

# Trail-O Committee meeting – 7 February 2009

held at Lilleshall National Sports Centre at 10:40.



## 1. Chairman's welcome and introduction

The Chairman welcomed everyone to the first meeting of the newly formed Trail-O Committee. Members and the other invited non-voting guests introduced themselves. He explained that he had invited a range of people who had enthusiasm for and experience in Trail-O, and had expressed willingness to serve on the Committee.

Neil Cameron, attending in his *ex officio* capacity offered to take the minutes, pending a more permanent solution, and this was agreed.

## 2. Attendance & apologies

Peter Roberts (EBOR, YHOA) Chairman  
Dave Gittus (WRE, WMOA)  
John Kewley (MDOC, NWOA)  
Christine Roberts (EBOR, YHOA)  
Anne Braggins (WAOC, EAOA)

Don Braggins (WAOC, EAOA), invited guest  
Rod Postlethwaite (WRE, WMOA), invited guest  
Neil Cameron, Chairman, British Orienteering, *ex officio*

Dick Keighley (WIM, SWOA) and Brian Parker (DEVON, SWOA) had sent apologies. Ian Ditchfield (MV, SEOA) had been invited but no reply had been received so far.

## 3. Conflicts of interest

Some members had sent in their forms, and others were requested to do so as soon as possible. No additional conflicts of interest were declared at the meeting.

**Action 1:** All remaining members to submit completed Conflict of Interest forms to National Office by 6 Mar.

## 4. Terms of Reference

The Chairman explained that sticking to the Terms of Reference was important and that they should be neither too wide nor too narrow. He suggested the remit was already wide, covering international aspects, promoting the Trail-O discipline, attracting more participants, etc.

After discussing the concern that development in Associations not represented on the Committee might be inhibited, members accepted the aspect that a maximum of six Associations could be represented with other Associations having correspondent membership rights and the right of attendance when necessary. It was agreed that with experience, if this maximum number of six proved inappropriate, the Board would be asked for a change.

NC advised that the Board had changed term f. to read "Advise the Board on disability awareness and other matters concerned with the involvement of disabled people in Trail-O activities". The Committee understood and accepted this change, particularly once it was explained that it was likely other Committees would also have a disability awareness responsibility added to their own terms in a future update.

**Action 2:** Members to gain support from their Association as the formal Association rep to the Trail-O Committee by 31 Mar.

**Action 3:** Chairman by 27 Feb to invite currently non-represented Associations to appoint correspondent members if they wished.

**Action 4:** NC to send Meeting Guidelines to Committee members by 27 Feb.

## 5. Permanent Course review

The Chairman said that the POC list on the BOF website should be checked to ensure it contained an accurate list of Trail-O POCs. Beryl Blackhall had in the past provided a list of Trail-O POCs.

A desire was expressed to have a filter on the POC list for wheelchair friendly courses (not necessarily with Trail-O controls) and Trail-O POCs, and this would be considered in the website project (see later in the minutes).

During the discussion, the need for perhaps three levels of Trail-O course was identified – basic, challenge and elite (names still to be decided).

The Chairman commented that highly suitable areas should be used first for competitive events.

See Appendix I for B Blackhall paper on Trail-O POCs.

**Action 5:** Review existing POCs for suitability of addition of Trail-O, and review existing Trail-O POCs. DG in WMOA, AB in EAOA. Chairman to ask Beryl Blackhall by 28 Feb if she would do the same in NWOA. All reviews to be completed by 30 Jun.

**Action 6:** Chairman to circulate Beryl Blackhall's info to Committee by 28 Feb.

AB commented that courses should be shown as "basic" Trail-O so that users are aware there is something more advanced.

AB advised that new IOF guidelines were on the IOF website. Brian Parker was considering developing these elite guidelines into development level Trail-O guidelines.

A 1-page A4 document introducing Trail-O to Foot-orientees and one for beginners was mentioned as being beneficial.

## **6. Introducing/promoting Trail-O to beginners**

The Chairman said there was a need for a beginner's guide to Trail-O and perhaps also one marketing Trail-O to potential participants, and they should be downloadable from the web. Marketing would be by other means but this enabled people to be referred to such resources.

The different potential Trail-O participants were discussed and how best to market the discipline to them. NC suggested making as much use of the groups established as Steve Vernon participation projects. Those groups mainly comprised newcomers to orienteering who would benefit from the inherent map-reading skills and it would be a different activity for them, provided suitable areas were used.

AB circulated a short TempO presentation. It was agreed that this style of Trail-O which timed the competitor at every control would be suitable at major events for experienced orientees as the concept increased competitiveness and the time taken could be kept relatively small.

DB suggested that the Committee tackle foot-orientees first to get a bigger body of interested people, able to assist with staging Trail-O events. This was agreed.

It was commented that when Trail-O was held at major events, shorter courses (in time terms for foot-orientees) were required.

It was also noted that youngsters doing yellow/orange progressing could benefit from Trail-O experience – learning map interpretation skills from the safety of the path.

## **7. Event programme**

The Chairman reported on a survey he had done of potential Trail-O areas, which included Bigland, Lakeside (Lake District), Crathes Castle (Deeside), Stock Hill (S of Bristol), Ham Hill, Wheal Sidney (Cornwall).

He said he had struggled to have BTOC this year and last year. This year failed due to landowner and planner difficulties. He requested that BOF impose the requirement of Trail-O at future BOCs, including wherever possible actually in the foot-O competition areas. Foot-O could be done 2<sup>nd</sup> for runners if taking part in both competitions. As long as the relevant rules on control placement were observed, there should not be a valid objection.

He had therefore been targeting BMOC 9/10 May for BTOC 09 but as BMOC had morning and afternoon races and were using buses due to land access restrictions re parking, BTOC was not accepted by the organiser. Williamson Park in Lancaster was therefore being considered if officials can be found.

Suggested selection events were BTOC, JK and one other event at elite standard, counting day 3 for selection purposes. It was agreed that it would be compulsory to compete at BTOC or JK plus one other for selection purposes.

Turning to 2010, the Chairman suggested JK (2-5 Apr), BOC (1-2 May), at BMOC Formby (17-18 Apr). The Chairman was visiting the Formby area with the mapper on 7 March. If a 4<sup>th</sup> elite standard area could be found, that would give four events. If BOC at Cannock not technical enough for BTOC, will use for an event anyway. Inspection hopefully on 8 Feb. 4 miles from BOC, but thinking of using disabled trail area at car park entrance for a demo or TempO event.

The 2010 European TOC was not now in Bulgaria but would be held north of Stockholm immediately before WOC/WTOC in Norway.

2011: BOC SEOA, JK NIOA.

2012: also has draft programme linked to foot-O major events.

## **8. Website**

The Chairman thanked Anne & Don Braggins for many years of development and maintenance of their personal Trail-O website [www.trailo.org](http://www.trailo.org). The Braggins's intended to keep their web site in the future despite Anne's recent retirement from her IOF Trail-O Commission Chairmanship role.

Having discussed the situation prior to the meeting with NC, the Chairman said that Trail-O was in due course going to be added to the British Orienteering website.

It was noted that a Trail-O logo should be used and the IOF logo (possibly with colour amendments) might be used, but discussions would be had with National Office.

It was also agreed that Trail-O should be as integrated as possible with other orienteering on the web site, although also still accessible in its own right for Trail-O enthusiasts. The need for the Trail-O Committee to find or develop suitable content was noted, along with the need to develop a process and responsibility for maintenance, especially of the more frequently changing content. JK and DB assisted by the Chairman, agreed to act as the Committee contacts on this work.

**Action 7:** NC to discuss the logo and a project to add Trail-O to the web site with National office by 27 Feb.

## **9. International selection**

Chairman explained that objectives were a future event programme in which selection would be based on the best x of y events (eg 3 of 4). He suggested 4 events at home, and 2 overseas eg Irish + one other event. The Selectors would still use past experience and results.

### **Selectors**

The Chairman proposed a Trail-O sub-group of 2 selectors + Chairman. Beryl Blackhall had stood down as a selector. Proposed that the 3 be Anne Braggins, Brian Parker (as selectors from now for whatever period the Foot-O selectors are appointed for) and the Chairman. Anne has also indicated she would be willing to be Team Manager.

Also suggesting touring team be accompanied by a Team Manager and a coach (who might also be a team member).

The Chairman distributed a paper with his thoughts on the above. It was agreed to add that the Team Manager would also handle duties expected of a Team Manager by the IOF, including eg appeals.

Anne Braggins advised that IOF Trail-O Competition Rules had been updated from 1 Feb and were on IOF web site.

Selection procedure 2010 agreed as in paper: final refinements to be made in due course regarding missing results.

Self-funding participation for selection. Funding for teams at WTOC has been sought from British Orienteering and response is awaited.

## **10. Practical session**

A short practical session was held after lunch and Dave Gittus was thanked for all the work that had been done to enable the Committee to explore the appropriateness of controls for different levels of ability.

## **11. Summary by Chairman.**

The Chairman thanked everyone for attending and for the very full participation. He hoped that the meeting had identified a plan of what could be achieved in the next 12 months. He then summarised the key matters progressed during the meeting.

During his summary, additional actions were identified:

- To ask Coaching Committee how they can assist us, making some suggestions to them for their comments and their own ideas. eg Training to slow down people who are "running before they can walk". There was need for Trail-O progression of control types (easy to hard). Perhaps offer a set to Coaches to be trialled with youngsters as another tool for coaches to use. Discussion firstly in Committee by e-mail.
- Trailers (John Crosby's Trail-O magazine). Future articles for Focus always to come via the Chairman to ensure correct and consistent messages were being given.

## **12. Close of meeting**

The meeting closed at 4.10 p.m.

### **Action List**

**Action 1:** All remaining members to submit completed Conflict of Interest forms to National Office by 6 Mar.

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## **Appendix 1**

### **PERMANENT TRAIL ORIENTEERING COURSES** – thoughts on their construction.

As many of you who read this will know, over the past year I have visited most of the courses that are operational in the country at present. A sheet of details about each has been produced, together with a short report. Having now seen how different people present their courses and paper work I am changing my views on what a PTOC should be. I discussed my first ideas with a number of you and received some useful feedback, which I have incorporated into this sheet.

#### **The current situation at the majority of courses:**

- Nearly all courses appear to be underused. The exception is probably Glenmore Forest, where local outdoor activity centres are using the course. Strinesdale used to be used for teaching primary school children map skills but a change of staff there altered the situation.
- On the course(s) each control site has a numbered Decision Point post and three identically marked Control Posts.
- The planting of four posts for each control site involves a lot of expense and hard work.
- When any one post of the four is removed by vandalism, site work, or hidden by undergrowth, that control cannot be used. This is a problem at most courses at some time and many of the courses visited had some posts missing, or not visible.
- Participants need to use map reading skills to choose which control post relates to the position of the centre of the map circle on the map. As in Trail O competition, they also need to move to the decision point post, there mentally label the posts A-B-C from left to right, note the letter of their selected post and mark their control card accordingly.

#### **A possible way forward:**

We need to get a better balance between being user friendly and ease of construction and maintenance.

If the element of working out the A-B-C from the decision point was removed from the required skills, leaving participants to concentrate on the important map reading element, expense and maintenance time could be saved. A decision point post need not be installed. The three control posts would need to be labelled A, B and C from left to right using large letters. This idea was used at some control sites on the first PTOC installed in the UK, at Whinlatter, but although they labelled each post they were not always installed with the A-B-C from left to right. In addition a fourth 'Z' box could be added to each line on the control card, so there was a choice of A-B-C-Z at each control. 'Z' being if the participant considered that there was no post on the ground at the position indicated by the centre of the control circle.

The advantages of this idea:

- No viewing posts need to be placed initially, so a 25% reduction of installation work, cost of posts required and hardware out on the site.
- At the moment if any one of the four posts is removed by vandals you are not able to give a reasoned answer. Under the new idea, with any number of posts missing you could still give a reasoned answer.
- Also 25% less posts to get vandalised. It always takes time to get vandalised posts replaced so the course would be able to be used all the time.
- Less complicated instructions for novices to read and understand. What is required would fit more easily onto an A4 leaflet in larger print.
- With the posts labelled A-B-C from left to right this would still initiate people into the system of labelling, should they wish to progress to competition.
- The introduction of the 'Z' box on the control would have a couple of extra spin-off advantages. Should they wish to progress to competition it would introduce them to the idea that there is not always a control post at the site marked on the map. Also if participants returned to a manned visitor centre to check their answers it would alert the staff to the possibility of course vandalism or undergrowth cover.

## Appendix 2

From: [Peter Roberts](#)

Subject: Fw: Trail selection records.xls - modified version

Enclosed is a copy of the ranking list I have prepared for the selectors to use. UK and Ireland events only.

Everyone is included in open class and paralympic split off with their own points allocation.

It is intended to show relative position to each other of competitors.

I may have missed some Organiser average scores.

Class	Name	JK 05	BTOC 05	BTOC 06	JK 06	Ire 06	JK 07	Ire 07	Nordic 1	Nordic 2	BTOC 07	Day 2	JK 08	Ire 08	BTOC 08	Best Score	2nd Score	3 <sup>rd</sup> Score	Total of Top 3 Scores	Total Competing	No. of Even ts	Average Competing
O	Gittus, Dave	97.4	94	91	97.4	0	95	100	99	99	100	100	97.4	97	99	100	100	100	300.0	974	10	97.4
O	Roberts, Christine	0	0	88	99	97	91	99	98	100	96.7	96.7	98	100	96.7	100	100	99	299.0	870	9	96.7
O	Braggins, Anne	90	100	0	0	100	0	0	95	96	95	99	96.3	0	95	100	100	99	299.0	770	8	96.3
O	Ditchfield, Ian	0	0	99	100	0	99	0	0	0	0	0	0	0	0	100	99	99	298.0	298	3	99.3
O	Blackhall, Beryl	99	85	87	94.3	0	0	0	0	99	98	0	0	98	99	99	98	296.0	566	6	94.3	
O	Boyt, Arthur	98	95.1	94	92	0	100	98	0	0	89	0	95	0	0	100	98	98	296.0	666	7	95.1
O	Crosby, John	0	0	95	94.9	0	90	0	100	97	91	94	93	99	0	100	99	97	296.0	759	8	94.9
O	Roberts, Peter	97	95	97	95	99	92	95	96	98	96.5	96.5	99	98	97	99	99	98	296.0	1158	12	96.5
O	Keighley, Dick	96	90	92.9	85	98	92.9	96	97	94	90	96	87	0	0	98	97	96	291.0	929	10	92.9
O	Crosby, Margaret	0	0	84	97	0	81	0	94	93	80	91	80	0	100	100	97	94	291.0	800	9	88.9
O	Chiswell, Helen	0	93	100	91	0	97	0	0	0	0	0	0	0	0	100	97	93	290.0	381	4	95.3
O	Richards, Steve	95	98	0	0	0	0	0	0	0	96	0	0	0	0	98	96	95	289.0	289	3	96.3
O	Boyt, Sue	91	96	85	99	0	80	93	0	0	86	0	94	0	0	99	96	94	289.0	724	8	90.5
O	Cooper, Rachel	0	99	98	84	0	0	0	0	0	0	0	91	0	0	99	98	91	288.0	372	4	93
O	Watkins, Steve	0	0	0	0	0	0	0	0	0	93	97	97	0	0	97	97	93	287.0	287	3	95.7
O	Cooper, Phil	0	92	93	96	0	98	0	0	0	0	0	92	0	0	98	96	93	287.0	471	5	94.2
O	Braggins, Don	94	82	0	0	96	78	0	92	95	83	92	0	0	0	96	95	94	285.0	712	8	89
O	Walker, Phil	86	88	83	87	0	96	90	0	0	78	90	79	0	96	96	96	90	282.0	873	10	87.3
O	Mullett, Vivien	85	83	82	82	0	79	92	93	92	84	0	0	0	94	94	93	92	279.0	866	10	86.6
O	Virgo, Chris	0	0	90	90	0	93	0	0	0	0	0	90	0	0	93	90	90	273.0	363	4	90.8
O	Dudley, Michael	0	0	0	0	0	93	0	0	0	85	93	0	0	0	93	93	85	271.0	271	3	90.3
O	Fryer, Lucy	0	0	0	0	0	83	0	0	0	88	0	88	0	0	88	88	83	259.0	259	3	86.3
O	Roth, Dan	87	0	0	83	0	85	0	0	0	0	0	0	0	0	87	85	83	255.0	255	3	85
O	Fernandes, Nathan	84	84	80	80	0	87	0	0	0	0	0	0	0	0	87	84	84	255.0	415	5	83
O	Parker, Brian	100	100	0	0	0	0	0	0	0	0	0	0	0	0	100	100	0	200.0	100	1	100
O	Kewley, John	0	0	0	93	0	0	0	0	0	99	0	0	0	0	99	93	0	192.0	192	2	96
O	Cooper, Amanda	88	0	0	94	0	0	0	0	0	0	0	0	0	0	94	88	0	182.0	182	2	91
O	Grant, Julianna	0	0	88	88	0	0	0	0	0	0	0	0	0	0	88	88	0	176.0	176	2	88
O	Cooper, Joshua	89	0	0	79	0	0	0	0	0	0	0	0	0	0	89	79	0	168.0	168	2	84
O	Bromley-Gardner	0	0	0	0	0	0	0	0	0	0	0	100	0	0	100	0	0	100.0	100	1	100
O	Vine, Sue	0	97	0	0	0	0	0	0	0	0	0	0	0	0	97	0	0	97.0	97	1	97
O	Clegg, Gavin	0	0	96	0	0	0	0	0	0	0	0	0	0	0	96	0	0	96.0	96	1	96

O	Richardson, Jane	0	0	0	0	0	94	0	0	0	0	0	0	0	0	94	0	0	94.0	94	1	94
O	Darke, Karen	93	0	0	0	0	0	0	0	0	0	0	0	0	0	93	0	0	93.0	93	1	93
O	Henderson, Keith	0	0	86	0	0	0	0	0	0	0	0	0	0	0	86	0	0	86.0	86	1	86
P	Roberts, Peter	100	99	100	98	0	97	0	97	99	98.7	98.7	100	0	98	100	100	100	300.0	888	9	98.7
P	Gittus, Dave	99.1	98	98	99.1	0	99	0	99	100	100	100	99.1	0	99	100	100	100	300.0	793	8	99.1
P	Boyt, Sue	97	100	96	100	0	92	0	0	0	96	0	99	0	0	100	100	99	299.0	680	7	97.1
P	Crosby, John	0	0	99	98	0	96	0	100	98	98	97	98	0	98	100	99	98	297.0	686	7	98
P	Braggins, Anne	0	0	97	96	0	98	0	96	97	99	99	97.3	0	96	99	99	98	296.0	778	8	97.3
P	Crosby, Margaret	0	0	95	99	0	93	0	95	94	94	96	96	0	100	100	99	96	295.0	862	9	95.8
P	Keighley, Dick	99	97	97	95	0	97	0	98	95	97	98	97	0	0	99	98	98	295.0	776	8	97
P	Walker, Phil	96	96	94	97	0	100	0	0	0	93	95	95	0	97	100	97	97	294.0	863	9	95.9
P	Mullett, Vivien	95	94	93	94	0	91	0	94	93	95	0	0	0	96	96	95	95	286.0	845	9	93.9
P	Fernandes, Nathan	94	95	92	92	0	94	0	0	0	0	0	0	0	0	95	94	94	283.0	467	5	93.4
P	Darke, Karen	98	0	0	0	0	0	0	0	0	0	0	0	0	0	98	0	0	98.0	98	1	98
P	Sims, Shelagh	0	0	0	0	0	95	0	0	0	0	0	0	0	0	95	0	0	95.0	95	1	95

Planner - average score

Controller - average score

Organiser - average score