

British TrailO Newsletter

August 2023





Introduction from the Editor

Attending the World TrailO Championships (WTOC) in Czechia a few weeks ago provided an opportunity to see the sport at its most challenging with the intense competition between the top TrailO competitors from around the world. My attendance, as a reserve, meant that I was not under the pressure of those in the main GBR team. I was therefore, I think, able to observe the events with a more dispassionate eye.

The challenging terrain and the event organisation combined to make the event memorable. Those gaining medals and podium places deserve congratulations for their achievements - including the two GBR Relay teams [see reports later in this Newsletter]. However, for me, the most impressive component was the organisation. There was a small army of volunteer helpers who seemed to be very capable and willing to ensure a successful event. The main event organisers and team leaders are to be congratulated on a job very well done.

Perhaps the most surprising element, for me, was the way that opportunities were found to give spectators a chance to see the competition in progress. I had never considered TrailO to be suitable for spectators but here there were several times when it was an integral part of the competition. The real time electronic display of each competitor's answers allowed those in the arena to see the progress of the competition. But it went much further than that. The last few controls on the second day of the PreO competition were adjacent to the arena. The relay was finished with a single member of each team completing a final timed control in full view of the spectators and, in a similar way, spectators could also watch competitors tackle the last two stations in the TempO Final. All were supported by a knowledgeable and enthusiastic commentary.

It was my first WTOC and I feel delighted and privileged to have been involved. Could we, here in the UK, be capable of staging a WTOC in the future? It would be nice to think that, one day, we would welcome the world's best to tackle challenging world-class courses with a similar level of organisation. It would be a major undertaking though. We would need to build our skills, increase the number of active TrailO participants and find suitable terrain. It will take time but, perhaps, we can do it!

David Jukes (davidjukes@sky.com)

Cover Picture
The last few controls at Day 2 of the World TrailO Championships were viewed from a track adjacent to the arena. The cover picture shows **Graham Urquhart** assessing the final control (#35).
Did you see the kite? It is on the crag right at the top of the image - shown here with the circle and arrow.
The kite was in the correct place so the solution was 'A'.



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

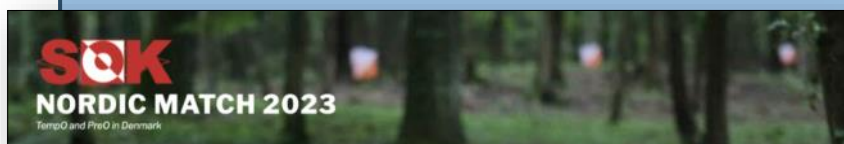


The table below lists some of the main TrailO events taking place currently scheduled. Included in the table are all currently announced UK TrailO events and all designated World Ranking Events (**WRE**) and European TrailO Cup events (**ETOC**)

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

Date	Event	Status	Country
15-17 Sept	Nordic Match (<i>see details below</i>)	2 x ECTO (T + P)	Denmark
1 Oct	Coppa Italia TrailO	WRE	Italy
28-29 Oct	Etrusk Weekend	2 x WRE (T + P)	Italy
19 Nov	Hong Kong Champs (Pre O)	WRE (P)	Hong Kong China
26 Nov	Hong Kong Champs (Temp O)	WRE (T)	Hong Kong China
28 Dec	Gran Canaria O-Meeting: <i>includes TrailO on one day of the 5-day meeting</i>	—	Canary Islands, Spain
2024			
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 PreO and a TempO)	3 x WRE (2P + T) <i>(tbc)</i>	Czechia
12-14 Apr	Falco Cup (TempO and PreO)	2 x WRE (T + P) <i>(tbc)</i>	Lithuania
8 May - 12 May	European Trail Orienteering Championships (ETOC) 2024	ETOC / WRE	Finland

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



Nordic Match 2023

The annual Nordic Match is this year being staged in Denmark in and around the town of Silkeborg. It is the last opportunity to compete in the 2023 ECTO series.

- **Friday 15th September Training** (self-service courses)
- **Saturday 16th September TempO** (Nordic Match part 1)
- **Sunday 17th September PreO** (Nordic Match part 2)

For more details, see the dedicated Website:

[Nordic Match 2023](#)

Standard entry closes 1st September / Late entry until 11th September



TrailO Development Steering Group Update



The national Steering Group (SG) held a meeting on Zoom on the 24th July chaired by **Graham Urquhart**. Some of the issues discussed are mentioned below:

- There was discussion on the outcome of the recent WTOC and it was noted with pleasure that the team exceeded the overall selection goals [see report later in this Newsletter]. It was felt that, for future events involving a British TrailO team (such as ETOC 2024), there should be greater national visibility and reporting of the team's activities at the event within orienteering. The Chair will discuss this with British Orienteering.
- Looking to 2024, there was some initial discussion on selection policy and any lessons to be learnt from the procedures used for WTOC 2023. The Chair will provide a draft updated Selection Policy which will be discussed at the next meeting - to be scheduled early so that, once adopted, the Policy can be circulated and publicised earlier than this year's. As a larger team is permitted at ETOC, there is scope for a broader selection policy, taking into account the potential development opportunities for individuals. **Neil Cameron** has agreed to continue as Chair of Selectors and the other selectors will be asked if they are willing to continue as advisors.
- It was noted that BTOC 2023 had been successfully staged in Northern Ireland on the same day as the British Sprints. Our thanks to **Wilbert Hollinger** for his work in making this happen. There was then a short consideration of the value of staging BTOC on the same day as another FootO Championships - advantages and disadvantages were noted which will be further discussed when a date/venue for BTOC 2024 is considered.
- The potential for GBR staging either a ETOC or WTOC had been raised with British Orienteering but, as anticipated, there was little support due to the likely financial commitments and implications.
- The option of establishing a TrailO Club was again briefly raised and a paper would be prepared for a future meeting identifying options and, potentially, making a proposal.

The next meeting will be in early September when a major item for discussion will be the draft Selection Policy for 2024.

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



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.

Next Newsletter

With this issue appearing earlier than originally planned, a very provisional date for the next Newsletter is for publication in mid-November. Coverage should include reports on the various World Ranking Events (WREs) and European Cup in TrailO (ECTO) events between now and then as well as the White Rose event in Yorkshire at the end of August. Plus many regular features.

**All contributions are welcome!
All material should be submitted by 30 October - earlier submissions would be appreciated.**



In addition to updated **World Ranking Scheme Rules** for IOF TrailO which are discussed later (see pages 7-8), there have been two other publications by the IOF since the last Newsletter. The first is a fully updated version of the '**Technical Guidelines for Elite Trail Orienteering**' and the second is the new '**PreO Sprint Specifications**'.

Technical Guidelines for Elite Trail Orienteering

The following Preface gives some background to the reason for providing an updated version of this important document:

'This is a revision of the Guidelines after more than 8 years. Since 2014 the discipline of TrailO has evolved considerably. Quality, precision, and detail requirements for an event need more description and definition than ever before to help organizers creating quality events.

'Also, in the last 3-4 years the discipline has reached a good level of maturity, with consensus in many event organizing and competing aspects, including somewhat abstract concepts like what type of course setting is preferable. A good example is that map reading skills have become the key technique when solving TrailO tasks. This revision reflects this development and the new ideas in a modern way and the Trail Orienteering commission hopes that it will be of service in supporting elite level trail orienteering for planners and competitors.'

The document is an essential read for those seeking to improve their performance in TrailO events.

For a copy of the **Technical Guidelines**, see the link on the IOF page:

[Organise TrailO Events](#)

PreO sprint specifications

The following 'Rationale' is provided at the start of this publication:

'The PreO Sprint will be a fast format with a focus on accurate decisions. Course length and decision times are much shorter than a classic PreO, but the number of correct decisions is still the primary classifier. Making fast decisions is also rewarded as the tiebreaker. The format removes time and personnel-intensive timed control stations and is thus comparably easy to organise and compatible with large competitor fields. Decisions are whether a flag is at the correct place or not, allowing for the development of simple electronic devices to record binary answers from competitors. For those reasons, we anticipate that this format might quickly become the most attractive and frequently organised TrailO competition format and also a potential addition to the major event calendar as a third individual discipline.'

Although it would be best for interested people to read the publication, here are a few of the suggested elements for a PreO Sprint:

- A minimum of 20 controls, all controls to be only A/Z options.
- Time allowed 30 minutes or less (calculated as 1 minute per 30 m plus 1 minute per control). However there can be timed-out sections to allow use of separated suitable locations.
- Tracks to have designated viewing points in numerical order with at least 3m between each point.
- Classification by total points (one point for each correctly solved control) minus a penalty of 1 point for each 1 min or fraction used past the maximum allowed time. Total time used on the course (minus timed-out sections) will be used as a tiebreaker.
- A handicap system to adjust time used based on ground conditions and for manual wheelchair users who cannot use the map while moving will improve direct comparison between all competitors. As a guideline, for manual wheelchair users multiply total time by 0.7, for electric wheelchairs and other competitors with P class eligibility, multiply total time by 0.85.
- To avoid congestion and delays, each competitor should carry their own punching device.

For a copy of the **Specifications**, see the IOF page:

[Competition Rules for Trail Orienteering](#)



British TrailO League 2023 (BritOL)

The current list of designated BritOL events for 2023 is as follows and, without any additional events in the schedule, the 2023 League will be completed with the White Rose event later this month.

	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

Scoring:

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

Based on the final positions at an event, points are awarded as above. 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 current top 10 positions from the first 5 events:

	Name		Club	Races	Score	Tie break	1	2	3	4	5	6
1	Tom Dobra	M21	TVOC	5	396	0	90	96	100	100	100	
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	4	353	-2	96	89	83		85	
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	Ian Ditchfield	M65	MV	5	333	0	86	80	79	88	75	
10	Dominic Wathey	M18	MDOC	4	330	0	80	86	91		73	

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

European Cup in TrailO 2023 (ECTO)

At the time the last Newsletter was issued, there was only one set of results - from the Falco Cup. Since then there have been the PreO i Väst weekend and the PreWTOC events. This makes 6 individual events and, as the table on the below shows, there are a further two weekends comprising 4 individual events still to come.

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 will count for the final result.

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 table below gives the current status after 6 events (showing the current top 3 and all the GBR competitors in the top 100). Notice that, with scores weighted to the top placings, those doing very well in just a few events can score significantly more than those attending a larger number of events. For example, Ben Kyd's score of 61 is made up of just two events: a 60 at the PreWTOC TempO event and a 1 for the PreWTOC PreO event.

			Events	Score
1	<i>Krystian Petersburski</i>	<i>POL</i>	4	201
2	<i>Marit Wiksell</i>	<i>SWE</i>	4	186
3	<i>Anders Höjje</i>	<i>SWE</i>	4	171
7	John Kewley		6	132
29	Ben Kyd		2	61
53	Charles Bromley Gardner		6	40
83	Graham Urquhart		6	22
85	Iain Phillips (LEI)		2	19
88	Tom Dobra		2	18
90	David Jukes		4	18

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

World Ranking



The last Newsletter gave a summary of the world ranking status of British competitors based on the data available at that time (late May). It used results from the 8 World Ranking Events (WREs) in 2023. Another 3 event results have now been added to the data used by IOF making 11 events in total. However, in addition, there have been the WREs held as part of the WTOC but these have not yet been included. This might seem odd but

In June, IOF published a new set of rules for the operation of the World Ranking Scheme. For TrailO, this provides a completely new basis for the scheme. Previously, low ranking scores (and these could be less than zero) were good and the maximum 'poor' score recorded was 15 per event. The new scheme has reversed this with a good score being about 1000 and numbers will then reduce based on performance and position.



Although the new rules are available on the IOF site, the updating of the TrailO Ranking web page to incorporate these is taking a bit longer. Anyone checking the site now will see that some changes have been made. Scores, based on the best six results over the last 18 months, are now using the new scheme and give Anti Rusanen (FIN) the leading position with a score of 5929 and **John Kewley**, the top British performer is in 40th position with a score of 5644.

The data is though provisional and subject to change and/or correction. Hence no updated listing is given here. However, based on the new rules, **on the next page** you will find a summary of the TrailO scheme as set out in the IOF document. Please note though that we are awaiting confirmation that the planned changes have been correctly incorporated into the document.

More details in the next Newsletter!

For the new rules, see: [Competition Rules for Trail Orienteering](#)
For the current listing, see: [IOF World Ranking - TrailO](#)

How to estimate your new World Ranking Points

Although TrailO enthusiasts will have been used to the previous World Ranking scheme, it did have some rather unusual features which set it apart from the schemes used by the other orienteering disciplines. It was therefore decided to try and modify the scheme so as to make it more consistent - or at least, appear more consistent. This article is not looking back at the old scheme but is hoping to provide an abbreviated account to enable competitors to estimate their likely scores when looking at preliminary results.

The scheme is based on two formulae that now appear in the new June 2023 version of the IOF World Ranking Scheme Rules.

This is the relevant item where 'RP' is a competitor's ranking points at the event.

- For PreO: $RP = M6R - (M3P - CP + PBW \times 0.05) / 35 \times 1000$ where CP is each competitor's scored points at the event
- For TempO: $RP = M6R - (5 \times (CT - M3T) / M3T + PBW \times 0.05) / 35 \times 1000$ where CT is each competitor's scored time at the event

Notice that the first item in

both formulae for PreO and TempO is 'M6R'. This is a mean ('M') which uses the current scores of the 6 ('6') best ranked ('R') competitors at the event. It represents an 'event quality measure'. Without going into details, depending upon who attends the event, this is likely to be something close to 1000 although possibly down to about 950. Each competitor's score is then derived by subtracting elements from this 'event quality measure'. The elements are different for the two forms of TrailO.

Taking first the PreO formula, this can be considered to have two elements, one based on the points scored and one based on a competitor's position:

- **Points element:** This is represented by 'M3P - CP' which is the mean of the top 3 points, 'M3P', less a competitor's points, 'CP'. From the formula, this is then multiplied by 1000/35 or 28.6. So, **for each point a competitor is below the value of M3P, a competitor's ranking points will drop by 28.6 ranking points** (in the example, this is approximated to 30).
- **Position element:** This is represented by 'PBW x 0.05' where 'PBW' is the Places Behind the Winner. The PBW is then multiplied by 0.05 and by 1000/35 or, combined, 1.43. So, **for each place behind the winner a competitor's ranking points will drop by 1.43 ranking points** (in the example, this is approximated to 1.5).

For TempO, there are also two elements, one based on the final time taken and one based on a competitor's position:

- **Time element:** This is represented by $(CT - M3T) / M3T$ which needs a bit of deciphering. TempO results are usually a time in seconds with the quickest time being the winner. The top part of the formula is the extra time a competitor takes compared to the mean of the 3 fastest ('CT-M3T'). However this is then divided by M3T so giving a ratio. This is also then altered by x5 and x1000/35 which, together, make x143. So, **for each % that a competitor's time is longer compared to the mean of the best 3, the competitor's ranking points will drop by 1.43 ranking points** (in the example, this is approximated to 1.5).
- **Position element:** This is identical to the PreO position element. So **for each place behind the winner a competitor's ranking points will drop by 1.43 ranking points** (in the example, this is approximated to 1.5).

It is worth noting that the '5' in the TempO formula and the '35' in both are simply designed to provide an appropriate spread of scores.

It could be argued that the position element is not needed in the TempO calculation but it does make it consistent with the PreO version.



PreO Example

- Consider a high quality field with lots of competitors (perhaps a regional championships).
- The event quality measure (M6R) will be good: 1000.
- With 35 controls, all top 3 competitors get them all correct (M3P=35).
- A competitor who gets 29 correct (CP=29) will have 'M3P-CP' equal to 6. They will lose about $6 \times 30 = 180$ points.
- If they come in 41st position (PBW=40) they will also lose about $40 \times 1.5 = 60$ points
- Points scored = $1000 - 180 - 60 = 760$ points

TempO Example

- Consider a lower quality field with fewer competitors.
- The event quality measure (M6R) will be a bit down: 950.
- The top 3 competitors have times of 145, 150 and 155 giving a mean of 150 (M3T=150).
- A competitor has a time of 225 (CT=225) which gives a time difference of 75 (CT-M3T). Divided by M3T gives 0.5. (or 50%) They will lose about $50 \times 1.5 = 75$ points.
- If they come in 21st position (PBW=20) they will also lose about $20 \times 1.5 = 30$ points
- Points scored = $950 - 75 - 30 = 845$ points

On-Line TempO Update



This year the main on-line competition is the 'Hungarian TORUS TempO Trophy 2023' on TORUS which consists of monthly events running on the last Wednesday of each month. At the time of writing, there have now been seven events (Jan-July). With 12 monthly competitions throughout the year, a competitor's best 9 events will be used to determine the overall Trophy winner.

The overall results on the TORUS website currently give positions based on a competitor's best 6 scores from the 7 possible results. 100 points are scored by the winner and then, based on a formula using the final times, other scores are lower. The table on the left below gives the top 3 as well as the next 5 top British competitors. Compared to the table in the last Newsletter, **Ben Kyd** has moved up from third into second place but current scores are all quite close near the top. With up to 3 poor scores being removed at the end of the year, there is plenty of time for things to change.

Also below on the right is a table presenting the results for a club competition. This uses the scores of a club's top 3 competitors in each event. With the table based on the best 6 club scores from the 7 events to date, the theoretical maximum would be 1800. Well done to **Manchester and District OC (MDOC)** for leading the club competition.

There are currently a total of 743 competitors (of which 55 are GBR) listed with scores from at least one of the seven events.

	Name	Club		Score
1	Maciej Urbaniak	AKInO Kraków	POL	587.05
2	Ben Kyd	MDOC	GBR	582.64
3	Marit Wiksell	Rehns BK	SWE	581.23
25	Tom Dobra	TVOC	GBR	550.28
40	Robert Finch	NGOC	GBR	541.63
43	John Kewley	MDOC	GBR	534.96
52	River Edis-Smith	MDOC	GBR	531.21
59	Samuel Drinkwater	MDOC	GBR	530.31

	Club		Score
1	MDOC	GBR	1653.20
2	GOC	HUN	1622.06
3	OLV Landshut	GER	1621.73
4	AKInO Kraków	POL	1619.53
43	COMA	ESP	1588.92

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.

Newsletter Distribution

For the first few issues, pdf copies of this Newsletter were sent out to various people known to be interested in British TrailO. In addition, the Newsletter can be downloaded from the British TrailO website and an announcement was made on the Facebook page and to the international 'Bearing towards the C-Flag' Facebook group.

It has now been decided to create a dedicated distribution list based on applications. To have your name added to the list, you can complete and submit a simple Google Form. The list will only be 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

Do you want to receive a copy of the British TrailO Newsletter direct to your in-box?

Please complete this short form and you will be added to the distribution list. When a new issue is available (approximately every 2-3 months), you will be sent a copy (in pdf format).

* Indicates required question

Surname *

Your email *

Email *

Top TrailO Tips

In the last issue, some tips were given concerning (1) how to tackle a PreO Decision Point, and (2) TrailO equipment. Here two further topics are covered.

3. Tackling TempO and Timed Controls

What's involved?

TempO is the version of TrailO where competitors have to give answers as quickly as possible. There are time penalties for incorrect answers. The competitors with the shortest total time (including any penalties) is the winner.

Timed controls (TCs) are used in PreO as a tie break. For all those competitors with the same score on the main PreO course, the competitors are ranked starting with the competitor with the shortest total time at the TCs (including any penalties).

In both cases, you are usually not able to see the kites until you are seated and ready. The event officials first point them out to you - in order, A to F - and then state 'Your time starts now'. You then turn over the card to reveal the map with the control circle for the first problem. You give an answer and then turn the card over to reveal the location of the next control circle. The maps are centred on the control circle so each map may appear rather different. Your location will be on the map but is not marked.

In both cases, speed is important - but so is accuracy! However there are some differences as indicated in the boxes on the right of the page.

How can mistakes happen?

Here **David Jukes** describes what happened at one TempO station in the WTOC Public TempO event this year - see the solution map to follow the account:

Approaching the seat from the west, I could see ahead and to my right an area of dense but young trees. It seemed a good feature to help locate the seat position when looking at the first map. When seated, the official showed me the 6 kites, A to F. I turned over the cover card to see the first map; there was a block of green on the map and I immediately thought I was seated near to its NW corner (just NE of the number 4 on this map). Nothing seemed to fit so I gave a quick 'Z'. I turned over and then, taking more time, realised my mistake - the block of dense young trees was the area marked as open with undergrowth towards the bottom of the map. I quickly decided that, for control 2, from that location any kite on the correct hill would be out of sight behind the area of 'slow run'. I correctly called out 'Zero'.

Now, knowing where I was, meant that the features began to make sense. I could see the shape of the crags and the associated contour features in front of me - I correctly identified the next 3 controls and called out 'B', 'D' and 'C' for 3, 4 and 5. With my initial confusion, unfortunately I had forgotten the Alpha kite (which was on a knoll to the left and the correct answer for the first problem). I should have named 3, 4 and 5 as 'C', 'E' and 'D'.

These three errors added 90 seconds to my time even though I had correctly solved the 3 problems presented to me. A very costly mistake.

Being under pressure to answer quickly can create panic and confusion so, when approaching a TC or when starting a TempO event, it is good to have a strategy.

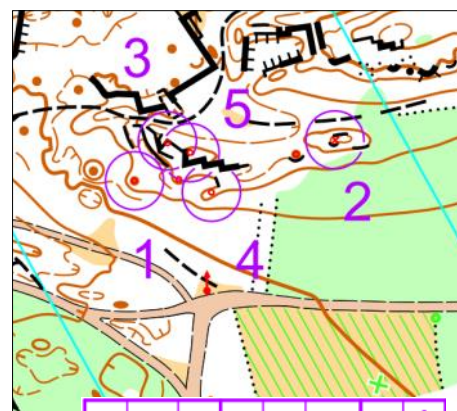
TempO Stations vs PreO Time Controls (TCs)

TempO Stations

- The whole event consists of a set of 'Stations' - typically at least 6 and could be 7 or 8.
- Usually 6 kites (A-F) with 5 or 6 problems at each station
- **There can be zeros**
- Time allowed: based on 30 seconds per problem
- **Penalty for incorrect answer: 30 seconds**

PreO TCs

- Usually just one or two at some point in a PreO event. May be at the start, in the middle or, most commonly, at the end.
- Usually 6 kites (A-F) with 3 problems at each TC station
- **No zeros.** Every problem will have a kite in the correct position
- Time allowed: based on 30 seconds per problem
- **Penalty for incorrect answer: 60 seconds**



4.1	A-F	•			A
4.2	A-F	○		○	Z
4.3	A-F	≡		7	C
4.4	A-F	⊂			E
4.5	A-F	○		○	D

Suggested approaches

Notice that there are two critical differences: TCs at a PreO event have no zeros but the penalty for an error is large; TempO does allow zeros but the penalty for an error is less. It is important to keep these in mind.

As **Graham Urquhart** says about TCs: 'One flag is right! As the penalty for being wrong is big, take more care and time than you would in TempO.' Being under pressure to answer can lead to mistakes. As illustrated in David's example, a common one is to forget a kite and so give the wrong letter even though you might have correctly identified the right kite. Graham has a suggestion for this: 'Try to memorise the position of the Charlie kite - think "hello Charlie". Then count out from the Charlie kite – don't always check the letters from one end (such as 'Alpha') - it will also take longer.

Ian Ditchfield has provided the following three suggestions:

1. Your seat, and the kites in front of you, have to be on the little map you are given, but not necessarily anywhere near the middle. Especially for the first control of the cluster, be prepared for the possibility that the control circle you are looking at is off to one side, or even behind you!
2. Try to see how the map "moves" when you turn over from one control to the next at a station. This can save you having to start again from scratch in locating yourself on the new map. (But don't try to see both maps at the same time, this will get you disqualified.) This technique can be practised online using the Torus website.
3. In TempO, if you don't quickly understand a map or station, answer "Zero" and go onto the next one. Remember it's better to give a wrong answer in 5 seconds than to spend 36 seconds getting it right. And if you can't match map & terrain, Zero may well be correct anyway. [see David's example again!]

4. PreO Time Keeping

What is the issue?

Unlike TempO, PreO events are designed to give competitors time to analyse the map and the terrain and to consider all the information available and, hence, to reach the correct solution. However, there has to be an overall time limit to ensure competitors complete the course in a reasonable time. This is usually calculated according to an IOF rule - see box on right. It also states, in Rule 23.9, that if you exceed the specified time then there 'is a deduction of one point for any part of each five minute unit.'

What makes this difficult?

As an example, a course with 30 controls (= 90 minutes) over 1 km (= 30 minutes) will have a time limit of 2 hours. This therefore would mean an average of 4 minutes per control. P Class competitors may be given longer. Competitors want to make full use of the time but, with a penalty for being late, the time should not be exceeded. Some controls will take more time to analyse; some controls maybe in a cluster and may be solved as a group meaning less time is needed; initial controls may take longer as you may need time to get used to the mapping conventions. It is therefore necessary to keep an eye on the time and be aware how well you are progressing. For this, you need a stop watch but, take care, smart watches or phones with access to the internet or with tracking are not permitted in TrailO.

Top tips

Here is some initial advice from **Colin Duckworth**: *I use a digital wristwatch with a countdown timer function. I input the time limit from the final details and start the timer before dibbing the start box. The watch then tells me the time remaining without having to do any calculations. Don't forget to stop and restart the timer if there are separate sections of the course.*

Under the general heading of 'Time management', Graham Urquhart gives the following suggestions:

- Remember to start your timers – just before the real clock to make sure you have an extra second or 2.

IOF TrailO Rule 23.7

For a PreO course, the organiser must set a maximum time for each course, calculated as 3 minutes for each control plus 3 minutes for each 100 metres of the course. At the discretion of the IOF Event Adviser an extended time may be set to allow for exceptional climb, difficult surfaces or other factors. The IOF Event Adviser may decide on an additional time allowance for competitors with eligibility certificates. The time allowed depends on the number of controls and the length of the course. The Rules give a simple base formula for a course which is reasonably flat and well surfaced:

- *Max. Time = 3 min per control + 3 min per 100 m*

If the course is considered to have additional climb over normal practice, an allowance of 3 minutes per 10 meters of additional climb may be added.

- *Stop and start your timers in timed out sections*
- *Stop your timer at the end – the official time and yours should be close.*
- *Understand your time budget and set target times (say at 1/3 and 2/3).*
- *See if there are any possible long delays (crowding at a tight cluster at the end or a long gap may disrupt your time and may require some extra provision)*
- *Come in within time – you cannot get 100% if you are late. If you are late though, the penalty for being late may make it worth over-running the complete time step as 1 second late and 5 minutes late often have the same penalty*

At important championships, it might be useful to have two stopwatches. If there is a time-out section linking two parts of a course, it can be easy to press the wrong button and, if that happens, you will be left to guess the time remaining. Having a backup watch will give you an alternative if that happens. As Graham indicates, you should start your stopwatch before you dib to start your competition time. If you have a backup watch the start sequence should be: start the back-up watch, start the main stopwatch, dib the event timer. And at the finish, do this in reverse: dib the event timer, stop the main stopwatch, stop the back-up watch.

And as a final thought, at low key events there may be more relaxed rules - perhaps no one will stop you wearing a smart tracking watch for example. It is though sensible to use these events to practice your event technique and ensure that you are fully prepared for a major event.

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

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

TrailO Development Steering Group

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

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

Current membership of the Steering Group:

Members

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

- IT/Software - Tom Dobra
- Website - David Jukes
- Co-opted: Charles Bromley Gardner
- Co-opted: Nick Barrable

Correspondent Members

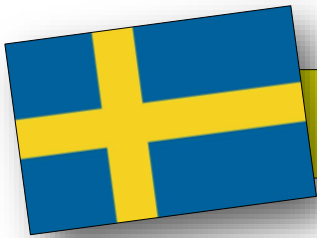
- NIOA – Wilbert Hollinger
- SOA – Anne Hickling
- IOF liaison – Clive Allen

UK Involvement in International TrailO

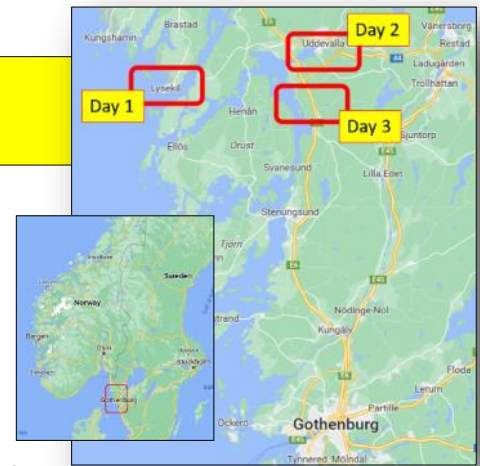
Member Trail Orienteering Athletes' Advisory Group: John Kewley

Member IOF Athletes' Commission: John Kewley

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



PreO i Väst 19th - 21st May 2023

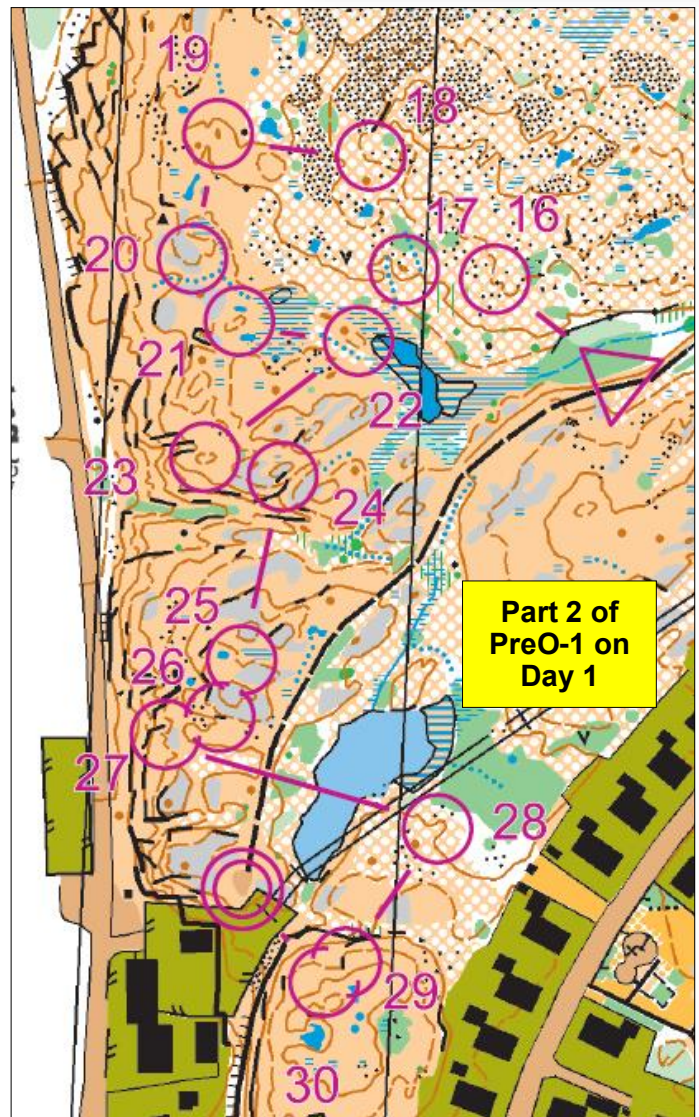


The term, 'PreO i Väst' is Swedish for 'PreO in the West' . Here John Kewley's report describes the 3 events.

In mid-May a small team of GBR competitors made their way to the PreO i Väst events in SW Sweden. They were accompanied by many other European competitors who were "bridging" from Thursday's Ascension Day public holiday to the weekend with events being organised on the Fri/Sat/Sun. This long weekend comprised three World Ranking Events, 2 of which were also European Cup (ECTO) and also had an overall classification. As is typical in Sweden there was no separate classification for P Class or Juniors, but there was an A Class and a B class (with some EOD in those classes too).

The first day (not ECTO) was a PreO in coastal terrain near Lysekil, not far from where WTCO 2016 took place. There was a total of 30 controls in 2 parts of length 250m and 220m, so the paths were quite crowded. There was also a single time control which confused many as it was at 1:2,500 scale so distances looked wrong. Terrain was mostly open with plenty of bare rock, some of it even mapped as such, along with a lake shore. There were many long distance controls which took time to solve, but for many it was the nearer ones that caused the problems. Most competitors made a number of mistakes, but NOR's Geir Myhr Øien managed to get all 30 correct with 6 people making only one mistake.

The second day was a TempO in predominantly urban terrain in the north of Uddevalla. There was plenty of opportunity for parallel errors due to the similarity from one block of flats to the next and there was play equipment aplenty - often with



Day 1 PreO 1	Name	Pts	Time
1	Geir Myhr Øien (NOR)	30	15
33	John Kewley	26	45
55	Charles Bromley Gardner	24	100
83	Graham Urquhart (P)	19	98
85	Liz Urquhart	18	124

Day 2 TempO	Name	Time	Penal- ties	Total
1	Marit Wiksell (SWE)	106	1	136
14	John Kewley	202	0	202
44	Charles Bromley Gardner	222	3	312
83	Graham Urquhart (P)	256.5	4	376.5
85	Liz Urquhart	378.5	8	618.5

PreO i Väst 19/5		Elit part 2		0,22 km	
16	A		∩		
17	A		•		
18	A		∩		
19	A	↗	•		
20	A	↙	∩		○
21	A		○		○
22	A		∩		○

23	A	○			
24	A	⇌	∩		
25	A	∩			∩
26	A-D	∩	∩		
27	A-D	⇌	∩		
28	A-B	→	∩		
29	A-D	↓	∩		∩
30	A-D	∩			∩

○ 10 m ○

children arriving and/or leaving while you were trying to answer at a station. The queue was mostly at the start where late starters (including myself) were up to an hour and a half late starting, although at least the weather was sunny.

Unfortunately the 3rd station (of 6) was so much of a parallel feature that the "chair" only just sneaked on at the top of the map segment presented at the first problem so none of the terrain, nor kites, in front of you was on the map. The smart ones, like Charles, saw that the play equipment in front of the C-shaped building at the centre of the circle was aligned differently to that in the vicinity of the building in front of you so said Zero. Others, including me, saw only C-shaped building on the map with a kite at the corner, and hence the one in front of us must be correct. The rules have two slightly differently worded sections which cover this (although you could argue that the rules are not 100% clear whether the term "timed controls" is meant to include TempO controls or not):

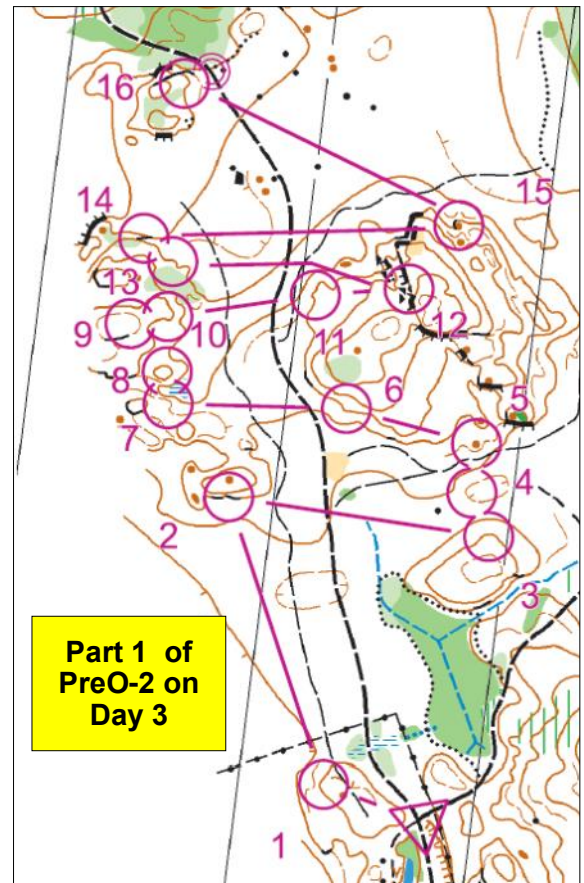
"19.5 ... For timed controls, the location where the competitor is seated must be on the map but is not marked on the map", and

"15.7 In TempO, ... The map segment must contain the area where the control markers are as well as the area of the viewing point."

Now while this wording could be better (and this may well be looked at for the 2024 Rules), it implies that at least some of the locations where the kites are should be on the map, if not all - and this was not the case. When the Organisers were shown the rules above they decided to cancel this station. As this was my only mistake I ended up with my first TempO full house for some time, although my [lack of] speed meant this was only good enough for 14th.

The third day, another PreO, was based from a club hut to the south of Uddevalla with cars shuttling us to the start and back from the finish. Again the course was split into two parts, this time of 450m and 410m with a total of 31 controls. This time all controls, apart from the last few, were in forest, this meant that with it being a sunny day, the visibility was changeable so on occasion it was worth checking ahead a couple of controls and then returning to see if the light had changed what you can see. I managed my first PreO "full house" of the year by getting all correct, although I made a mistake at the time control which cost me 6th and a place on the podium.

The Overall classification combined the results from all 3 WREs. Performances were converted to seconds with the winner's time taken off (such that each winner scored 0s for that event). The TempO result was therefore the time you were behind the winner. The two PreO performances were scored as 120s penalty for each wrong answer and an additional amount based on a ratio of your time control performance to all wrong in max time. Despite my poor performance in the first event, I ended up in 11th place and I was congratulated by one of my German rivals as being '1st non-Scandinavian' (behind 6 SWE, 3 NOR and a FIN).



PreO i Väst 21/5			
Elit 1	0,41 km		
1	A-B →	⌂	⊙
2	A-B →	E	⊙
3	A-B ↕	⌂	⊙
4	A-B	⊙	⊙
5	A-C ↓	•	
6	A	⌂	⊙
7	A-C	⌂	⊙
8	A-C	⊙	⊙
9	A-D	⊙	⊙
10	A-D	↔	⊙
11	A-D	↔	⊙
12	A	↔	↙ ↘
13	A-C	↔	⊙
14	A-C	↔	⌂
15	A	↑	•
16	A-D	←	⊙
		⊙	5 m

Day 3 PreO 2	Name	Pts.	Time
1	Anders Hoije (SWE)	31	15
7	John Kewley	31	80
56	Charles Bromley Gardner	26	82
70	Graham Urquhart (P)	23	186
83	Elizabeth Urquhart	13	182

Overall	Name	Combined Time
1	Geir Myhr Øien (NOR)	155
11	John Kewley	418
51	Charles Bromley Gardner	1541
67	Graham Urquhart (P)	2590.5
72	Liz Urquhart	4160.5

PreWTOC TrailO Adventure 30th June - 1st July 2023



Just before the World Championships (WTOC), there was an opportunity to experience similar terrain with two WREs, a PreO and a Tempo. We start with a report by **Ian Ditchfield** on the PreO event:

This was the warm-up event for the 2023 World TrailO Championships, in similar terrain. Although obviously less important than what followed later in the week, it was a World Ranking event in it's own right, and attracted a large and high quality field.

The course started by Doly lake (more a large pond), deep in the Bohemian countryside in modern-day Czechia. The terrain was typical of the area, a deep canyon, with the flat valley floor framed by sandstone cliffs.

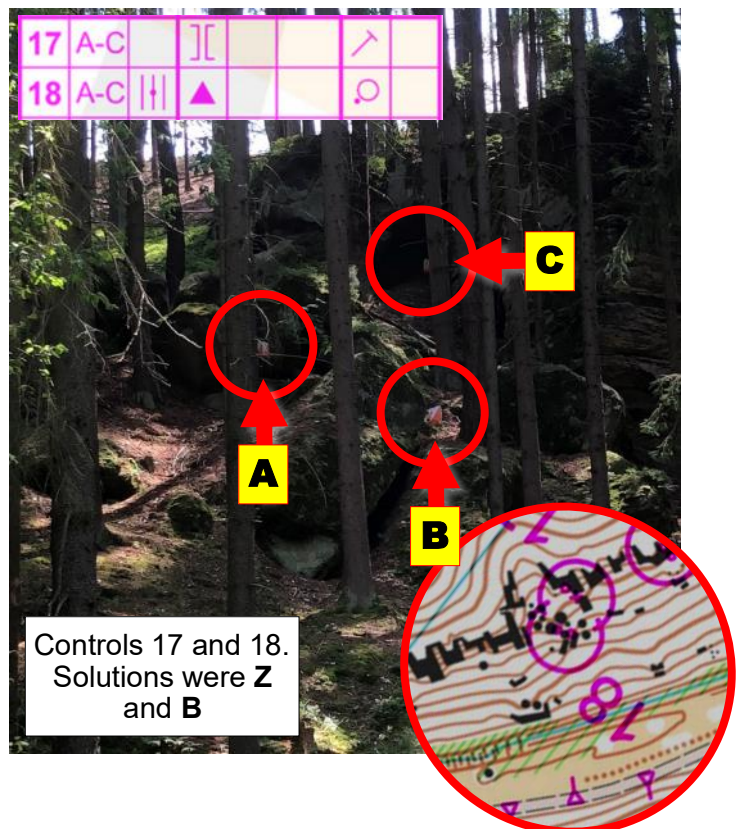
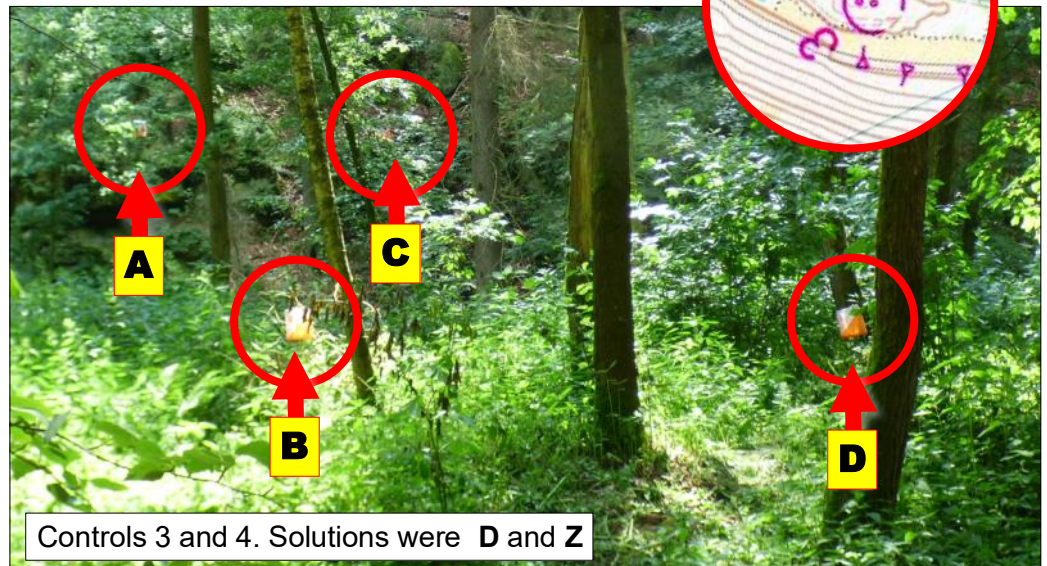
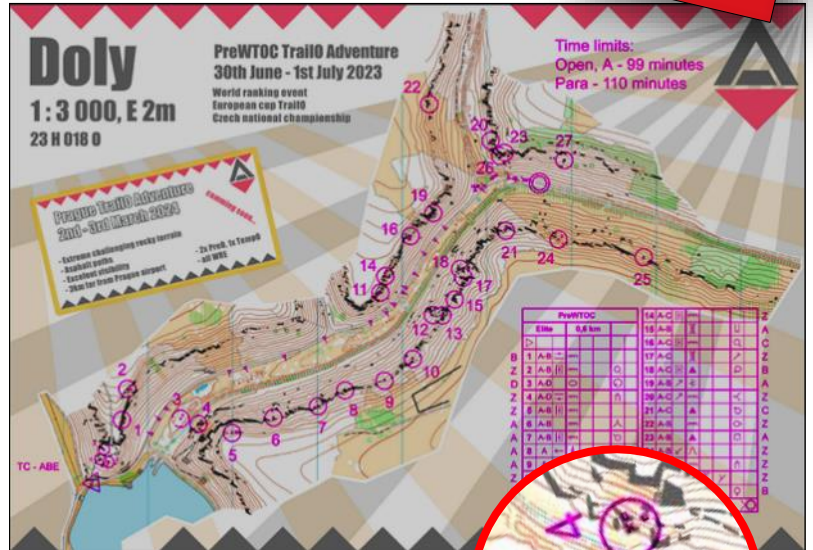
The course has 27 controls in a short distance of only 0.6km, making for a fairly tight time limit, especially since most of the controls were 20-25m above the track and visible from several angles, requiring a lot of walking up and down.

One of the normal frustrations of TrailO is not being able to go back into the terrain to have another look at the controls which you got wrong, and see what you missed. However the following day's Tempo was very close, and the organisers kindly left the PreO kites out and allowed us to go back, not just along the track but also into the terrain. Many of these photos are taken off-track on this following day.

The only controls which weren't "up in the air" were 3 & 4 (see picture above). For number 3, you had to read the contours of a low and heavily vegetated hill, and for number 4 you had to realise that the kites you could see were too high; the correct crag was out of sight down by the stream.

For the rest, it was a question of moving along the track looking up at the rocks, trying to work out which ones you were seeing, and which were obscured by vegetation or the lie of the land. Frequently the controls were on smaller crags.

I got two wrong. For number 18, I convinced myself the kite, which was in fact correct, was on the high point of a crag rather than the separate boulder behind it. I still think it would have been reasonable to



map the “boulder” as part of the crag, but as John Kewley frequently reminds me, what matters is not how the competitor would have mapped it but how it actually has been mapped.

My other mistake was control 22. I couldn't quite work out what was going on with the crags here, so foolishly used the distinct vegetation boundary as a guide. The following day, I had a closer look at the control, and realised that while there was

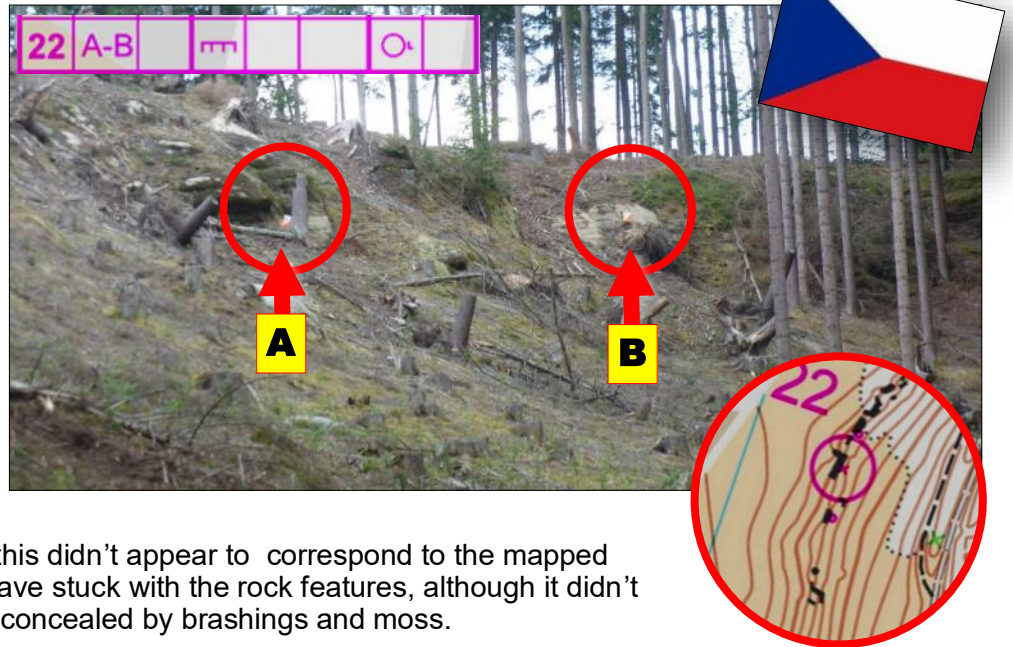
a distinct edge to the tall trees, this didn't appear to correspond to the mapped vegetation boundary. I should have stuck with the rock features, although it didn't help that the “correct” crag was concealed by brushings and moss.

I'm a fan of zero tolerance, it allows the competitor to focus on whether the control is on the right feature without having to worry about whether it's in exactly the right spot. It makes life easier for the planner too, if a stone forces you to move the kite half a metre, it doesn't matter. I want to highlight what I thought was a good use of the zero tolerance: this Czech event specified “4m or on another mapped feature”. With this, if the kite is in the correct re-entrant, you still don't have to worry about the exact position if it's within 4m. If the control is clearly on the wrong feature, the distance shouldn't matter.

The zero control with a kite within 4m turned out to be number 14. The correct location was a little crag behind and above a large one, and at first sight it seemed to be a question of choosing one of three kites. You had to look at the map really carefully to see that the correct crag was immediately above, and completely hidden by, the large crag; whereas the three kites were on a line of crags a further contour up. I thought this was perfectly clear and fair zero, even though the Bravo kite was probably only 2m away.

Two other controls are discussed in the boxes on the next two pages.

As usual, I was annoyed with myself for getting two controls wrong, especially since both errors were avoidable. 19 people got all 27 correct, 24 got only one wrong, and two errors was the most popular with 26 people. Three Brit's got 25 points, and all of us got 1 wrong answer at the timed control. Unsurprisingly Ben Kyd was quickest for 56th place (and 4th Junior), I was one behind in 57th, and Charles Bromley Gardner was 62nd. Two errors seems to be about par for the course for me at this level; unfortunately it turned out to be my best result of the week.

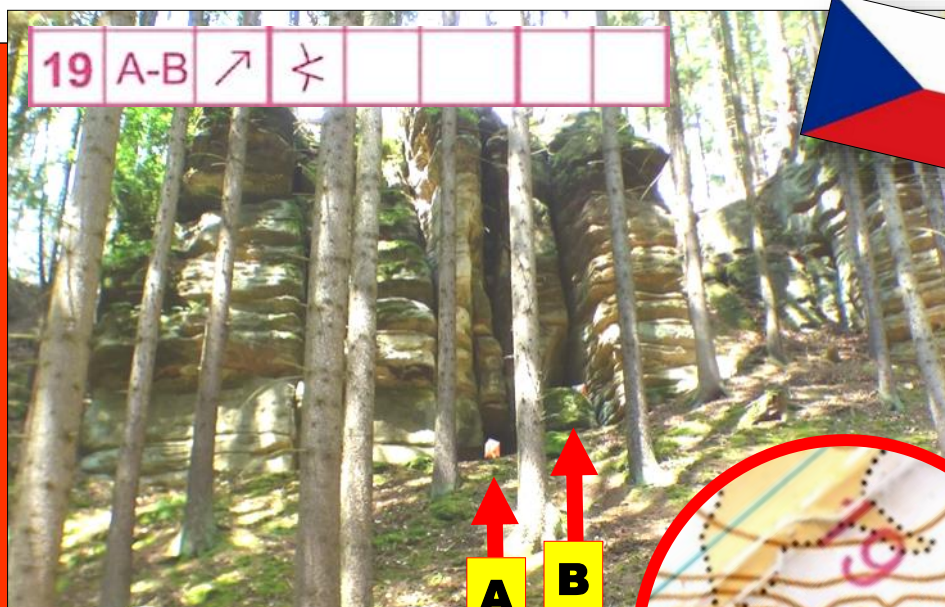


PreO Control 19 - The Two Caves

This was a fun control. Two caves on the map, two kites apparently in front of caves, we want the right-hand cave so that's **B**.

But wait, the two caves should be roughly 1/3rd and 2/3rd along this crag. The **A** kite is perhaps 2/3rds of the way from left to right, with the **B** kite too close to the right hand site to be either cave. So I convinced myself that **A** was the correct answer, with **B** being in an unmapped cleft in the rock, and the left-hand cave being invisible from the track. Going back the next day, this proved to be correct.

The images below show close-up views of all three elements:



The left cave, not visible from the track.



The right cave with the 'A' kite.



The large cleft in the crag with the 'B' kite. Not a 'cave'!

PreO: 25 controls (99 mins Open / 110 mins P Class) / 1 Timed Station with 3 tasks

Open	Name	Pts	Time
1	Krystian Petersburski (CZE)	27	13
51	Ian Ditchfield	25	90
55	Charles Bromley Gardner	25	105
66	Tom Dobra	24	90
72	John Kewley	24	152
76	David Jukes	23	98

P Class	Name	Pts	Time
1	Michael Johansson (SWE)	34	245.5
14	Colin Duckworth	23	178
15	Graham Urquhart	22	90
28	Peter Roberts	17	149

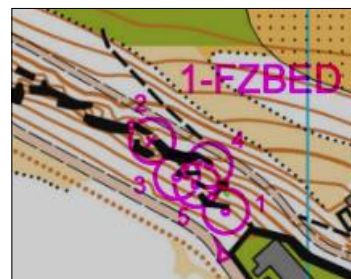
Junior	Name	Pts	Time
1	Simone Frascaroli (ITA)	26	49
4	Ben Kyd	25	88

On the following day, a TempO competition was held using a different valley adjacent to that used for the PreO. Here **David Jukes** reports on the event:

We knew that there would be crags and cliffs and plenty of looking upwards but at least we had all gained some experience by tackling the PreO on the previous day.

There were though some additional clues as to what we might expect. First we were told that, due to the rapid sprouting of undergrowth (mostly stinging nettles), Station 2 had been abandoned. This seemed surprising although the PreO Control 3 had given us an indication of what might be the problem. When we walked past the station at the event, several kites were visible but, looking at the solution sheet, two kites were positioned quite low and probably could not be seen from the station. We were also told that there had been some recent felling which was more extensive than the maps suggested.

As anticipated, at the first station we looked up to some crags - not

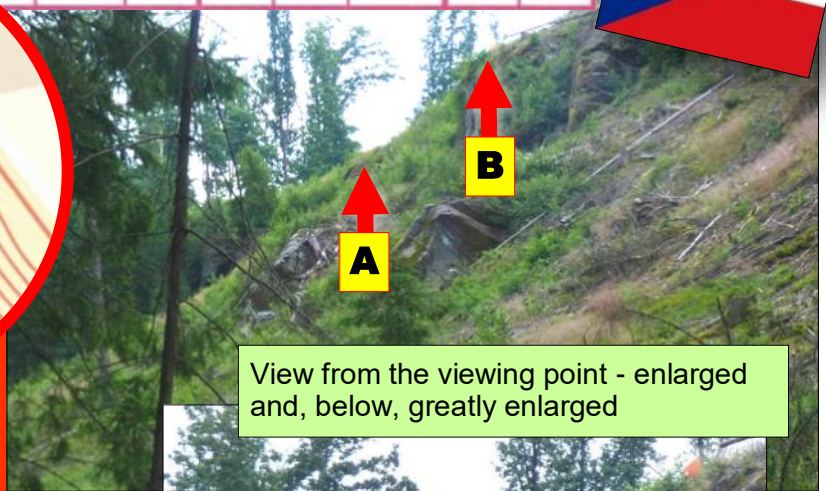


**PreO
Control 25
- The
Distant
Crag**

The viewing point for Control 25 was just before the finish and you could not walk on the track beyond the finish. It was a distant view across rough open ground. Two kites were visible on tops of crags. By working across the map and identifying crags, for most people, the 'B' kite was on the long crag to the right of the correct location. So was A correct? It was on quite a large crag when, on the map, it was shown as a small crag. Also, if it was on the correct crag, then you should be able to see another large crag behind it - and there wasn't one.

The bottom image was taken from further along the track and beyond the finish - so NOT a view that the competitors were able to have. The correct small crag is just visible

25 A-B



View from the viewing point - enlarged and, below, greatly enlarged



particularly large ones but mostly the map could be fitted to the terrain although, along with over half of the competitors, I missed the zero for the second control. All 5 controls were variations of 'crag'.

At station three, another set of 5 crag problems, the crags were slightly higher and more spread out - here again I missed one of the zeros. However, it did seem to cause many competitors problems with some, who were otherwise quite good, getting several wrong - perhaps getting the sequence of crags mis-aligned.

The track turned a corner to reach Station 4 and here the crags were even higher but visible across the open felled area.

Station 5 (see next page) had us facing the other direction and back into an area of mature trees with a combination of



re-entrants and crags and, for the fifth control, a boulder. There was a boulder marked on the map and I could see a boulder in the terrain in approximately the right location and it had a kite next to it. Unfortunately, in my desire to be quick, my initial thought was that the boulder was too small to be marked on the map and I quickly answered 'zero'. On reflection, walking away, I realised that, as there was no other boulder visible in that area, it must have been correct - a stupid error. I was not alone though. About 40% of competitors answered 'zero'.

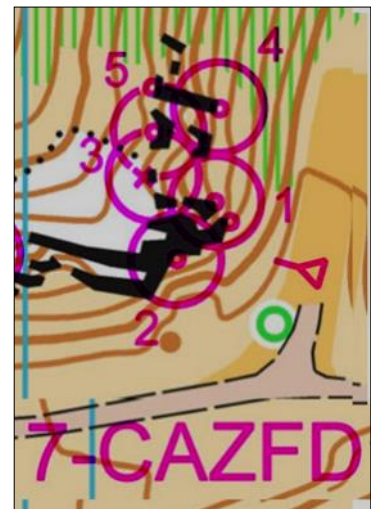
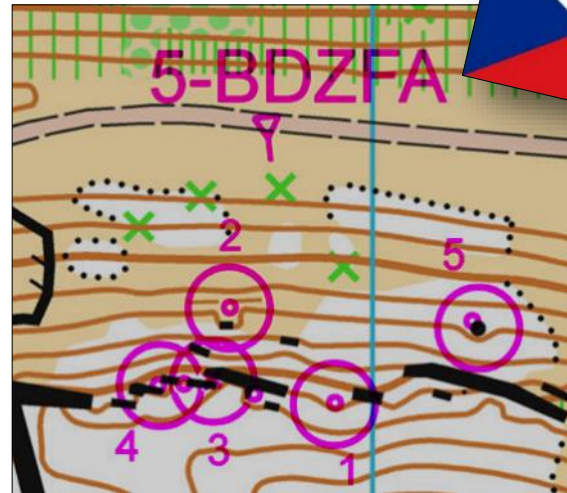
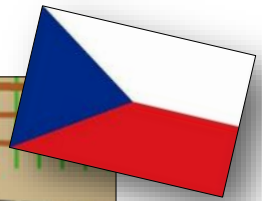
Back to the high crags for Station 6 (and another zero missed) before turning a corner for Station 7 to see some lower crags and these, to me, could be clearly identified - the only station where I answered all 5 controls correctly. However, others also found this station one of the easiest as about 65% of competitors got them all correct.

It was certainly an event to challenge competitors with plenty of potentially confusing crags. There were 174 competitors who completed the course with start times from 9.00 until 16.22. A huge effort for the organisers and the volunteers manning all the stations.

With the results being recorded electronically and being submitted directly to the central computer, one's position in the results became available during the day. And for **Ben Kyd**, this was an exciting, and perhaps worrying, time. He had a morning start (11:32) and on returning to the event centre, he could see that he was leading. Would he stay in the lead? He knew of a few late competitors who might beat him so it was simply a case of waiting.

As the last few results came in, he remained in the lead. Ben had correctly answered all 30 controls in a total time of 199 seconds, an average of 6.4 seconds per control. Luckily for him, in second place Marit Wiksell (SWE), whose time of 193 seconds was faster, had made one error giving a total time of 223 seconds. Another junior, Simone Frascaroli (ITA) took third place with a time of 282 seconds including penalties for 2 errors.

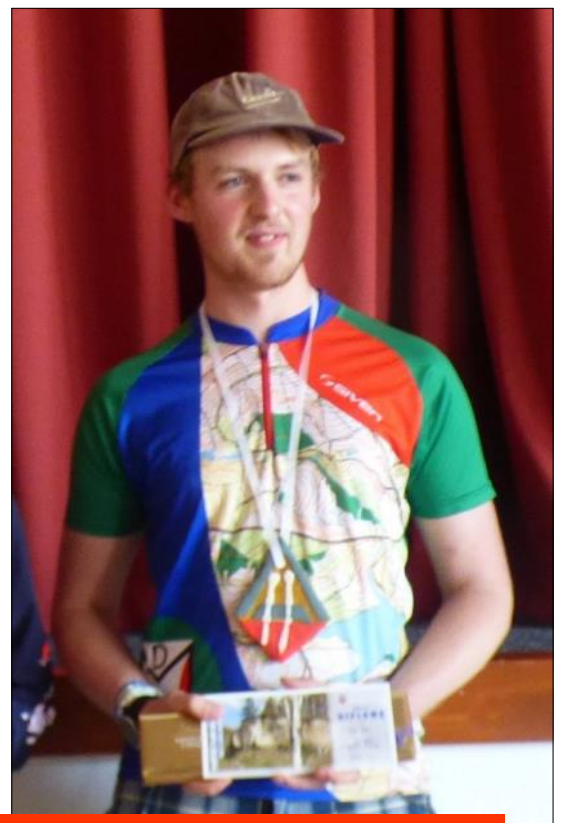
Those who have been around in TrailO for longer than me stated that this was the first time a GBR competitor had won a World Ranking Event. So many congratulations to Ben on this achievement and it was particular impressive when the field was so large and included most of those selected to compete for their countries in WTOC.



TempO: 6 stations x 5 problems (Station 2 of 7 not used)

TempO	Name	Time	Penal-ties	Total
1	Ben Kyd (J)	199	0	199
20	John Kewley	265	4	385
44	Tom Dobra	282	4	402
93	Peter Roberts (P)	200	13	590
100	David Jukes	515	8	611

For more details, see the event website:
[PreWTOC TrailO Adventure](#)



Ben Kyd with his (edible) medal and prize for winning the TempO WRE

World Orienteering Championships 2023 (WTOC) July 1st - 7th 2023, ZÁKUPY, CZECHIA



We start our report on this year's WTOC with an overview from the Team Manager (TM), **Liz Urquhart**:

WTOC 2023 - A TM's Point of View

This year, once I'd actually been confirmed as Team manager for our WTOC 2023 squad, my first task was a mad scramble to get the team entries sorted out, with WTOC only a couple of months away and closing dates looming in Eventor. After the dust had settled, the next job was making sure all team members had travel and accommodation arrangements in place. I understand that--back in the day--part of the TM's remit included making all travel and accommodation bookings for the team. I am glad to say that, thanks to the wonders of modern technology, this is no longer the case, though I have had copious e-mail exchanges re provision of charging points for electric wheelchairs, provision of allergy-free bedding, special dietary requirements, etc.

This year, we knew in advance that there would be no official event accommodation, and had secured sufficient suitable accommodation, flights and hire cars in good time, exchanging all this information via WhatsApp. Also, the event team, knowing that competitors would be scattered around the Zakupy region, had arranged to broadcast the Team Officials' meetings live on You Tube, which meant that team members did not have to be corralled and fed information about the next day's competition by a tired and hungry TM (Been there, got the T-shirt!)

By various means all the team members got themselves to the Czech Republic in time to compete in the two World Ranking Events which preceded WTOC These were definitely a wake-up call, as the terrain was similar to that which would be used for WTOC- rock pillars of astonishing size and complexity, with layer upon layer of crags, were the order of the day. Scary stuff! (Four pages of the WTOC bulletin were devoted to the mapping issues involved, complete with photos and map samples...)

Although we were buoyed up by Ben's success in the TempO event, it was with some trepidation that the team set off for the first day of WTOC. I had an extra cause for concern - after last year's debacle, would the mandatory transport to the start be able to accommodate large, powered wheelchairs like

July 2, Sunday: Model event
July 3, Monday: PreO – Day 1
July 4, Tuesday: PreO – Day 2
July 5, Wednesday: Relay
July 6, Thursday: TempO –
Qualification (am) / Final (pm)

The GBR WTOC 2023 Team O class in both Pre-O and Temp-O

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

P class in Pre-O

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

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

- Ben Kyd (MDOC)

Reserve

- David Jukes (BKO)

Team Manager

- Liz Urquhart



The full team at the Opening Ceremony (from the left): Graham, Charles, Colin, Ben, Peter, Ian, Liz, Tom, John, David and Christine Roberts (Assistant for Peter)
Photo: (c) WTOC 2023 – Dan Dvoracek

Peter Robert's "Tramper"? Libor Furst, the Event Director, had contacted all TM's beforehand to assess wheelchair transport requirements, so I was hopeful, but neither Peter nor I could relax until his wheelchair rolled onto the hoist with a couple of inches to spare! Peter's smile made it on to social media...And your TM was also pleased that the team ended **PreO Day 1** with a top 20 place. And TM was even better pleased when we ended **PreO Day 2** with two top 10 places, 1 in the Open Class and 1 in the P Class.

Next came the **Relay Day**. In my experience this is the most stressful event from a TM's point of view. Although the selectors advise beforehand on team choice, the final selection is down to the TM's analysis of which three team members are likely to perform best on the day, and it's hard to disappoint the one not chosen. Then, once the event gets underway, there is the frantic fixation on the rolling results, as teams' chances advance and recede. Just to add to the fun, there was the threat of tumultuous gales accompanied by Biblical deluges... (As it happened, the event area turned out to be in a zone of relative calm between two intense thunderstorms. Libor Furst must have friends in high places!) This year, by a happy coincidence, we had both our Open and P Class teams doing well and well placed for the final TempO element, and by an even happier coincidence each team came 6th - two podium places! And very well-deserved ones.

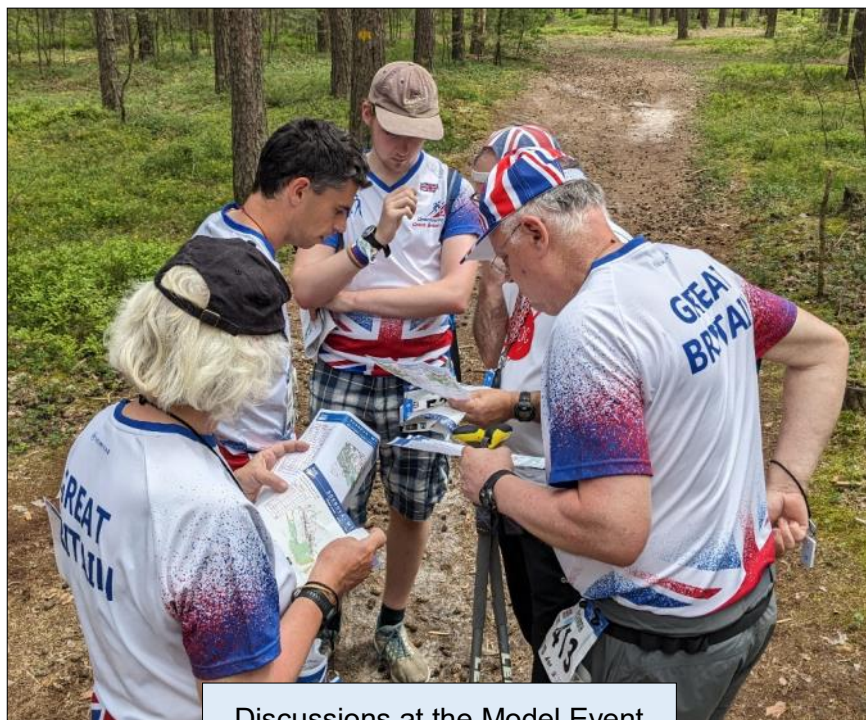
After the Relay day's expenditure of nervous energy, we had another chance to fret as the **TempO** competition unfolded. It has been called "the purest form of TrailO", and it certainly rivals the Relay for the pure purgatory of the rolling results. How many team members might get through from the first round to the final? For some time, it looked as though we might well have three competitors make the cut, but two missed out by the merest whisker. We did, however, have the consolation of an excellent performance by our solitary finalist, Ben, who improved on his performance of last year with a top 20 place!

All in all, "the team done good," and not just because we exceeded our targets, and several team members came home with diplomas. It may be a cliché, but I thought there was good team spirit, which made things easier for all.

Now it's time to look ahead to the European TrailO Championships (ETOC) in Finland next year- we're already looking for accommodation! And I am eagerly anticipating developments in "Table-top TempO," a new variant introduced at the farewell WTOC banquet.



Transport for Peter Roberts



Discussions at the Model Event with Liz Urquhart (TM) on the left

For more details including access to the full results, the competition maps, and the solution maps, see the WTOC website:

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

July 3rd and 4th - PreO



Here **Graham Urquhart**, a P Class competitor, provides an overview of the PreO competition:

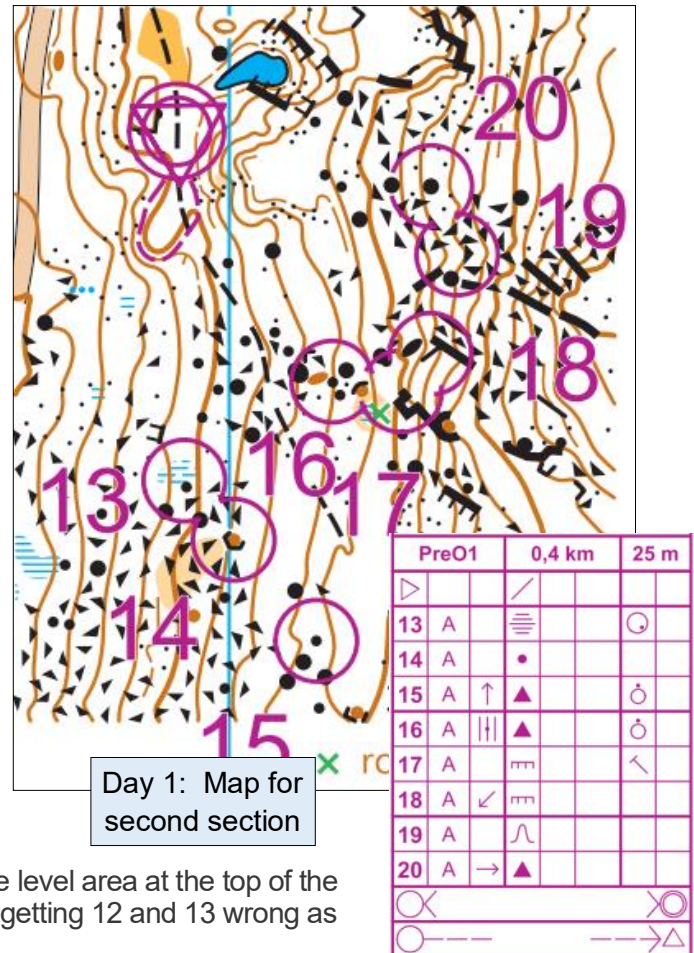
The PreO at WTOC is the combined result of 2 days of competition. The GBR P-class team was Peter Roberts, Colin Duckworth and myself, with the Open class being John Kewley, Charles Bromley Gardner, Tom Dobra and Ben Kyd .

Each day was a long PreO competition with 2 timed controls, with the P-class given a slightly longer time limit, in this case we had an extra 20 minutes on each day. Even so, 5 Open and 4 P-Class non-GBR competitors overran the time limit on day 1. The courses were very compressed as is increasingly the fashion at international events, with 36 controls over 400m in 3 sections on Day 1, and 35 controls over 500m in 2 sections on Day 2. On each day the parking was a long way from the event pre-start, and all competitors were transported to the start. In the case of P Class, the organisers had provided large vans capable of carrying all the wheelchairs, including Peter Robert's Tramper. This all worked surprisingly well.

On Day 1 we had a solid path which was generally level except between each of the 3 sections, so it was easy to move around. Here many of the controls had us looking down on a typical terrain of the Izera Mountains with slopes running away from us and with plenty of boulders and contour features. There were boulder fields, boulder clusters, small boulders, large boulders as well as a few crags and knolls, all to be assessed from above.

On Day 2 the paths were once again wide and easy to navigate and presented no additional challenge for P Class, other than manoeuvring to see the terrain. However, the forest track from the drop off point to the start was a steep and exciting descent for P Class. For this day we were looking up.

Our track lay at the bottom of a steep valley, and the problem was interpreting crags and other rocks as they climbed up the valley. Several controls were on the more level area at the top of the crags, and I certainly found these the most challenging, getting 12 and 13 wrong as a pair by over-estimating the distances of the flags from the crag tops. However, I think my results (18th on Day 1 with 10 incorrect and 6th



Day 1: Map for second section



Day 1:
Tom Dobra

Photos: (c) WTOC 2023
– Dan Dvoracek



Day 1:
Graham Urquhart

on Day 2 with 6 incorrect) show that looking up is easier for me than looking down.

As a novelty, the final controls 31 to 35 were along one side of the assembly area, so that we could be observed solving these (when we were often under most time pressure!!). One of these controls (35) was at least 25m above the path, and pretty near vertically above us which was a real challenge even to find for some P-class competitors

with restricted upper body movement. In the end one control (#18) was withdrawn and not included and a further 2 controls were voided (#29 and #31), but these were the only controls of the 71 that had issues.

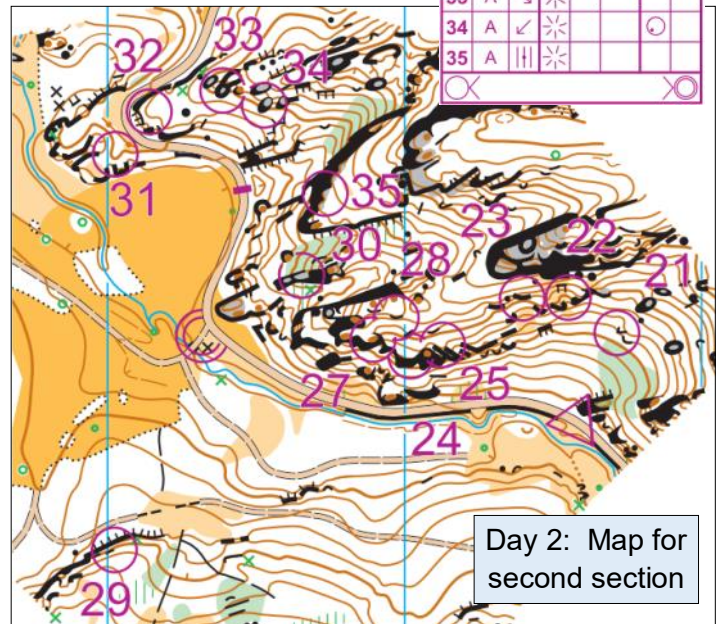


Day 2:
Colin
Duckworth

PreO

- Day 1: 36 controls (120 mins Open / 140 mins P Class) / Timed Controls: 2 stations each with 3 tasks
- Day 2: 35 controls (3 voided) (120 mins Open / 140 mins P Class) / Timed Controls: 2 stations each with 3 tasks
- Overall Results: Total points / tie-break by total time

	PreO2	0,4 km		
21	A ↖	⊞		⊞
22	A ↗	⊞		
23	A ↑	⊞		
24	A-B ↘	⊞		⊞
25	A-B ↘	⊞		
26	A ↗	⊞		⊞
27	A ↘	⊞		
28	A ↘	⊞		⊞
29	A ↗	⊞		⊞
30	A →	⊞		
31	A-B ↘	⊞		⊞
32	A ↖	⊞		
33	A ↘	⊞		
34	A ↘	⊞		⊞
35	A	⊞		⊞



Day 2: Map for second section

Day 1 Open	Name	Pts	Time
1	Arno Gronhovd (NOR)	36	97
45	John Kewley	31	123
51	Ben Kyd	30	81
59	Charles Bromley Gardner	30	192
60	Ian Ditchfield	30	211
66	Tom Dobra	29	35

Day 2 P Class	Name	Pts	Time
1	Jana Kost'ová (CZE)	29	121
6	Graham Urquhart	26	62
17	Colin Duckworth	23	190.5
33	Peter Roberts	17	167

Day 1 P Class	Name	Pts	Time
1	Ola Jansson (SWE)	34	245.5
18	Graham Urquhart	26	262
34	Colin Duckworth	20	220.5
37	Peter Roberts	19	237.5

Results Open	Name	Pts	Time
1	Arno Gronhovd (NOR)	67	197
25	John Kewley	63	354.5
54	Charles Bromley Gardner	58	431
63	Ben Kyd	56	111
66	Tom Dobra	56	227
69	Ian Ditchfield	55	301

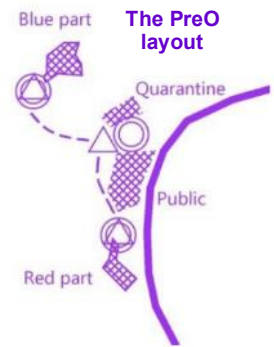
Day 2 Open	Name	Pts	Time
1	Anne Straube (GER)	32	70
4	John Kewley	32	231.5
5	Charles Bromley Gardner	28	239
60	Tom Dobra	27	192
64	Ben Kyd	26	30
72	Ian Ditchfield	25	90

Results P Class	Name	Pts	Time
1	Michael Johansson (SWE)	61	391.5
11	Graham Urquhart	52	324
26	Colin Duckworth	43	411
39	Peter Roberts	36	404.5



July 5th - Relay

Format: Each country could enter one 3-person team in each of the Open Class and the P Class. There were 3 course variations (A, B and C) with each team completing all 3 in a random order. Each course had a PreO section and a Temp O section. The PreO consisted of two parts, each having 5 controls - the two parts were named Red and Blue. After their first part, competitors changed to their other part (this time was not included in their race time). To reduce overcrowding, each competitor was told which part to tackle first. On completing both parts, each team member then had a single TempO station with 5 controls. This then generated an initial listing of countries. Based on this order, with the lowest country going first, the final team member then had a second TempO station. This could be watched by the public. Although the control flags were not visible, a helper displayed a coloured card indicating a good (green) or bad (red) answer.



Peter Roberts (1st Leg, P Class) reports:

This is my favourite event because it allows me to use my skill on the TempO part of the course. However, this time it nearly caught me out. The officials had a great problem in getting me and my scooter to the correct viewing position so I was slightly uneasy where I was. These little things can throw you. Then, when I saw the maps, I could not make them fit the ground. However I forced myself to answer as quick as I could.

Before this episode I had the PreO. It was split into two halves. In between there was a time out section being watched by the spectators. Some people were doing my half very quickly but I tried to slow down and concentrate.

I am put on the first leg apparently to stop me worrying. The team really should have seen me on the way to the event. I thought we were never going to get there and when we did it was a bit of a rush to get ready

PreO Course B as tackled by Peter and John

WTOC2023				
Open, Physically challenged				
Relay	0,1 km			
1 A-D	mm		ñ	Z
2 A-D	mm		ñ	B
3 A-C	↗	∩	⊙	C
4 A-C	↖		ñ	C
5 A-D	∩			D
40 m				
6 A-C	•			Z
7 A	∩		ñ	Z
8 A-B	∩			B
9 A-D	↖			Z
10 A-D	▲	1.5/4		B
60 m				



before quarantine closed. For this event I decided to take Christine to punch for me as, last year, I got into all sorts of problems with the punches behind and having to turn the scooter round.

I am actually quite calm on the first leg. What I do not like is hanging around waiting to start as at individual days.

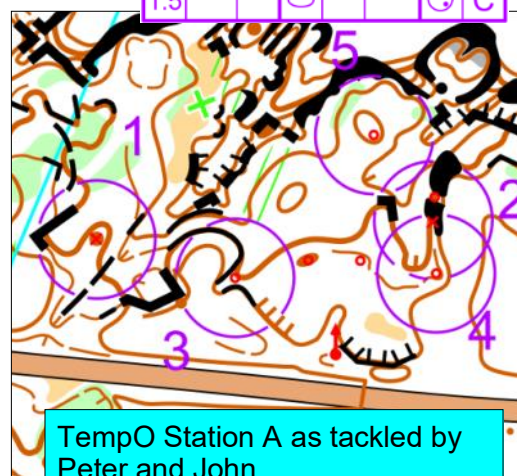
For the previous days we had spent the time looking **up** at rocks. But now we were looking **down**. The course was split into two. For me the first bit was the rocky section which I hate and duly just got 2 right. All the competitors had different combinations of controls and I just happened to be the same as John Kewley which we found out later. So, when I finished the first part, the spectators were told I only had 2 right. The second part was more to my liking being predominately contours and I was able to work them all out and get them all right so that totalled 7 right for the course which actually put me in silver position when checked afterwards purely as a result of my fast TempO. JK got 9 right - he was slower on his TempO but them all right. 2 of the 3 I got wrong were silly errors that I had been making all week but I was still very pleased with my overall result.

1.1		●			Z
1.2		⌌		7	Z
1.3		∩			A
1.4		∩			F
1.5		○		○	C

In the relay we had to do all 3 legs in 135minutes. I took just under 40 minutes as did Graham so Colin had the balance of time. As it happened I had the best score for our team on the day but it's a team event and we take it all in our stride. Thankyou Graham and Colin.

At the end of the day both teams came 6th but the Open team did fantastic in such a close race - just half a second separating the teams in 5th and 6th places. My 6th I will always treasure. I am honoured to be selected for Great Britain, and to

compete with such quality team-mates.



TempO Station A as tackled by Peter and John

- Relay**
- **PreO section:** 3 x 10 controls (99 mins Open / 135 mins P Class)
 - **TempO section:** 3 x 1 station 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.

Open	Country	Time (m:s)
1	Germany	3:13
2	Italy	3:39.5
3	Czechia	4:38
4	Slovakia	5:31
5	Sweden	6:04.5
6=	Great Britain / Finland	6:05

Open	Country	Time (m:s)
1	Finland	14:00
2	Sweden	14:46
3	Czechia	15:42.5
4	Ukraine	16:42
5	Spain	18:32.5
6	Great Britain	19.59.5



Our Relay teams with their 6th place Diplomas (from the left):

- Open Class - **John Kewley, Tom Dobra and Ben Kyd**
- P Class - **Graham Urquhart, Colin Duckworth and Peter Roberts**

July 6th - TempO: Heat and Final



The final event at WTOC was the TempO with Qualification in the morning and the Final in the afternoon at a different location. Here **John Kewley (JK)** provides some details:

TempO Qualification:

As has been the case for a number of years the TempO Qualification was run over 2 parallel heats of 6 stations, each with 5 tasks. The top 18 from each heat progressed to the TempO Final. The event took place just to the South of Česká Lípa, mostly along a road looking up at crags or upslopes with contour details. GBR's competitors were Charles and JK in Heat A and Ben and Tom in Heat B.

Hopes had been high in the GBR camp of beating our best ever result of 2 qualifiers (2013 and 2018 when both John and Ian Ditchfield qualified); this wasn't to be although we weren't far away.

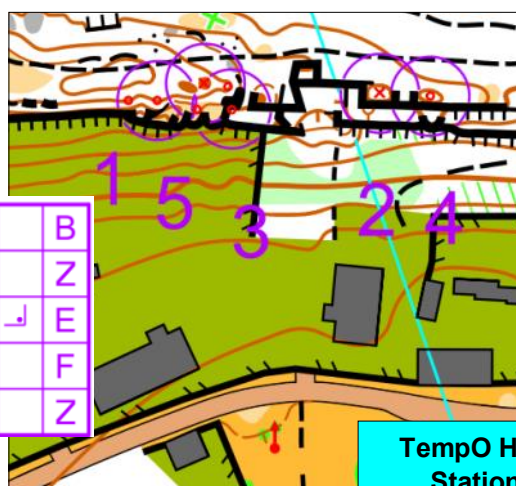
Tom (our only qualifier in 2019) came tantalisingly close in 19th missing by only 1.5s and JK (our only qualifier in 2015 and 2017) 19th in the other heat, missing out by 4s (a mistake at the final problem of the final station cost both of them their qualification (see map segment)). Ben Kyd, our only qualifier from 2022, was therefore again our only qualifier with a very respectable 11th place.

Before results were made final there was some extra excitement when it appeared that the online results weren't showing the half seconds so with +/- 0.5s and 6 stations it was possible that positions 18 and 19 in both heats could swap. As it was, after careful analysis of backup cards and written station notes, it was shown that these fractional seconds didn't affect the qualification so the results stood. It can be noted that timings are always truncated to the second; half seconds only come about when the times from the 2 timers at a station are different, in this case half seconds should remain.



GBR competitors in action: **John Kewley** (top left), **Charles Bromley Gardner** (top right), **Tom Dobra** (bottom left) and **Ben Kyd** (bottom right)

(c) WTOC 2023 – Dan Dvoracek



6.1	A-F	↗			B
6.2	A-F	○			Z
6.3	A-F	≡		↙	E
6.4	A-F	○			F
6.5	A-F	←	•		Z

TempO Heat A Station 6:

An example of the type of problem encountered. Heat B used the same flags but from a slightly different viewing point.

Heat A TempO	Name	Time (s)
1	Antti Rusanen (FIN)	250
18	Simon Mizur (SVK)	501
19	John Kewley	505
31=	Charles Bromley Gardner	581

Heat B TempO	Name	Time (s)
1	Robertas Stankevici (LTU)	289
11	Ben Kyd	412.5
18	Geir Myhr Oien (NOR)	482
19	Tom Dobra	483.5

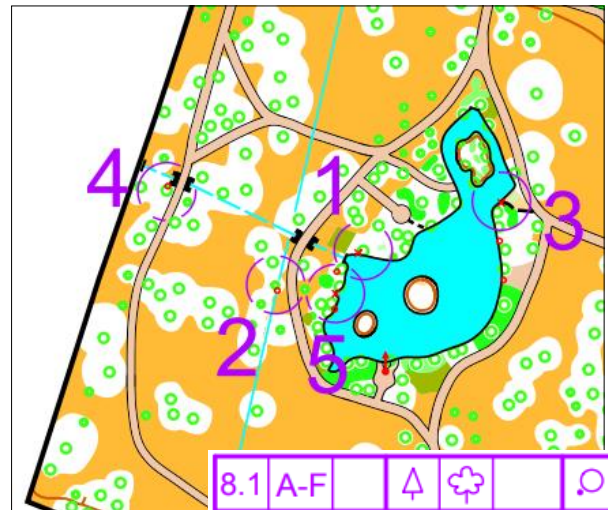
TempO Final:

The first 6 stations for the TempO Final were just outside Zákupy with the final two being in the park beside Zákupy Castle. These latter two were spectator controls with the time behind the leaders being known by the competitors before they did the final station (if they were listening to the commentary). Unlike the Relay, competitors remained in their start order which was reverse start from the heat's results and were not re-arranged into position before the final control.

For the WTOC TempO Final scores are not carried forward from the heats so it is not uncommon for someone who just scrapes qualification to do well in the final and this year it was the turn of Šimon Mižúr. After scraping qualification in 18th place, 4s in front of JK, he ended up in a podium 5th place. All other performances however were eclipsed by Ondřej Macek whose winning margin was 101s. It was notable that all 6 on the podium were under 30. Ben in 16th was (like his 22nd in 2022) an improvement on the best ever GBR placing in a WTOC TempO Final (one less error would have put him in 10th).



TempO Final	Name	Time (s)
1	Ondřej Macek (CZE)	250
2	Simone Frascaroli (ITA)	371
3	Daniel Locker (CZE)	406.5
....	
16	Ben Kyd	498.5



8.1 A-F	△	♣		○	Z
8.2 A-F	△	♣		○	A
8.3 A-F	/			┌	Z
8.4 A-F	△	♣		○	B
8.5 A-F	⊖			○	Z



TempO Final - Station 8:

The top photo shows Ben Kyd tackling the final station in the Final. Also above is the solution map for this station. Very different terrain from nearly everything that competitors had faced previously

(c) WTOC 2023 – Dan Dvoracek

It would seem wrong to provide these reports of WTOC 2023 without having an image of **Libor Forst**, the overall **Event Director and Course Setter**. The photo above shows him welcoming competitors at the opening ceremony in **Zákupy Castle** (on the right). All the ceremonies were held in the main courtyard of the castle.

Our thanks to Libor for a great WTOC!





PreO at the Scottish 6 Days - Roseisle Forest 2 August 2023



The 'Scottish 6 Days (S6D) Orienteering' event is a high quality festival of orienteering staged in alternate years - this year was the 24th time the event has been held. The event has always included a 'rest day' in the middle which allows for some separate activities

Here Event Planner **Anne Hickling** gives some more background and provides some commentary on the event, and after her account **Wilbert Hollinger**, a competitor, adds some thoughts.

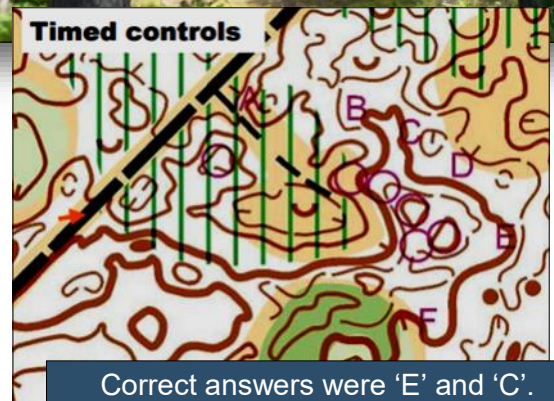
This was the fifth time TrailO had been offered at the Scottish 6 Days as a rest day activity. It is a great opportunity to add a bit of variety to the week and give people a taster of TrailO without having to travel far from the 6 Day action.

A bit of history... I can't recall now exactly how the idea of TrailO at the 6 Days came about, but it was certainly inspired by the World TrailO Champs held in Scotland (Tentsmuir) in 2012. In 2013, with the 6 Days in Moray, we were able make use of the beautiful and complex dunes of Culbin Forest for TrailO. In 2015, we used Darnaway, offering a short TrailO course as part of the O-Fest - a big range of activities (including WOC spectating) on the 6 Days rest day. Then it was Cambus o'May in Royal Deeside in 2017 (classic TrailO) and Drummond Castle in 2019 (a short Tempo followed by a short PreO). Nothing in the Covid-affected 2021 event, but we are back in full swing in 2023! Has anyone been to them all?

This year's offering at Roseisle followed the 6 Day race there on the previous day. I wonder if any of the TrailO competitors running in the 6 Days felt that this was an advantage to them in the TrailO? Only the longest courses on Day 3 will have overlapped with the TrailO area, but competitors on these courses will have seen the nature of the terrain they would encounter the next day. The Roseisle forest is generally highly contoured and as a consequence the majority of the TrailO problems were focussed on reading the contours accurately. The lack of variety in the course may have been a disappointment to some, but it was not possible to incorporate more variation in the terrain without making the course unacceptably long.

A word about the timed controls. The 'A' control was quite detached from the group B to F, and this was clearly pointed out by the timed controls team. In determining their answers, a vast number of competitors seemed to forget about the A control, answering D and B instead of E and C. This was not intended to be a deliberate trap, but we were surprised by the number that seemed to fall into it!

We were very pleased to see a good number of newcomers attempting the course, some finding it quite tricky but enjoying the challenge. Sadly there are very limited



Correct answers were 'E' and 'C'.
Perhaps more challenging than it looks!

opportunities to try TrailO at a lower technical level and thereby gain experience and improve skills. Informal TrailO at club level would help to address this, at the same time developing TrailO as a useful training tool for regular orienteers of all ages in developing map interpretation skills. Could your club introduce TrailO at some of their regular events, activities or training sessions? There is useful material on the TrailO section of the BOF website for anyone wanting to have a go at planning, and the TrailO regulars will always be pleased to offer advice. See 'How to stage a simple TrailO event' on the BO website TrailO - British Trail Orienteering (britishorienteering.org.uk)



It would be interesting and useful to hear from any clubs who have got involved in staging club-level TrailO activities.

Many thanks to the other members of the TrailO team – Rob (controller) and Roger (organiser) and our squad of helpers (the Urquharts and a good contingent from ESOC).

Here **Wilbert Hollinger** provides some commentary on the event:

Having been orienteering in Roseisle the previous day I knew that there was plenty of scope for a good TrailO event, and it certainly did not disappoint.

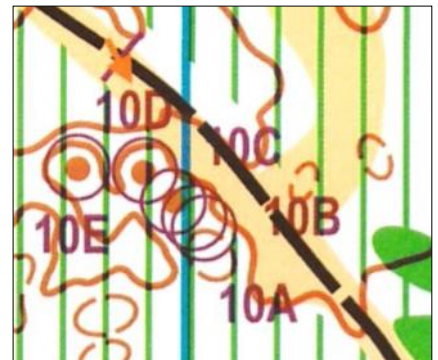
With the large number of entrants (100 competitors took part on the day) it was inevitable that there would be quite a queue leading to the timed control and for some this can be frustrating.

When seated at this control, the first problem seemed fairly straightforward but in fact was answered correctly by very few. Most not only got it wrong but got the second one wrong too. The clever positioning of kite A I judge, led many, (myself included) to miscount the kites.

Once on the course itself it took me a little while to get into the map, and the vegetation in the areas around the early controls made interpretation far from easy. There was an interesting variety of problems. Deciding on the difference between knoll and small hill was crucial in dealing with problem 10.

The single kite problem, at 13, proved difficult, but with distance judgement the hill to the right should have been a helpful guide. The remaining problems were nearly all in good open forest, and I found the contours much easier to read, although 16 was tricky.

It was great to see the large number of competitors of all ages taking part and I know the event was greatly appreciated. We just need more events to keep up this level of interest. I certainly enjoyed the course. A big thank you to all involved.



For full results and links to the solutions' map and photos on Flickr, see:

[Scottish 6 Days – Moray 2023 – Results](#)

PreO at the Scottish 6 Days

PreO course: 19 controls / 2 km / 117 mins / 1 Timed Station with 2 controls.

Open	Name	Cont.	Time
1	Tom Dobra (TVOC)	18	23
2	Yuen Wang Ki (MDOC)	17	47
3	Charles Bromley Gardner	17	52
4	Nick Barrable (SYO)	17	59
5	David Wathy (MDOC)	17	79

Junior	Name	Cont.	Time
1	Ben Kyd (OUOC)	16	40
2	Marlene Fritz (GER)	16	43
3	Florian Reinwald (GER)	16	119
4	Flora Jolly (HALO)	15	73
5	Elsbeth Jolly (HALO)	15	78

P Class	Name	Cont.	Time
1	Graham Urquhart (OD)	15	85
2	Tracy Edgar (LEI)	6	99

Did you get these wrong?

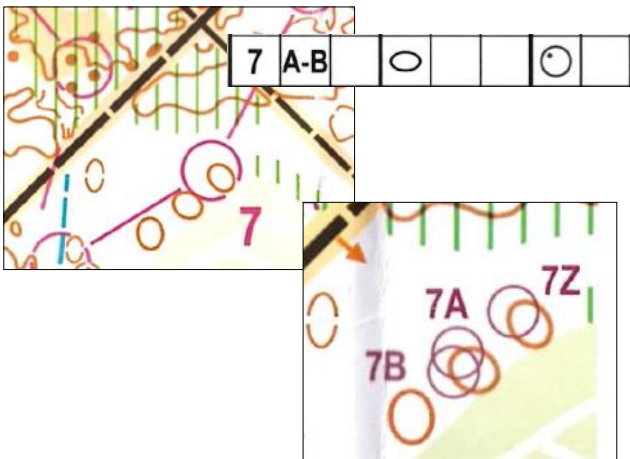
Two controls at Moray 2023 provide useful examples of things for newcomers to watch out for. Both of these controls were correctly answered by most of the top 30 competitors but incorrectly answered by most of the bottom 30. Both were 'Zero' answers.



Control 7

Two kites visible on a hill. It is easy to think that the hill is correct and the question is just whether one of the kites is correctly positioned.

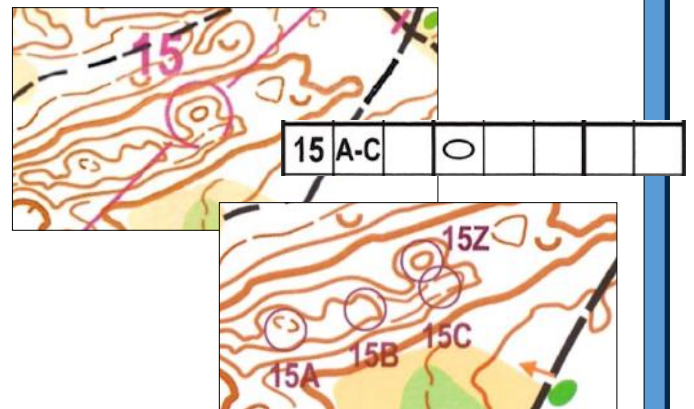
Always consider if there are similar features nearby - even if they are not visible due to undergrowth.



Control 15

From the viewing point, it was easy to think 'C' was correct as the correct hill was not visible from there. However, when walking down the track from Control 14, the whole ridge was visible with the hill clearly set back and with no kite.

Always look ahead. This could be solved before reaching the viewing point!



Spotted out on the course during the event, **Rob Hickling (BASOC)**, the event Controller



Congratulations to the prize winners - shown here on the podiums. Top three in Open (*above*) and Juniors (*right*)

(Photos: Scottish 6 Days Orienteering Facebook page)



For more information on TrailO, see: **British Trail Orienteering**