023 (BritOL)

BritOL 2023 was completed with the final event being the TrailO at the White Rose at the end of August:

	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
6	26 August	EBOR	White Rose TrailO event

Due to problems encountered with the timing of some competitors as they transitioned from the main PreO to the sprint section, it was agreed that BritOL scores for the event would be based on the results from just the PreO section. The specified scores are as follows:

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

Many people got the same number of controls correct at the White Rose and, as there was no 'tie-break', many people finished with the same results. BritOL rules provide that 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. A competitor's best 4 scores from the 6 events are used to provide a total score. The following are the top 20 final positions in BritOL 2023:

	Name	Club	Races	Score	Tie break	1	2	3	4	5	6	
1	<b>Tom Dobra</b>	M21	TVOC	6	396	0	90	96	100	100	100	83.5
2	Benjamin Kyd	M20	MDOC	5	392	0	100	100	96	96	86	
3	Charles Bromley Gardner	M60	BAOC	5	362	0	89	87	93	81	93	
4	Nick Barrable	M45	SYO	5	358	0	81	93	77	93	91	
5	River Edis-Smith	M21	MDOC	4	353	2	91	90	85		87	
6	Kieran Marsh	M21	SLOW	5	353	-2	96	89	83		85	62
7	Sarah-Jane Barrable	W35	SLOW	4	352	0		88	90	91	83	
8	David Jukes	M70	BKO	5	342.5	0	87	91	71	86.5	78	
9	Anne Straube	W45	OD	5	341.2	0	82	79	89	80		90.2
10	Samuel Drinkwater	M21	MDOC	4	340.5	0	88		80	89		83.5
11	Ian Ditchfield	M65	MV	5	333	0	86	80	79	88	75	
12	Dominic Wathey	M18	MDOC	4	330	0	80	86	91		73	
13	Mykyta Chubynsky	M45	OD	5	324.5	0	83	83.5	86		72	69
14	Colin Duckworth (P)	M65	TVOC	4	321.5	0	76	81	78	86.5		
15	Elsbeth Jolly	W18	HALO	4	319	0	79	85	75		80	
16	Graham Urquhart (P)	M65	OD	5	318.5	0		82	81.5	78	77	75.5
17	Iain Phillips	M55	LEI	4	310.5	0	78		66	83		83.5
18	Duncan Harris	M55	DEE	5	309	0	75	74	76	84	74	
19	David Wathey	M55	MDOC	4	308	0	71	78	69		90	
20	Christine Roberts	W70	EBOR	4	300	62	76	87	75			

Congratulations to **Tom Dobra** for coming top with his three wins and a second place. **Ben Kyd** in second was not far behind with two wins and two second places. Best placed P Class competitor was **Colin Duckworth** who just managed to hold off **Graham Urquhart** despite only competing in 4 events.

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

## European Cup in TrailO 2023 (ECTO)

Since the last Newsletter, the last four ECTO events have been held - two at the Hungarian weekend in August and two at the Nordic Match. The complete set of events used for 2023 is given in this table:

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

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

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

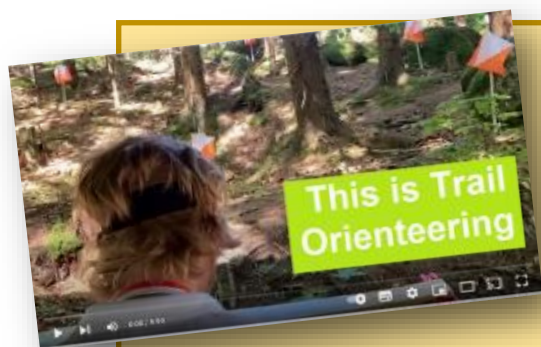
The table below gives the final placings on completion of the series with the top 7 British competitors listed. Note that the maximum score for 5 events is 300 (5 x 60). Krystian Petersburski came very close to getting this maximum as his 5 scoring events comprise four first places and one second.

Best British competitor was **John Kewley** in 10th place who was also the only competitor to have attended all 10 of the 2023 ECTO events. In 2022, John had finished in 17th place so congratulations to him for improving and entering the top ten list. His position represents the highest so far achieved for a British competitor. Another improver was **Ben Kyd** who finished in 51st place, up from 92nd in 2022. Ben only attended two events but as he gained 60 points for his win at the PreWTOC TempO, this significantly boosted his score. Having attended the first two events back in April, **Iain Phillips** competed in the final two events at the Nordic Cup in September. With scores of 12 and 10 in these last two, he overtook both **David Jukes** and **Charles Bromley Gardner** finishing as third Briton.

The official listing on the IOF website provides a combined list for all participants including the P Class competitors who, it could be argued, may be at a disadvantage as half the events are PreO. An unofficial final results list for P Class is provided on the 'Trail Open Project' site. This gives 1st place to Vladyslav Vovk (UKR) with 88 points from 6 events with top British performer being **Graham Urquhart** in 3rd with 22 points from 5 of his 6 events.

			Events (best 5 to count)	Score
1	<i>Krystian Petersburski</i>	<i>POL</i>	8	294
2	<i>Anders Höjje</i>	<i>SWE</i>	6	248
3	<i>Pinja Mäkinen</i>	<i>FIN</i>	8	218
10	John Kewley (MDOC)		10	154
51	Ben Kyd (MDOC)		2	61
75	Iain Phillips (LEI)		4	41
76	Charles Bromley Gardner (BAOC)		6	40
101	David Jukes (BKO)		6	19
117	Graham Urquhart (OD) ( <i>P Class</i> )		6	22
123	Tom Dobra (UBOC)		2	18

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



### 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>.

When the August Newsletter was published, the World Ranking (WR) list was in transition and no table was provided. The TrailO ranking scheme was changing from one based on a winner getting low points (about zero) to one where the winner gets high points (about 1000). The IOF WR website had not been updated with the necessary programming changes so we had to wait to see the impact of several WREs including WTOC 2023. In September, the necessary changes were made and, for most people, there was only limited impact on their position with the new approach. Additional events did lead to some changes. The only WREs now left in 2023 are the 2 Hong Kong Championships in December.

Given below is the current standing of all those British competitors showing on the list and an indication of their position as given in the May Newsletter. This time a new final column has been added indicating the number of events included in the total score. The list is based on a competitor's best 6 scores at WREs in the last 18 months so this additional information may be useful in assessing a person's position.

For 2024, **Ben Kyd** will no longer be a junior and will be competing with the 'grown-ups' in the Open Class - not that it will make much difference as he is already our second ranked athlete having now overtaken both **Tom Dobra** and **Charles Bromley Gardner**. Also note that 14 year old **Max Straube Roth** competed in the 2 Italian Etrusk events in October and gained his first ranking points - expect him to progress up the list in 2024!

All		P Class	J Class		Score	Events counted in score
7 Nov 2023	May 2023					
1	1			Antti Rusanen (FIN)	5963.35	6
13	11		1	Simone Frascaroli (ITA)	5858.60	6
36	40			John Kewley	5723.82	6
53	69		4	Ben Kyd (J)	5609.20	6
67	53	1		Vladyslav Vovk (UKR)	5510.66	6
58	61			Charles Bromley Gardner	5555.90	6
64	58			Tom Dobra	5536.34	6
80	87			David Jukes	5406.93	6
106	93			Ian Ditchfield	5201.00	6
109	95			Iain Phillips	5182.16	6
121	113	8		Graham Urquhart (P)	5035.20	6
212	352	34		Colin Duckworth (P)	3934.75	6
221	235			Elizabeth Urquhart	3875.28	6
236	305	41		Peter Roberts (P)	3647.48	6
240	316			Christine Roberts	3561.17	6
248	218			Nick Barrable	3442.00	5
281	268			Peter Hornsby	2718.00	4
316	271			Dominic Wathey (J)	2166.00	3
346	263			Alain Kyd	1616.00	2
378	-			Max Straube Roth (J)	1317.81	2

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

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



## On-Line TempO Update

The 'Hungarian TORUS TempO Trophy 2023' competition is nearing completion. With events held on the final Wednesday of each month, there have now been 10 events. An 11th is listed on the TORUS website for 29th November. Currently there is nothing showing for December - perhaps as it will be during the main Christmas holiday season.

The main overall results are currently showing positions based on a competitors best 8 events (from the 10 which have taken place) although the text suggests that 9 events will be included when the series is complete.

The table on the left indicates the current top 3 and all those GBR competitors currently in the top 100.

Despite winning the October event, **Ben Kyd** has slipped from the second place he occupied at the time of the August Newsletter. After **Tom Dobra** (in 34th place), there is a tightly packed group of 4 GBR competitors holding positions between 41 and 50 meaning that probably any one of these could hold the position of 3rd GBR competitor overall once the series is complete. In October, **Samuel Drinkwater** has his best result of the year with a 15th place which brought him into contention.

As the second table shows, **MDOC** have continued to hold the top position in the inter-club competition based on scores from the best 3 club members at each event. With 4 MDOC members in the top 50 individual positions, this is a very strong team and it seems unlikely that they will be caught when the series is completed.

	Name	Club		Score
1	<i>Ondřej Macek</i>	OK Lokomotiva Pardubice	CZE	786.72
2	<i>Maciej Urbaniak</i>	AKInO Kraków	POL	785.17
3	<i>Pavel Ptáček</i>	BETA URSUS Rosice	CZE	775.17
4	Ben Kyd	MDOC	GBR	772.10
34	Tom Dobra	TVOC	GBR	725.77
41	Robert Finch	NGOC	GBR	720.79
42	Samuel Drinkwater	MDOC	GBR	717.99
47	John Kewley	MDOC	GBR	711.84
50	River Edis-Smith	MDOC	GBR	709.21
68	Owain Jones	Bristol OK	GBR	699.14
81	Andrew Stemp	Aire	GBR	689.44

	Club		Score
1	MDOC	GBR	2208.65
2	GOC	HUN	2184.58
3	AKInO Kraków	POL	2168.81
4	COMA	ESP	2154.18
5	OLV Landshut	GER	2151.48

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.

## 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.

## 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.

However, if you sign up to a dedicated distribution list, you can also have a pdf copy delivered direct to your email inbox on publication. To have your name added to the list, you can complete and submit a simple Google Form. The list is only used for distributing pdf copies of the Newsletter on publication. Please use the form so that you are ready for the next issue.

British TrailO Newsletter

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First Name \*

Your answer:

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## A Look Back: WTOC 2012, Scotland - 6-9 June 2012



In the last Newsletter, the Editorial appeared to suggest that there had never been a WTOC in Great Britain. That had not been the intention but it resulted in two emails to the Editor pointing out that WTOC 2012 had been on British soil. To correct any false impression, here we set the record straight with some extracts from the report published in the June 2012 issue of **CompassSport** magazine.

(With thanks to **Nick Barrable** for permission to use these extracts)

Here **Brian Parker** explains how it started:

Eighteen months ago, in late autumn of 2010, the International Orienteering Federation had a problem. Switzerland had been asked to stage the 2012 footO championships and had agreed but declined to take on the TrailO usually associated with it. So the IOF had to find another host. For good reasons all the 'big' TrailO countries were out of the running. The searchlight swung on Great Britain and we blinked.

We blinked because we are a 'small' TrailO nation in terms of participation. Although we have been represented at senior level in IOF trail orienteering for many years and could offer expertise, could we handle the logistics of a world event? We decided to see if we could bring together the three essentials of terrain, personnel and accommodation.

Our first task was to find suitable terrain for World TrailO. Attention focussed on Newborough Warren in Anglesey and Tentsmuir in the Kingdom of Fife. Newborough has excellent terrain but scored less well on other requirements. Tentsmuir, with its close proximity to the university towns of Dundee and St Andrews, seemed a better prospect, especially with the experienced support of the Scottish Orienteering Association, so we went to have a look at the terrain.

You would think, would you not, that a forested sand dune area the size of Tentsmuir (13 km<sup>2</sup>) and with all those tracks would offer plenty of scope for TrailO. It is not as simple as that. You

### Officials and GBR Team

#### Officials:

- *Event Director:* Anne Braggins
- *Organiser:* Anne Hickling
- *Mapper/Planner:* Brian Parker
- *National Controllers:* Richard Keighley and Anne Straube
- *Event Advisor:* Jari Turto (FIN)

#### GBR Team Members:

- Clive Allen (*Open*)
- John Crosby (*P Class*)
- Ian Ditchfield (*Open*)
- John Kewley (*Open*)

### WTOC 2012 Event Schedule

- **6 June: World Tempo Trophy**
- **7 June: Model Event**
- **8 June: WTOC 2012 Day 1**
- **9 June: WTOC 2012 Day 2**

*TempO was not included as part of WTOC until 2013, hence it was provided as a separate 'Trophy'.*

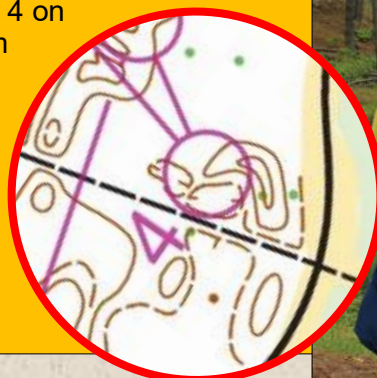


### Day 1 - Control 4

The cover photo of the June 2012 issue of CompassSport magazine had a photo taken by **Nick Barrable**. It shows **Stig Gerdman** of Sweden tackling Control 4 on the first day. The bottom photo shows the view from the decision point.

*The solution is given at the top of the next page.*

(Photo: Nick Barrable)



## Day 1 - Control 4 - Solution

See bottom of previous page for details.



On this map you can see the decision point marked with the cross pointing towards the flags. The light blue marker shows the correct flag; the red markers the incorrect ones. The correct answer was the **C** flag.

From the photos it is hard to see the location of the two shallow depressions so it is perhaps harder to identify the correct flag than it was for the competitors. The results show that 74% of competitors correctly identified the **C** flag.

have to be able to see the detail from the tracks and the competition areas have to offer around 30 good problems within course length limits. Only 6% of Tentsmuir proved to be suitable but we could see enough scope to make a proposal for the world champs there. We put it all together for BOF and IOF and got the go ahead.

*Brian then gave details about the problems they overcame with mapping and planning before finishing with these interesting comments:*

With Jari and Anne moving flags around, a few inches here and a few inches there, assisted by the forest team of Richard and Roger Scrutton, I could pay attention to matters political. There were two. One was a need to introduce to World Championships the concept of the 'A' cluster, namely 'A' controls with other flags visible. We used the simplest possible arrangement, a single 'A' control and its flag (misplaced) adjacent to an A-E control. This worked well, with none of the competitors who expressed apprehension beforehand finding real difficulty. The next step, perhaps in Finland next year, is for several 'A' controls in the presence of others.

The other political matter was an environmental concern. It has become practice at time controls in other countries to totally screen off every view of the terrain so that zero information is available to competitors as they walk or wheel in to the viewing point. Such screening has been by 2m high polythene stretching seemingly from minus infinity to plus infinity. We resisted such an arrangement, commenting that it contradicted the image of orienteering as a nature sport and made the site look industrial. But we believe we found the answer: national flags. These do not obscure everything but obstruct and interfere with the view. They also look acceptable in the terrain when associated with sport.

Mapping and planning for a World Championships required rather more effort than predicted. In all some 47 competition maps had to go to the printer. These included the maps for the TempO World Trophy.

*Anne Hickling (Organiser) included this in her account:*

Almost two years ago I agreed to take on the job of WTOC organiser, little realising quite how big a job it would turn out to be. I had more TrailO experience than anyone else in Scotland, and this was limited to a couple of events more than ten years ago. So it was a steep learning curve.

Staging WTOC as a stand-alone event rather than as part of a WOC festival had pros and cons. We didn't have the advantages of the high profile of a WOC, making it harder to attract support from outside the orienteering world, and our costs were higher because we couldn't share the infrastructure of the bigger event. But on the other hand we didn't have to make any compromises to fit in with a WOC and could focus solely on providing the best possible event for the WTOC competitors. Almost all the teams were accommodated at the Event Centre in Dundee which made for a good event atmosphere. There were many positive comments from teams about the whole event experience, including several saying it was the 'best ever'.

TrailO is labour intensive and pulling together a team of helpers to run the event was its biggest problem. In the end I used 85 people over the 4 days (for 97 competitors). TrailO was little known in Scotland, and



A time control showing the use of flags to obscure the terrain.

(Photo: Nick Barrable)



# Top TrailO Tips

This series continues with two more thoughts and tips to help you improve your performance:  
(5) Reaching a decision , and (6) Learning from your performance.

## 5. Reaching a decision

The concept of TrailO is really quite simple! You have to determine if there is a control flag in the terrain at the centre of the circle marked on your map. By comparing what you can see of the terrain with the details provided on your map, it should be possible to reach the correct answer. However, you also have to take into account other things such as the style of mapping: what has been included (for example, what minimum height is required for a boulder or knoll to be marked on the map) or what represents open, semi-open or rough open? And what is the 'zero tolerance' set for the event?

A TrailO competitor has also to identify what problem the planner has set. Are some flags positioned to confuse a competitor into making a wrong choice? Why has the planner selected a particular 'decision point'? Have the flags been positioned sufficiently far from a feature so as to make it a 'Zero' answer? And, in a TempoO event, all of these thoughts have be considered at speed!

**Graham Urquhart** has the following thoughts:

- Try to solve it in 2 independent ways and, if they suggest different answers, be ready to resolve the 2 solutions and assess why.
- Remember to look behind you. There may be useful locators and line ups, but...
  - \* map reading is usually better than line ups, and ...
  - \* almost everything is better than trying accurate bearings
- Use coarse bearings to check the general layout and that you are in the right place
- In complex terrain, always attempt to read and track the contours as the planner will have carefully assessed these (and many controls will be based on contour features). However, try to understand and assess the impact of looking up or down a slope on this.



**Control 14 at BTOC 2022:** This is an attempt by the planner to confuse a competitor. There are 3 flags in a re-entrant. At first sight, the problem appears to be to decide which one is correct. They are, however, **all** in the wrong re-entrant as indicated by the 3 purple dots on the solution map.

To really try and understand the planner's thinking at each control, it is good to read the IOF '**Technical Guidelines for Elite Trail Orienteering**' as these set out the criteria which define good planning and, therefore, what competitors should be considering when tackling an event.

For a copy of the Technical Guidelines, see the link on the IOF page: [Organise TrailO Events](#)

There is though another aspect which is not always mentioned and which is not discussed in the Guidelines - the psychology of course planning. Each planner will have their own preferred way of creating challenging control sites and combining them into a course. One common idea is to have an 'easy' final control where the apparently obvious answer might be incorrect. A competitor short of time might quickly give the wrong answer before rushing to the finish. There are other techniques. Here **Ian Ditchfield** gives the following as an illustration of one example where the planner put added pressure on the competitor:

*"Each control is a separate decision. Some planners will try to apply psychological pressure by producing a series of Zero controls, or perhaps no Zero controls at all. Never think you should answer Zero because you haven't for a while, or vice versa. I once did a relay where each of three runners in a team went around the same loop, looking at the same kites and control*



features, but with maps having the circles in different places. One leg of the relay had all Zero answers and another had no Zeros. Few people had the self-confidence to answer Zero all the time! I had the leg for which every control had a kite in the right place, but didn't have the strength of mind to resist putting Zero for the last control."

Ian's example is a very extreme case and would probably not now be seen as 'good planning'. Planners should aim to make all the controls challenging and working to different criteria might prejudice the quality and fairness of the result. From a competitor's perspective, the solution is to simply stick with the task mentioned at the start - at each control, decide whether there is a flag at the centre of the circle.

## 6. Learning from your performance

Given the mental effort involved in deciding what answer to give, it can be frustrating when, on seeing the results, you discover that you have several wrong. In some cases, you may have been undecided so you may not be surprised. It is still annoying though when others opted for the correct answer and you did not!

Here **Graham Urquhart** provides a number of things to help you and, hopefully to learn and get more correct the next time:

- *A Solutions map will be handed out at some point. Use this to understand what you saw, why you made the answer you did, and alternative ways to understand the problem.*
- *Where you do not understand why your answer is wrong it is possible that there is something wrong with the control, the map or the answer. Try to understand how others have answered the control and looking at the solutions map see what misled you.*
- *If you cannot reconcile the solution and your view of the control, you may wish to complain to get some explanation from the organiser. This needs to be in the form of a written question.*
- *If you are not going to complain, probably the best way to really understand an error is to walk the course with someone else, preferably someone who got more right than you. Note though that you are not allowed to walk back into the terrain until the time for complaints is finished. If you are not able to walk the course, discuss with them the controls using the solutions map, and:*
  - \* *discuss both errors and successes, and*
  - \* *focus on the method and decision process and compare*
- *In the event that a control is voided, try to understand why. Was it an error ambiguity in the map or a line up, in the control placement, breaking the zero tolerance rules, incorrect viewpoint or seeing additional controls for example. Should you have spotted this on the course yourself.*



### A final thought

It is common to be asked: "How many did you get wrong?" The answer might, for example, be 5. However, always remind yourself that you got the others right. 5 wrong might mean 25 correct and that sounds much better!

Extra

## 4. PreO Time Keeping

The last issue covered this topic, but since then, **John Kewley** has added these additional thoughts:

- *Keep an eye on other competitors who start ahead/behind you so you know whose "company" – if you are taking a while at a control and then notice you are with a whole bunch of different folks then maybe it is time to make a decision and move on.*
- *In an event using ToePunch, you can check elapsed time (taking timeouts into account to the nearest few seconds) by using the "info" tag on any station.*

There will probably 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.

## Know your fellow TrailO Competitors : John Kewley

For this issue, **John Kewley** (usually known as 'JK') has agreed to answer questions for the Newsletter. He is the current top GBR competitor in the World Rankings. Thanks JK.

**Age/Class?** M60

**Hometown? Current location?** Although my family are from the Isle of Man, I was brought up in Scotland just south of Glasgow. I now live in Warrington.

**Employment?** I've just retired from a career in software engineering and am now a self-employed Outdoor Instructor specialising in navigation training.

**How did you start orienteering and/or TrailO?** My uncle (Jim Young of LOC) introduced our family into orienteering a couple of years before I went to University in St Andrews. As for TrailO, I was running 21E at the Swiss 6 days (as training for the Swiss Mountain Marathon) and saw there a thing called 'Trail Orienteering'. I ran round the Elite course getting all correct and was fastest at the time control. I didn't think any more about it until I was called on stage that evening as winner to collect my prize.

**You aren't in P class, but tell us about your knee injury:** At the age of 21, I slipped coming out of a steam room severing my patella tendon and breaking my kneecap; later, just 6 weeks out of plaster, I stumbled down stairs and ripped it open again. I was told I'd never run again and would always walk with a limp. This put me out of running for 3 years, but I eventually built back the strength to run again (albeit with a limp!) at a decent level (see MM results below). Damaging my medial collateral ligament (MCL) in 2022 along with increasing arthritis in that same knee is the reason I tend to do a lot of limping on a TrailO course.

**Clubs?** I've run for many clubs over the years starting out in CUNOC (now AYROC), StAUOC, FVO, MDOC, GOLD Savosa (SUI), SYO before returning to MDOC.

**Best achievements/successes?**

- Mountain Orienteering
  - \* 1st IOF World Marathon Orienteering Trophy 2001 (after a 2nd and 7th the two previous years)
  - \* 1st OMM/KIMM Elite, Swiss MM Elite, Saunders MM Scafell, Irish LAMM Elite (and another 10 top-3 positions in Elite Mountain Marathons)
- TrailO International
  - \* Silver: ETOC 2010 Open Team / Bronze: WTOC 2019 Open Relay and ETOC 2018 Open Relay
  - \* IOF Diplomas (in addition to those that came with the medals above): WTOC 2011 Mixed Team and WTOC 2023 Open Relay
- TrailO Domestic:
  - \* BTOC Champion 2010 and 2014; JK Champion 2009, 2013, 2014; Irish Champion (visitor) 2011, 2015

**Worst event/most embarrassing TrailO moment/biggest goof?** Mis-punching happens when you are in a rush and are under stress and I've done this a few times, but the worst was 2010 WTOC when I had miscalculated my finish time and ended up 5 mins and 2s late, losing 2 points, dropping me from 13th to 23rd (these days a similar mistake would drop me many more tens of places).

**Favourite area and/or terrain? Why?** Open terrain or open forest with technical contour and rock details like Newborough sand dunes or Scandinavia. For FootO, then it'd be Swiss alpine areas where I did the Swiss Mountain Marathons. The more green on the map then the less well I'll do at TrailO or FootO.

**International experience/selection?** I'm fortunate to have been selected for GBR in every major event since 2009 (except for ETOC 2016 where I was Assistant Senior Event Advisor) which was the first year that GBR had a separate Open class. Prior to then the P class could "double-up" in Open and so BO declined to send any non-P class competitors.

**TrailO ambition?** For a number of years I've believed I'm capable of an individual PreO Major event medal; I've had a 3rd (2011 D1) and a 4th (2023 D2) at WTOC in single day results, but my best individual results over the 2 days have been 9th ETOC 2010, 10th at WTOC 2011 and 11th at WTOC



JK spotted at the ETOC 2022 Relay in Finland

2012. It is all about putting together consistent results over 2 days. My best chance of a medal of course will always be in the TrailO Relay.

*What is the best thing about TrailO?* That it is a sport for all: Open, P class, Men, Women, young and old we all typically compete against each other on the same course.

*What is the worst thing about TrailO?* Complaints about courses. No matter how well thought-out courses are (and remember the aim of TrailO Planning is to set complicated controls not to trick people), inevitably competitors will find things the Planner and Controller haven't seen and this opens the doors for complaints. IMO the standard 4m tolerance has been a big help in this respect, but it doesn't mean kites can be 3.5m from the correct place and still be OK.

*Do you compete in on-line TrailO events and, if so, please comment?* I have competed in almost all the online "Torus" events and in the period around the Covid-19 lockdowns I also enjoyed many other online orienteering challenges, in particular the excellent Hong Kong Virtual PreO (based on Google Maps photos) from Akune Li. I find this all excellent training in particular for TempO.

*What have you put back into TrailO?*

- IOF level: IOF Athletes' Commission, IOF TrailO Athletes Advisory Group, Assistant Senior Event Adviser in ETOC 2016, Jury member in many World Ranking Events
- GBR level: BO TrailO Working Group (and predecessor) since 2009, Planner, Organiser and/or Controller for BTOC 2010, 2012, 2017 and JK 2015, 2023

*Other activities/interests?* I've always enjoyed stick sports and have played Hockey (to county level as a Veteran), Hurling and Shinty (I was a England Shinty Captain from 2014 to 2016 and represented Scottish Universities as a student). I also represented the Isle of Man at Fell Running and Switzerland at Shogi.

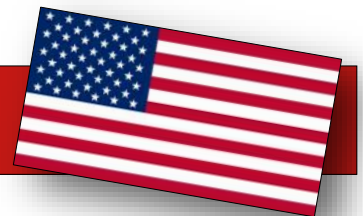
*What have you done that no one else is likely to/will have done?*

- First person to win both OMM Elite and Long Score
- First person to win UK and Swiss Karrimors (OMM and SIMM)



JK (in red) playing in a game of Shinty in 2015

## Philadelphia's Navy Yard Welcomes TrailO, USA 18th - 20th August 2023



**Charles Bromley Gardner reports on his TrailO trip to the USA:**

Trail Orienteering has taken me to many places that I would be unlikely to visit otherwise. One of the previous 'exotic' trips was to Hong Kong in 2019 as preparation for WTOC20 – although the Asian Championships were then cancelled at 5 weeks' notice due to the uncertainties of social unrest, and of course WTOC20 was done for by a certain virus.

A series of WREs in Philadelphia in August was an opportunity to travel westwards and extend into a long weekend in an otherwise quiet time of year. As a historic (Birthplace of the United States) city to visit, I had a very educational full day after the TrailO (with plenty of walking) before a late flight back to UK.

The event was organised by the Capital Region Nordic Alliance, a "charitable not-for-profit outdoor recreation alliance", focusing on Nordic Sports (biathlon, orienteering, snowshoeing & cross-country skiing) with particular emphasis on individuals with special needs or disabilities. Some of the participants are military veterans, but certainly not all. Some competitors came with companions (human?):

It was a full TrailO programme over 3 days: a simple Model event, followed by PreO and TempO on both weekend days, with a WRE on each day. All events, based on a re-developing Navy Yard,



Not certain which is the competitor!



were within walking distance of each other, and a short drive from airport hotels. With low numbers of competitors, Russ Myer arranged for us all to be transported back and forwards each day (although I did get a bus on the first journey). Although the entry fees were not cheap by European standards, an extraordinary Banquet (capital letter justified) on the Sunday night was included, hosted by the American Swedish Historic Museum, established, as common in USA, by immigrants who prospered.



Control flag in a bucket with bricks.

One of the restrictions of the Navy Yard development was that canes could not be inserted in much of the ground. The solution, which also worked very well on tarmac, was to wedge the supports in decorator's buckets with bricks (which did not make them easier to carry!):

The events started with a simple Model, followed by a 'Sprint' PreO, using available small pieces of ground, mapped at 1:1000, during which no issues with mapping or tasks arose. Maps printed on waterproof paper, at Letter size (of course). Success on these two events was (sadly) no indication of success later on!

The WRE TempO took place on Central Green, composed of a series of planted disc-shaped land, which tested angles and alignment (and for me distance):



Libor Forst (CZE), another European visitor, made an early judgement that there wouldn't be many Zero controls, which assisted him to a clear round taking 26-38 secs per Station. Joseph Barrett, selected for the USA Sprint FootO team, also went clear, but took 56-93 secs per station. Over the 7 Stations there were only 6 Zero controls – three stations without any, one Station with two in succession. I erred on 4 times, adding extra Zeros, finishing a poor 3rd.



Another TempO (non-WRE) produced an even worse

Central Green - Overhead view (above) and Station 5 on the WRE TempO event (left).



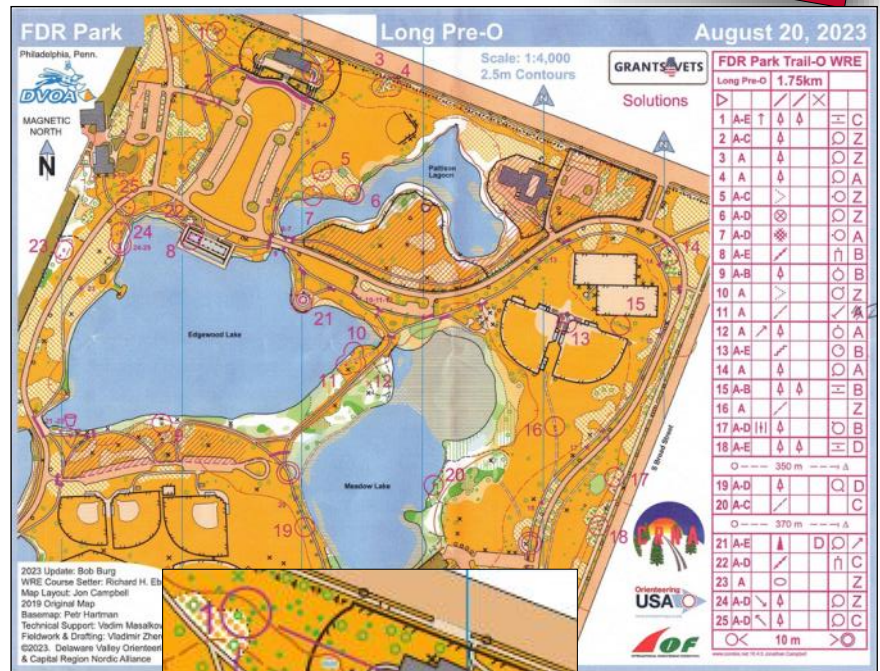
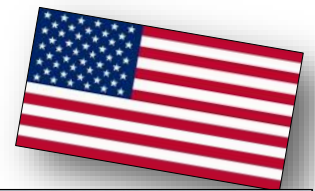
The TempO podium: 1st Libor Forst (CZE) (centre), 2nd Mika LatvaKokko (USA) (left); 3rd Charles Bromley Gardner (right)

result for me with 4 errors on 5 Stations – this time 3 Zero controls, of which even Libor missed one, and thus took second place behind Jarmo Latva-Kokko, a young lad of Finnish extraction.

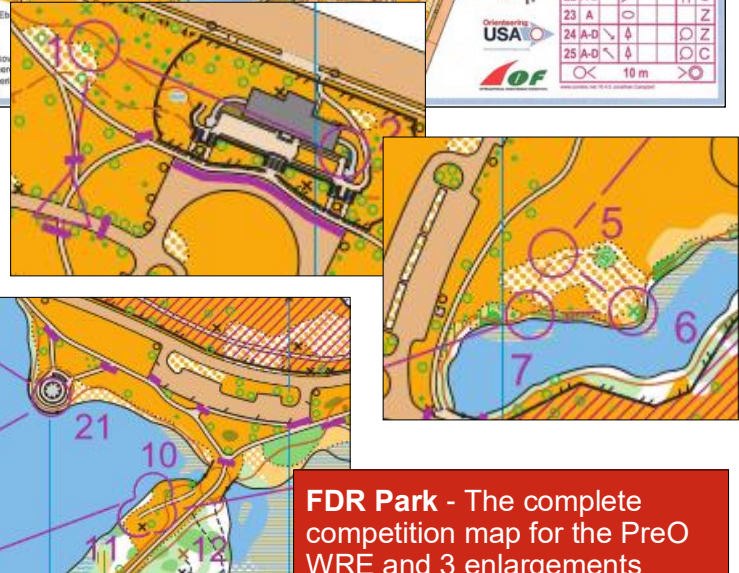
The final event, occurring on a fine sunny Sunday afternoon, was the WRE PreO, over the much more rural and long-standing parkland of FDR Park. Being generally well-integrated by Richard H. Ebright with the normal weekend use of such an area, one control was deleted from the course, as it was surrounded by BBQ parties, and another, long-distance control, taken out by



Ari Tertunen, the Event Adviser. This (#22) was probably best solved in the early part of the course when solving #8, but, having thought about it, I didn't worry about that. #21, another long-distance control across the same lake, was definitely solvable en route to #10, as I did; I think that it was almost impossible from the actual viewpoint. In the end, all 3 long-distance controls were cancelled, as the flags were deemed to be too hard to distinguish in the light. I certainly could not find two flags for #9 (so my guess was different to the Planner's solution); whilst I did select the right flag at #21, it was probably fair to cancel that too. You'll see one changed answer on the Solutions sheet – the planned flag location (A-Z control) could not be used due to other users, so a sensible plan was made to move the flag and change the solution before the competition began.



Both Libor and I were beaten by the same controls: #5 was based on where the vegetation boundary fell & 33% got it right; accurate reading of the form line would also have led to the right answer. Only 20% of competitors got #10 correct, and I cannot recall/visualize why it was wrong on the ground. The top 4 competitors got both these controls wrong. I got a further control (#17) wrong, apparently by not viewing from the correct point, but still would anyway have lost out to Libor on the Timed controls (32 secs to 18.5 secs). But it is fair to say that we were both kicking ourselves for silly errors.



**FDR Park - The complete competition map for the PreO WRE and 3 enlargements showing some of the controls.**

The first control had to be taken extremely diligently, counting trees from different directions to find the correct flag location. #2 (beside the American Swedish Historic Museum) was hidden up and over a wall, and required a very careful assessment of where the flags were in relation to the control site.

No-one was best pleased when checking the Solutions to find that we (mostly) had the first two controls wrong! The Organisers were quick to change the answer to #1, due to a changed Viewing Point position (so the top 8 had it right), and eventually cancelled #2, as it really was impossible to identify which tree the flags were beside. But the Planner & national Adviser did take some persuading. That battle fought, we decided on an honourable draw and settled down to thoroughly enjoy the Banquet!

- PreO Sprint: 20 controls
- PreO: 25 controls (5 voided) - 1.75 km, Open 127 mins / P Class 142 mins; 1 Time Control with 5 tasks
- TempO: 7 stations each with 5 tasks

Sprint	Name	Cont.	Time
1	Charles Bromley Gardner	20	6:09
2=	Clare Durand (USA)	20	7:46
2=	Libor Forst (CZE)	20	7:46

WRE Tempo	Name	Time	Penalties (s)	Total (s)
1	Libor Forst (CZE)	242.5	0	242.5
2	Mika LatvaKokko (USA)	303	120	423
3	Charles Bromley Gardner	327.5	120	447.5

WRE PreO	Name	Cont.	Time (s)
1	Libor Forst (CZE)	18	18.5
2	Charles Bromley Gardner	17	32
3	Clare Durand (USA)	17	33.5



## TrailO at the White Rose, UK 26th August 2023



**Graham Urquhart reports:**

Once again, the White Rose orienteering weekend at the end of August included Trail Orienteering, with a BriTOL PreO event. This was planned and organised by **Peter** and **Christine Roberts**, and attracted a good entry of experienced competitors and newcomers.

The course in Pickering Forest re-used an area of the 'middle' FootO competition when it was complete and was hilly and circular, with regular steam trains passing by on the North Yorkshire Moors line. It was divided into a conventional PreO of 15 controls, followed by a sprint section of 5 controls, mostly on a good path. There was a good variety of problems, and they presented a real challenge. I particularly enjoyed control 14, which was a Z, as the feature was not visible from the path, but I really struggled with a small area just before this. While a couple of the problems were made more difficult by the level of detail on the map there were no issues or complaints with the PreO Course.

Unfortunately, there was an issue with the timing for the 5 control sprint section and so, in the end, this section had to be voided. This was a shame, as the section provided a great speed challenge, and the problems were difficult under time pressure. This means that in the final results there were a lot of ties as there was no way to separate equal scores.

**Margaret Parker** and **Chris Smithard** tied for 1st place with 12 correct (of 15) in the Open class and I tied for 1st place with **Richard Keighley** in the P-Class with 9 correct. Fortunately, the weather held off even though thunder was near, so we got round largely dry too! The detailed results remain on the White Rose website. Many thanks to all who made this happen.

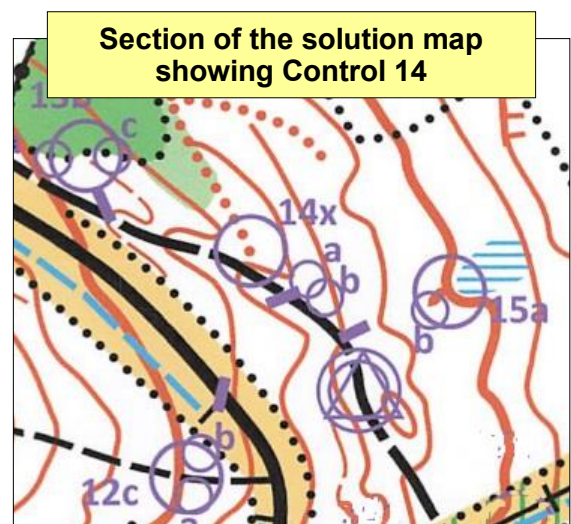
**Peter Roberts** has the following comment on the event:

Although the thunder/lightning was close by thankfully we avoided all but a short shower.

However, we have had other issues to sort out. The competition was in two parts with a timeout, akin to an urban road crossing, between. Unfortunately, we do not have a complete record of those times. The SI boxes have been interrogated and produced both times for 17 competitors and neither time for 15 competitors. The other 8 competitors had one or the other. Between 17.03 and 17.48 only 5 of 28 finishers had a time for both. There is though a complete



**A competitor considering Control 12. The B flag is visible in the trees**  
*Photo: Peter Roberts*



- **PreO:** 15 controls, 900m
- **PreO Timed Section (voided):** 5 controls, max 100s

Open	Name	Cont.
1 =	Margaret Parker (AIRE)	12
	Chris Smithard (FVO)	12
3 =	Anne Straube (OD)	11
	Diane Jacks (WRE)	11
	David Coton (WAOC)	11
	Mike Wimpenny (DEVON)	11
	Mark Glaisher (SAX)	11

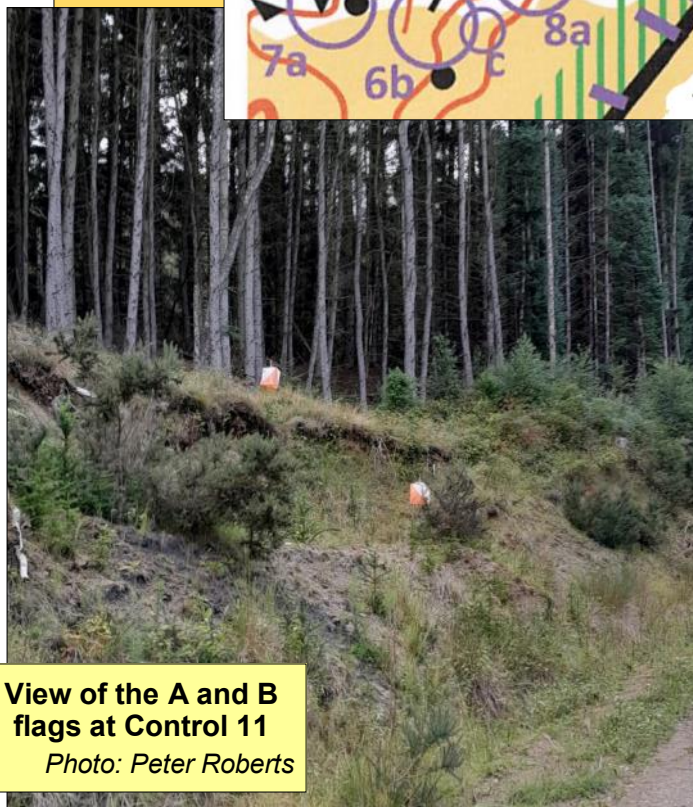
P Class	Name	Cont.
1 =	Graham Urquhart (OD)	9
	Richard Keighley (WIM)	9

record of finish times and total elapsed time.

In discussion, it was decided that for the BritOL league only the PreO would be used to assess position; the second section was voided. This A/Z section involved strategy (i.e. should speed or accuracy take precedence?) and as time information for everyone was not available it was not possible to produce a ranking including this as a tie-break.

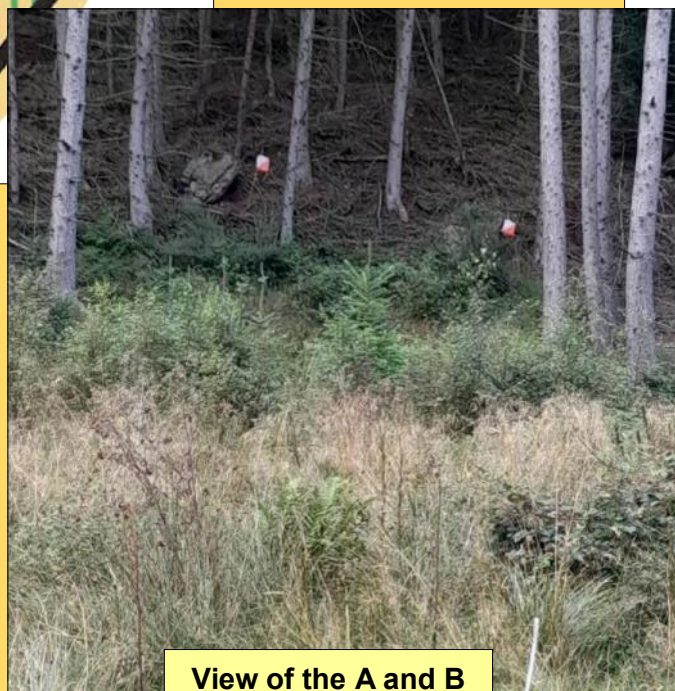


- 6. B
- 7. A
- 8. A
- 9. Z
- 10. B
- 11. B



**View of the A and B flags at Control 11**

*Photo: Peter Roberts*

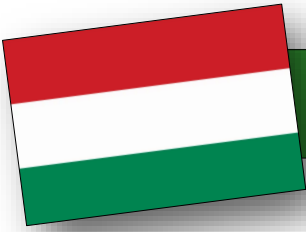


**View of the A and B flags at Control 8**

*Photo: Peter Roberts*

**Peter Roberts**, event mapper and planner, has provided these comments on the solutions to this section of the PreO course:

- 6: B This had 3 flags and was grouped with 7 and was essentially the path end. The C kite was too low.
- 7. A Hard to fix the correct location with other features but was only spur visible.
- 8. A Spotting all 3 boulders made solving this one easier, but the 2 boulders with kites were easily visible and were at a similar height.
- 9. Z You would not be able to see the back of the hill from the track!
- 10. B Vague contours gave the impression the kite maybe wrong. Position changed as you went to viewing point.
- 11. B The vegetation change helped to fix the position.



## Hungarian Weekend 26th - 27th August 2023

The late August Bank Holiday weekend saw **David Jukes** and **John Kewley** heading to Hungary for two World Ranking events and an extra PreO Sprint. David has provided this account:

The maps for this event stated 'Hungarian Autumn TrailO Weekend 2023'. Autumn it was not! With blue skies and intense sunshine the temperature on both days was around 35-37°C, the hottest weekend in Hungary this summer.

The events used a former army training area about 50 miles SW of Budapest. It was mostly open with some scattered trees and thickets. There were a few small crags and boulders but the majority of the controls were based around contour features. With good visibility, some controls were over 100m from the viewing points. There were plenty of controls with 8m zero tolerance and, for the PreO Sprint, there were also many with 12m tolerance.

### PreO (WRE)

The organisers had kindly provided a 'model' event on the route to the start. This consisted of 5 controls and it proved an excellent opportunity to assess the likely problems. Personally I prefer time controls to be at the end of the PreO but, unfortunately, straight after the 'model' were two time controls which combined some thickets with some contours - something I found rather challenging (as you will see from my 'time'!).

My first error was at the third control, close to the start. I thought it was off from the correct line from the viewing point but, had I gone 160m up the track, a much clearer view would have suggested it was correct. Further errors followed with mistakes at the 4th, 5th and 7th controls (only 50% got this last one right!). A bad start.

My luck changed and with varied challenges I progressed well. Control 12 was tricky with only 40% of competitors getting it correct. Judging the contours was difficult here but I decided that the broad re-entrant where the flag was supposed to be was simply out of sight. A similar issue arose with Control 18, another one where the visible control flag was in the right direction but, being visible meant that it was probably too near the front of a fairly flat hill. Only 54% got this correct.

I got two more wrong towards the end.

All photos for the event by **Ferenc Fehér**. For more, see the [Google Photos](#) page. For full results, see [top.yq.cz](#) and for maps see [Hungarian Weekend Maps](#).



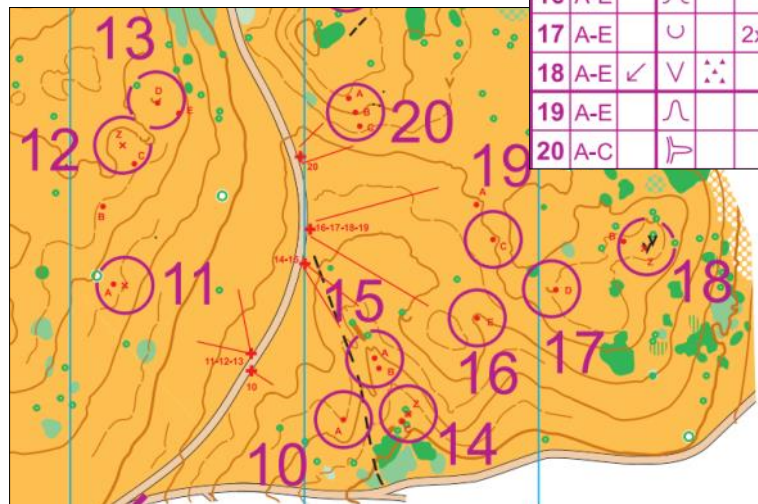
**David Jukes** assessing a PreO control.  
(Photo: Ferenc Fehér)



**John Kewley** considers PreO Control 6 from the permitted box at the bottom of the map extract. The flag visible in the image was 'B'. The correct flag, just off the image to the right, was 'C'.



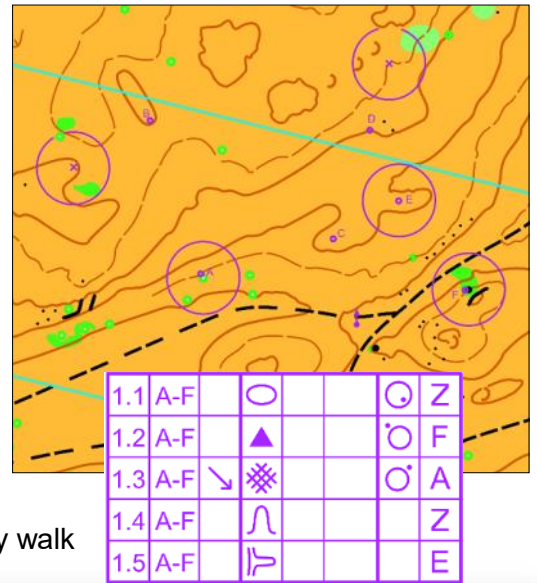
10	A	⤴			
11	A-E	↗	⤴		
12	A-E	∩			8
13	A-E	∪	2x1	⊙	8
14	A-C	↗	•	⤴	
15	A-C	∩			
16	A-E	∩			
17	A-E	∪	2x1	⊙	8
18	A-E	↙	∇	⊙	8
19	A-E	∩			
20	A-C	⤴			



For Control 25, the control description was misleading and, rather than going with my instinct that the flag was positioned on the wrong crag, I opted for 'A' rather than 'Z'. As I was informed afterwards, if in doubt go with the centre of the circle. If the circle is in the wrong place, the control would be voided; that might not happen if the control description is misleading. My final error was Control 26 which was another distant contour feature and only 32% correctly identified this as a 'Zero'.

### TempO (WRE)

The next day we returned to the same event centre (at the side of a track) but used a different section of the terrain. Although by now we had a good understanding of the terrain and mapping, quick and accurate decision making needed excellent map interpretation. As an example, on the right is the first station solution map. My difficulty here was that there were few clearly distinctive features. I had to identify where I was sitting based on my walk from the waiting point, and I had to repeat this for the second and third controls. I was slow but I got four of the five controls correct.



### PreO Sprint - A Moment of Glory?

Having completed the TempO, a short walk took competitors to this event. We had 30 minutes to evaluate 20 A-Z controls. As with PreO, the number correct provided the initial ranking with the time taken providing the tie-break. I took my time assessing the flags. Unfortunately when punching my answer for Control 4 (A), I mistakenly punched 5, realised, and then punched an A for 4. There was then no point in looking at 5 so I moved straight on to consider Control 6. Discussions at the finish suggested that 5 should have been 'zero' but we waited for the solutions and the results to be displayed.

			1 (SPRINT SECTION)																							
	NAME	COUNTRY	PTS	RES.	TIME	PEN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	EO David Jukes	GBR	19	28:57			A	Z	Z	A	A	Z	Z	A	A	A	Z	A	A	A	Z	Z	A	A	Z	
2	EO Pavel Ptáček	CZE	18	14:29			A	Z	Z	A	Z	Z	Z	A	A	A	Z	A	A	A	Z	Z	A	A	Z	
3	EO Erik Lundkvist	SWE	18	14:39			Z	Z	Z	A	A	Z	Z	A	A	A	Z	A	A	A	Z	Z	A	A	Z	
4	EO Krystian Petersburski	POL	18	16:38			A	Z	Z	A	Z	Z	Z	A	A	A	Z	A	A	A	Z	A	Z	A	Z	
5	EO Ján Furucz	SVK	18	16:39			A	Z	Z	A	Z	Z	Z	A	A	A	Z	A	A	A	Z	Z	A	A	Z	
6	EO Yevhenil Lukatskiy	UKR	18	17:17			A	Z	Z	A	Z	Z	Z	A	A	A	Z	A	A	A	Z	Z	A	A	Z	
7	EO John Kewley	GBR	18	23:17			A	Z	Z	A	Z	Z	Z	A	A	A	Z	A	A	A	A	A	A	A	Z	
8	EO Tomislav Varnica	CRO	18	26:53			Z	Z	Z	A	Z	Z	Z	A	A	A	Z	A	A	A	Z	A	A	A	Z	
9	EO Adam Stalka	POL	18	28:25			A	Z	Z	A	A	Z	Z	A	A	A	Z	A	Z	A	Z	A	A	A	Z	

When the first results came through, the times were wrong and they were not ranked correctly but, scanning down, I could see that I was shown as having 19 correct. A quick look down the full list revealed no one with all 20 correct and I was the only one with 19! Could I have won? After some delay, during which the results went off-line, they reappeared correctly ranked and I was first. I took a quick screen shot (shown on the right) and sent it to the family. Unfortunately, within 5 minutes, the results were adjusted showing Control 5 as voided. Several competitors who had previously had two wrong (including Control 5) jumped ahead of me (based on time taken) and my final position was 9th, the slowest of those with 18 correct. Of course, as I had not actually assessed Control 5, I cannot comment on the location of the flag but, as can be seen from my screenshot, many of the top people considered it to be a 'zero'.

I may not have done as well as I had been hoping in the main WREs but it was a very satisfying conclusion to the weekend.

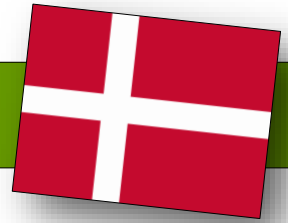
- **PreO:** 31 controls, 1 Km (123 mins Open / 133 mins P Class) / Timed Controls: 2 stations each with 3 tasks
- **TempO:** 7 stations each with 5 tasks
- **PreO Sprint:** 20 A-Z controls over 60m, 30 minutes max

Day 2 TempO	Name	Time (s)	Penalties (s)	Total (s)
1	Ondřej Macek (CZE)	254	150	404
19	John Kewley	384	240	624
37	David Jukes	454	330	784

Day 2 PreO Sprint	Name	Pts	Time (m:s)
1	Pavel Ptáček (CZE)	18	9:17
6	John Kewley	18	18:05
9	David Jukes	18	23:45

Day 1 PreO	Name	Pts	Time (s)
1	Krystian Petersburski (POL)	31	32
23	John Kewley	26	173
33	David Jukes	25	323

## Nordic Match, Denmark 16th - 17th September 2023



There are two reports for this event, the first by **Iain Phillips** on this page provides a broader introduction and the second, from **John Kewley**, on the next page gives some more specific details about some of the courses and controls.



The Nordic match is an annual team TrailO event between the Nordic countries, usually Finland, Sweden, Denmark and Norway. Frequently part of ECTO and world ranking it attracts the best competitors. However, in 2023 without world ranking status the field was limited; just myself and John Kewley attended from the UK. We travelled to Silkeborg, Denmark by plane and hire car.

In the team event, each team has 5 members, ideally with one a P Class competitor. Teams are welcomed from non-Nordic countries and over the past years GB has had sufficient individuals attending so to as to make up to three teams. With no full GBR team, the GBR athletes split and joined other scratch teams. John Kewley joined a NOR/GBR/SWE team including a former world champion. I joined a FIN/GBR/SWE team including some potential future world champions, but found myself older than the combined age of the rest of his team.

On the Friday evening, the organisers had included a little PreO course for training and opportunities to meet old friends and new teammates. Day 1 proper included the TempO with an urban terrain of mostly simple controls with the occasional bit of complex mapping making life more difficult. Unfortunately the one forest station was voided due to a map not quite up-to-scratch. John finished 15th and I came it at 29th. Day 2 was the PreO from a very nice track looking up the slope through a forest to a number of challenging controls both near and far. John claimed a full house and I had 4 mistakes but, with good timed control performances, we finished in 5th and 31st positions. Between the events we enjoyed a good time at the banquet with loads of food and drink and good company.

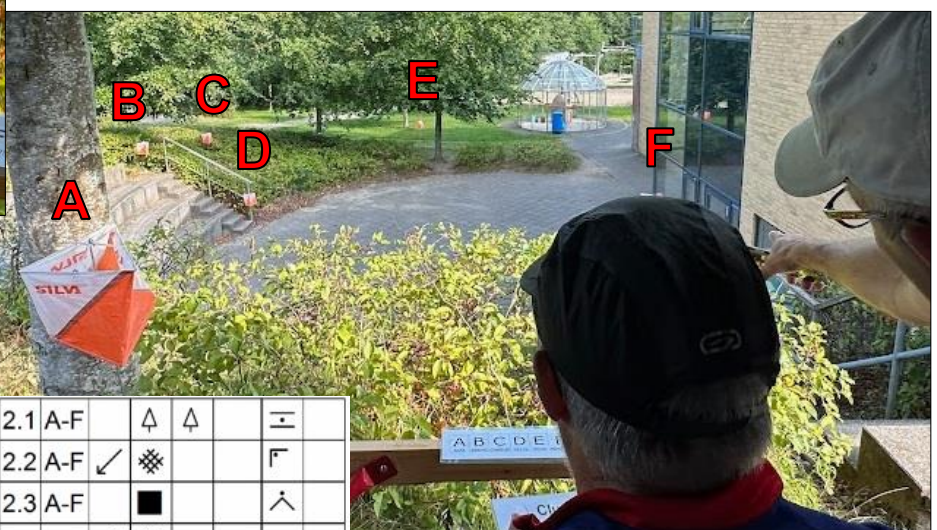
Being the final ECTO event of the year eyes were closely watching the earned ECTO points and the event gave me sufficient to jump several places in the overall standings.

Overall one of the Sweden teams won the match with two Finnish teams in 2nd and 3rd. John's combined nationality team came in 5th and my young team dropping places, after some good TempO results, to finish in 11th. John's 15th and 5th combining for a 5th place overall individual place and my 29th and 31st combining to 32nd place of the 60 scoring competitors.



**TempO Station 2:** Here **John Kewley** is tackling one of the TempO stations. Also shown is the solution map for this station.

*(Photos: Christian Biering)*



2.1 A-F	△	△	≡
2.2 A-F	↙	⊗	⊞
2.3 A-F	■		∧
2.4 A-F	↗	⊗	∨
2.5 A-F	→	△	△

Now **John Kewley** fills in some additional details by describing how he tackled the courses:

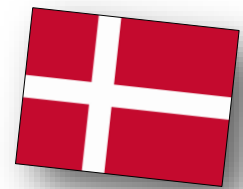
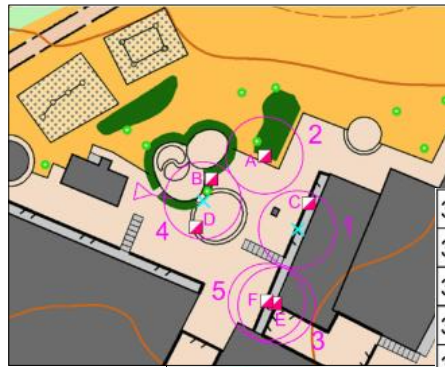
We arrived on the Friday afternoon in time to cadge a lift with some Polish friends to travel to the training event. This gave us a chance to see how the play equipment was mapped and got a feel for similar terrain to what we would be seeing in the TempO - so thanks to the organisers for putting it on.

Saturday's event was a 6 station TempO in mostly semi-urban terrain: so in amongst the buildings near the school being used as the event centre with plenty of play equipment. There was however one nice natural terrain station which confused me a lot (normally stations in natural terrain are my *forte*). My confusion was caused by me forgetting the map scale had been changed (from 1:3k to 1:2k) and by me looking for down features on the map when it was the up features that were mapped. There were also what turned out to be some map inconsistencies which led to this station being voided. As a result I was then 8th fastest of the 11 on a full house ending up in 15th place and 2nd in my team. Iain, although 17 seconds faster than me, had made 3 errors and was =29th and first in his team.

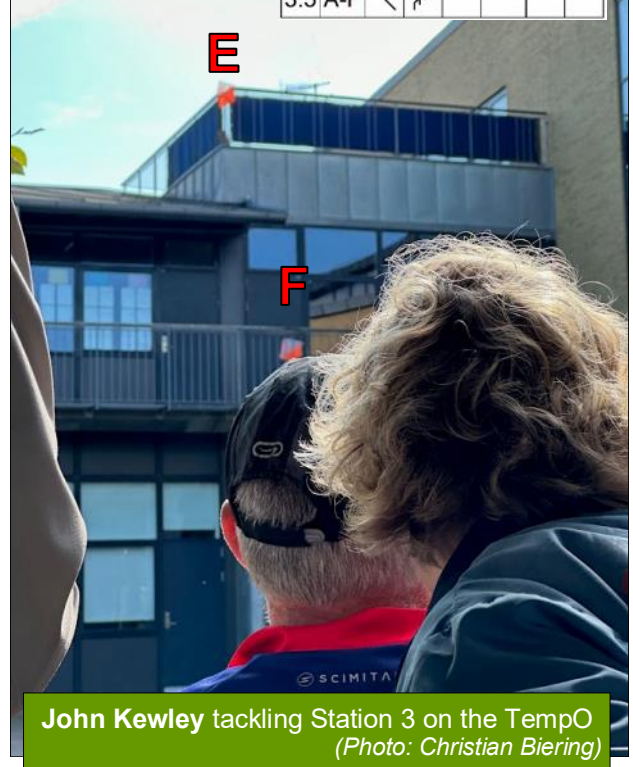
The PreO on Sunday comprised 28 controls and one Time Control with 4 problems. Most of the course was on the side of a steep slope with us on the path below with a flatter section between. Looking up like this when there was little vegetation and at a reasonable distance meant that those seated in wheelchairs were not at any significant disadvantage and Denmark's Søren Saxtorph proved that by coming 3rd (and no additional minutes were given for P Class).

The first pair of controls were two of the hardest and as is my usual practice I wasn't going to make a hasty decision so I made sure I looked at them from many angles before coming to my decision. Control 2 seemed clear enough, but control 1 seemed to be the wrong distance from the track and lines to it looked problematic so I decided that probably the marked fallen trees weren't correctly marked, but the 2 kites in question seemed to be on the only steeper part of that block of forest so surely the correct location had to be there. I eventually went with the kite that I felt matched the contours best having spent about 35 minutes of my 126 allowed on these 2 problems, but that still left me 90 mins for the remaining 26 controls, and I had already had a glance at 3 to 5 and then they hadn't look so bad. Many of the controls were helped by keeping an eye out for mountain bikers so you could see where the mapped tracks were. There seemed to be plenty of cyclists about so I expect most competitors were able to take advantage of this.

Control 25 was an interesting one that many good competitors got wrong. At first glance it looked like the control was an elongated knoll which was pointing down the hillside (see *top of next page*), and there was kite at the near end of terrain that seemed to match that description, but if you checked the control description it said Gully N-end and, if



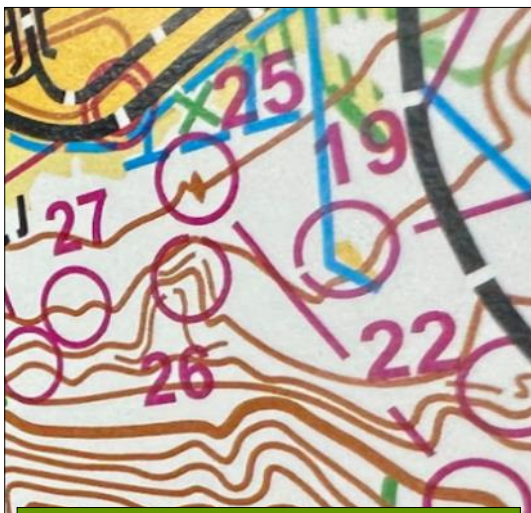
3.1	A-F	↗			
3.2	A-F	→	⊗		⊙
3.3	A-F	↘	↗		↖
3.4	A-F	↑↓	↗		↖
3.5	A-F	↖	↗		



**John Kewley** tackling Station 3 on the TempO  
(Photo: Christian Biering)



**John Kewley** out on the PreO course looking at controls 1 and 2.  
(Photos: Christian Biering)



Part of the PreO map taken from a photo  
(Photo: Christian Biering)



Medals for the TempO: Seen here are Anders Höije (SWE) 2nd (left), Krystian Petersburski (POL) 1st (centre) and Pinja Mäkinen (FIN) 3rd (right)  
(Photo: Christian Biering)



you looked closer at the map, there was a tiny spur just beside what I had thought was the elongated knoll, but was actually a very short gully (see map above). The distance between the kite on the foot of the spur and the end of the gully may well have been within the zero tolerance of 4m, but the rules on the day did specifically allow for kites to be "on a different object" (although personally I prefer the wording of "on a different mapped object" - for instance it is fair for a kite to be on another mapped boulder immediately in front of the correct one, but not IMO if it is an unmapped one).

As I had an early start I was the clubhouse leader with a full house for a long time before a few later starters finished. Control 1 was subsequently voided so this meant I eventually ended up in 5th on the day. I believe this is the equal top GBR individual result since the 2010 event where Clive got a Bronze in the ETOC Open and was also behind two P Class so ended up 5th overall in the Nordic Match individual.

### Postscripts:

1. Iain's team name was "Äällionolla" which, according to Google, translates as "With an idiot" which we thought seemed a bit harsh on Iain. This was later explained to us as really being "Äälliö nolla" which gave the more appropriate translation of "idiot zero" (the Finnish term for what some of the Brits refer to as a TempO "pantomime zero" ("it's behind you!")).
2. The events were not World Ranking Events (WREs) due to the WRE requirement of needing an IOF Event Adviser (EA). Denmark no longer has any accredited EAs and the organisers would have had to pay for the costs to bring one in from another country. When GBR have their next WRE that shouldn't be such an issue.

- **TempO:** 6 stations (1 voided) each with 5 tasks
- **PreO:** 28 controls (1 voided), 1 Km (126 mins Open / P Class) / Timed Controls: 1 station with 4 tasks
- **Overall:** Time for TempO + Time at PreO Timed Control + 60sec per error in PreO.

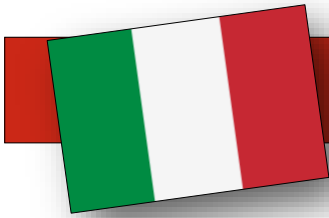
Day 1 TempO	Name	Time (s)	Penalties (s)	Total (s)
1	Krystian Petersburski (POL)	107	0	107
15	John Kewley	190	0	190
29=	Iain Phillips	173	90	263

Day 2 PreO	Name	Pts	Time (s)
1	Petteri Hakala (FIN)	27	16
5	John Kewley	27	23
31	Iain Phillips	23	21

Overall (Teams)	Team	Total Time (s)
1	SWE West	1586
2	FIN 1	1711
3	FIN 2	1988

Overall (Ind)	Name	Total Time (s)
1	Anders Höije (SWE W)	146
5	John Kewley	213
32	Iain Phillips	524





## Etrusk Trail-O Weekend, Italy 28th - 29th October 2023

Here **Tom Dobra** provides his thoughts on the most recent WRE:

The final weekend in October saw a sunny TrailO weekend in Etrusk, near Rome, Italy. **Graham** and **Liz Urquhart** took the scenic route down by train, while **David Jukes, Iain Phillips, Charles Bromley Gardner, John Kewley** and I took the quick route (no time for days spent meandering across Europe!). **Anne Straube** and **Max Straube** Roth also flew out as part of a longer half-term holiday.

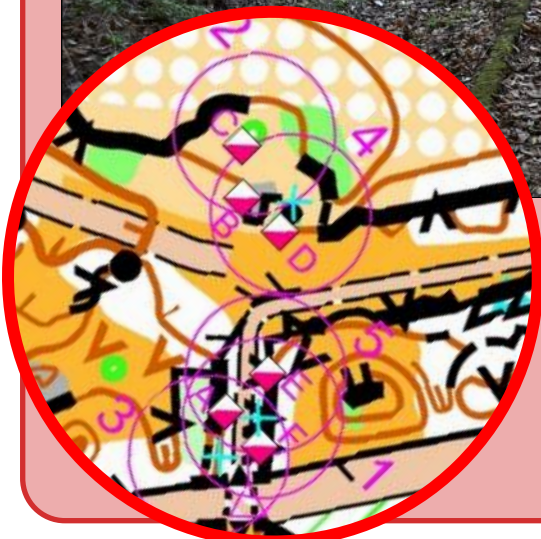
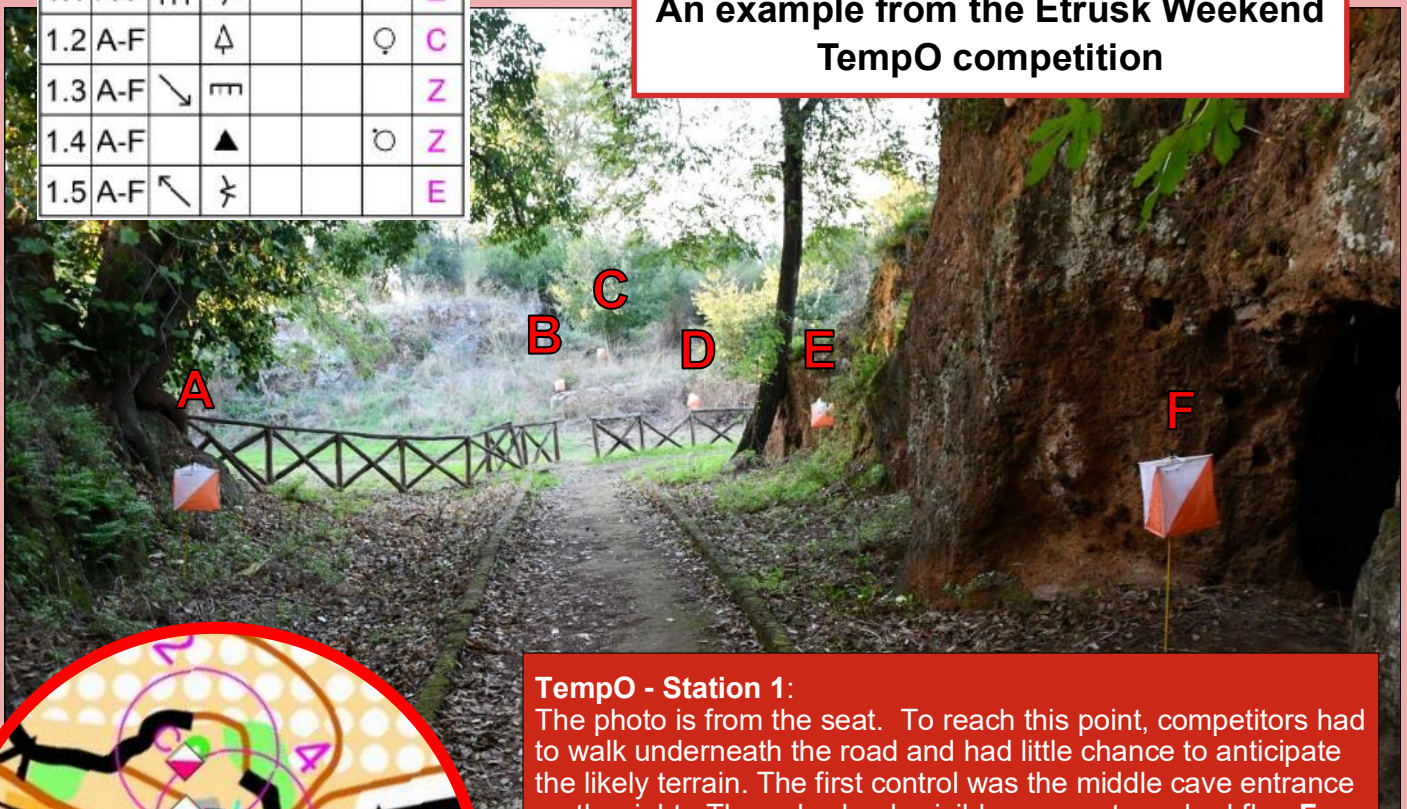
Warm-up for the bigger group included a broad selection of antipasti, delicious pizzas (pistachios, smoked salmon and mozzarella anyone?), lizard, butterfly and bird spotting, and, for me, diving through the Mediterranean surf. Then on to the unusual terrain of an ancient necropolis for both days.

Graham handled the network of mounds, crags and caves of Saturday's afternoon TempO and took the win in the P Class. I was the best Brit in coming 11th in 348 seconds (including 3 errors) in the Open Class followed by Anne Straube (21st), John Kewley (22nd), David Jukes (27th), Max Straube Roth (31st), Charles Bromley Gardner (37th), Iain Phillips (52nd) and Liz Urquhart (70th). The course was set at an enjoyable level of difficulty: hard at speed but most should be able to get full marks given a minute per task.

Post TempO, most of us headed off for a local training races around a rather green nearby forest. David won the easy short course. I did some training by demonstrating that my bearings through green are appalling, and it would have been much quicker to run the extra half kilometre on the paths each

1.1	A-F		⌘			Z
1.2	A-F		△		♀	C
1.3	A-F	↘	≡			Z
1.4	A-F		▲		○	Z
1.5	A-F	↖	⌘			E

### An example from the Etrusk Weekend TempO competition



#### TempO - Station 1:

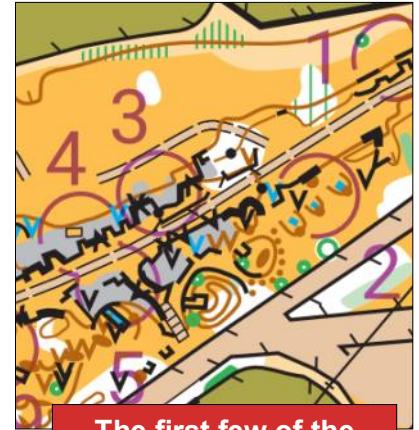
The photo is from the seat. To reach this point, competitors had to walk underneath the road and had little chance to anticipate the likely terrain. The first control was the middle cave entrance on the right. The only clearly visible cave entrance had flag F beside it but this would have been the wrong answer. The correct cave entrance was out of sight between the E and F flags - so the correct answer was Z. 73% got this correct with 21% saying F.

Although difficult to see from the photo and solution map, the flag for Control 4 was positioned on a bush and not the boulder behind it. Only 46% correctly stated Z with 32% saying D.

(Photo: Krešo Keresteš)



**Tom Dobra** completing his training run on the 'Long' FootO course



The first few of the PreO controls

time. Despite this, I still achieved 4th place on the Long course, 76 seconds ahead of Anne in 5th. On the medium course, John was 2nd, Charles 3rd, Iain 5th and Max 10th.

The night's pre-dinner activity was a PhotoO around Cerveteri, a charming Italian town spoilt by a grumpy 'local'

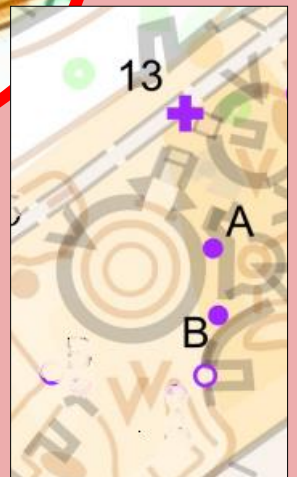


**Left: Iain Phillips** (right) and towards the back, **David Jukes** (left) considering controls 2 and 5  
**Right: John Kewley**

(Photos: Gabriella Carlet)



**An example from the Etrusk Weekend PreO competition**



**PreO - Control 13:**

The photo is from the decision point - marked on the competition map extract with the additional red arrow. Two flags were visible down the narrow gap between tombs. The main clue for this one was the rocky wall behind the B flag. The correct tomb entrance would not have had the wall behind it. Also shown (*on the right*) is the extract from the solution map. 87% of competitors got this control correct.

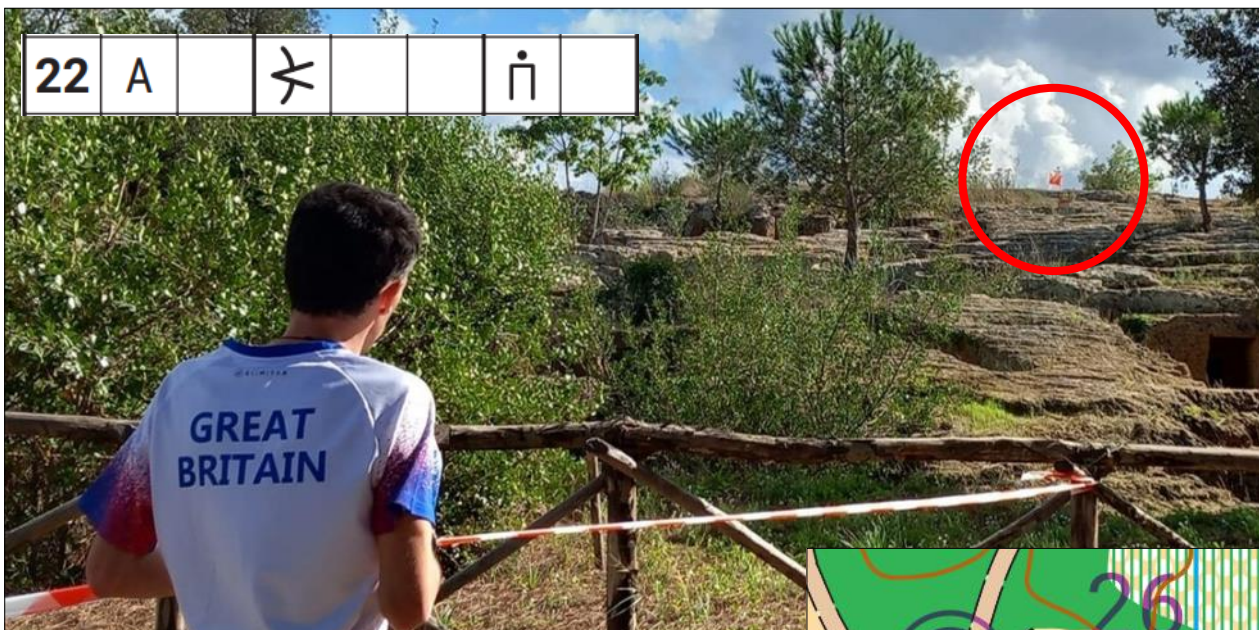
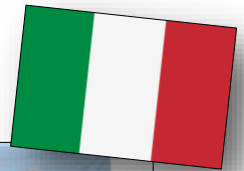
(Photo: Krešo Keresteš)

called Graham Urquhart yelling out of an upstairs window at control 18. Dinner was a delectable mix of local cuisine with a few dishes from further afield - try courgettes stuffed with anchovies and mozzarella, plus of course, wine.

Sunday's PreO was a penalty shoot-out back at the necropolis. If you made an error, you immediately fell close to the bottom of the results. The first two-thirds was straightforward with the final eight controls more challenging. Charles (10th), David (18th), John (27th), Iain (28th), I (31st) and Anne (34th) all cleared but a time control error for John and me and a brain freeze for Iain pushed us well down the results. Graham dropped one point to win bronze in the P Class. Max was 63rd and Liz 65th. This was, I feel, too easy for a PreO and became a qualifier plus timed control competition.

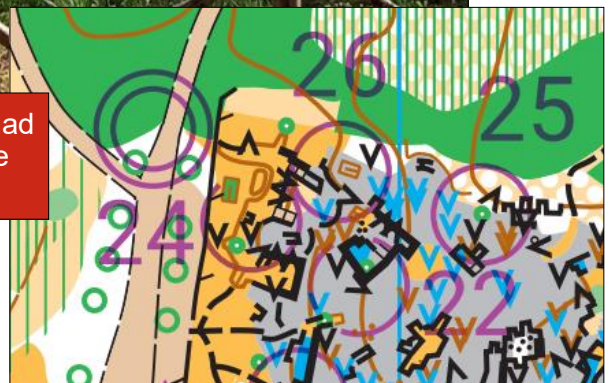
Overall, it was a fun weekend in a gorgeous part of Italy for a final glimpse of summer. Bring on 2024!

The top 3 in the P Class with **Graham Urquhart** (centre) taking first place  
(Photo: Gabriella Carlet)



22 A ⚡ ñ

This is **Tom Dobra** on Part 2 of the PreO course. Part 2 had 8 A-Z controls. Here the flag for Control 22 is circled. The correct answer was 'A'.  
(Photo: Remo Madella)



- **TempO**: 7 stations each with 5 tasks
- **PreO**: 26 controls in two parts (18+8), 250m + 50m (87 mins Open / 95 mins P Class) / Timed Controls: 2 stations each with 3 tasks

Day 1 TempO	Name (Top 6 GBR competitors)	Time (s)	Penalties (s)	Total (s)
1	Juha Hiirsalme (FIN)	195	0	195
11	Tom Dobra	258	90	348
22	John Kewley	325	180	505
27	David Jukes	331	210	541
31	Max Straube Roth	343	210	553
32	Graham Urquhart (1st P Class)	439	120	559
37	Charles Bromley Gardner	391	210	601

Day 2 PreO	Name (Top 6 GBR competitors)	Pts	Time (s)
1		26	22
10	Charles Bromley Gardner	26	49
18	David Jukes	26	82
27	John Kewley	26	115
28	Iain Phillips	26	117
31	Tom Dobra	26	119
44	Graham Urquhart (3rd P Class)	25	183