

Take a challenge – go Trail orienteering on the 20th and 21st September at Baysgarth Park and Humber Bridge Country Park Entries on [racesignup](#)

This is the chance to try a different form of orienteering, full instruction will be given on the day together with some practice controls for you to try, but it would be useful if you could do some research beforehand. For these events you may go as a pair to quietly discuss your answer.

Trail o is essentially a map reading exercise, so it's a gentle stroll. Instruction will be available on the day plus a practice control. Both days are suitable for wheelchair users.

Flags are placed out in the terrain and are viewed from a path route. You may not go into the terrain. At each station there may be either just one kite or several counting from the left A,B,C,D,E,F. You carry a special control card and use a pin punch to mark your answer before you move on to the next. If you change your mind and put another punch in the same row, then the answer is marked wrong. So be careful. You need a SI dibber to record your time taken.

day 1 Baysgarth we are using a timed sprint pre-o course and three timed TempO stations.

The Sprint Pre-O is a timed A or Z course. From the viewing point a tape shows the kite you are looking at and using the map you either punch A if it's in the right place or Z if its not. For all exercises an incorrect location must be at least 4m from the correct location. Results are based on the number correct and then the fastest time.

The other part is three TempO stations. Here you sit at a fixed seat and are given a set of maps. There will be 4 tasks at each station with 6 flags to view. Its either one of them or not any of them. You can either say your answer – ALPHA, BRAVO, CHARLIE, DELTA, ECHO, FOXTROT, ZERO for spoken answers or point to the letter. From the moment you sit down you are shown the flags, and the test starts. Clear rules will be available on the day. An incorrect answer incurs a 30 sec time penalty

Afterwards the scores from both exercises will be added together to produce the winner.

On this day It is better you do these courses individually if you can.

For day 2 we are at Humber Bridge Country Park.

Here we have a Pre-O course together with 3 separate time controls. **Here you may go in pairs if you have no previous experience.** One entry with one map and card. Please discuss ideas quietly so to not disturb others. Again, same rules. A card and pin punch to record your answer.

The Pre-O course is 1km and has 22 controls with a maximum time allowance of 85 minutes, going over time loses points. After you have finished that course you then do the timed controls.

For the time controls there are no Z locations so it must be one of the 6 flags you can see. Result is based on time taken. 60sec penalty for ones you get wrong

After you have finished follow the marked route back to the start point. Take care not to disturb others on the course.

If after, you have competed, you can offer help. Please report to Peter Roberts or Ian Robson. Email contact on Racesignup.