

Competitor information

Thank you for your entry for the TREC IOM Competition on Saturday 11th September 2021

Pre competition information

- There will **not** be a specific competitors briefing at this competition but if anything needs to be briefed to you outside of this information it will be on the noticeboard when you collect your number bib.
- The PTV course will be available for walking from 5.00pm on Friday 10th September & again between 9am-10am on Saturday Morning. Assisted course walks are not available.
- Numbers can be collected from 9am on Saturday morning once hats are checked

A safety helmet conforming to one of the following standards must be worn, with the chinstrap fastened, at all times when mounted.

The approved standards for British TREC are

- PAS 015 (1998 or 2011) provided it has a BSI Kitemark OR an Inspec IC Mark
 - VG1 01.040 (2014-12) provided it has a BSI Kitemark OR an Inspec IC Mark
 - SEI ASTM 95 - SEI ASTM F1163 (2004a or 04a onwards), providing it has an SEI mark
 - SNELL E2001 OR E2016, providing it has a SNELL label and number
 - AS/NZS 3838 (2006 onwards), providing it has an SAI Global mark
- Any hat used must conform to one or more of these standards.

An approved body protector must be worn for the PTV at all levels unless the course includes no ridden fixed jumps. The definition of a fixed jump includes jumps such as hedges, path crossings, steps up, steps down and tree trunks which cannot be knocked down. Body protectors are recommended on the PTV phase even when no fixed jumps are used.

THERE WILL BE NO FIXED OBSTACLES SO A BODY PROTECTOR WILL NOT BE REQUIRED

Hat Cameras

A camera may not be worn on the hat when mounted.

- The organisers contact number that you need to put on your Horse ID should be **TREC IOM 308272**

PLEASE NOTE: Ensure you thoroughly familiarise yourself with the course when walking it as, when you ride the course, **any error on the course will result in a zero score for the whole PTV Phase.**

Competition times

Start times are now available on the website at www.treciom.com

ALLOCATED TIMES WILL BE STRICTLY ADHERED TO. MAKE SURE YOU ARE ON TIME FOR ALL PHASES. IF YOU MISS ANY OF YOUR TIMES FOR ANY REASON IT CAN NOT BE GUARANTEED THAT YOU WILL BE ABLE TO COMPETE AND PENALTIES WILL BE INCURRED

Directions & Parking

From Ramsey – From the tramlines at Ballure drive 0.7 miles taking the second left onto the B19. Continue for 2 miles, continuing past Dreeymskerry Quarry and straight through Ballajora crossroads. Pass about 10 houses. Ballafayle is the white farmhouse below the tramlines on your left.

From Laxey – Take the Coast road to the Glen Mona pub. From there drive 1.6 miles to the Hibernia crossroads. Turn downhill onto the A15. Continue for 2 miles. Ballafayle is the white farmhouse below the tramline to your right.

Please follow signs for Parking. Drive across the field then park facing downhill at the top of the field.

It would be preferable if you could leave your dog at home. If you do need to bring with you then please keep under control and on a lead at **ALL** times. Please be aware of the weather forecast and do not leave dogs in hot cars.

Catering

Catering will be provided by Charlotte Geoghegan from approx. 9am.

Results & Prize Presentation

Provisional Results will be posted on the www.treciom.com website on Sunday morning. Please check your results and if you have any queries please send asap to Jo so they can be checked. If you could aim to do this before 5pm on Sunday

Final results & the prize presentation will be held at the Creg ny baa function room at 7.30pm on Sunday evening. Grab a drink at the bar downstairs then bring it up to the room with you.

If you would like to eat beforehand at the restaurant booking is advisable as it can get busy.

PTV Course (Obstacles)

Medical Armbands MUST be worn for this phase & if using a martingale you will need a headcollar & rope for the led obstacles.

The course will consist of 16 obstacles. All obstacles are **optional** but if you choose not to do an obstacle you must stop and tell the judge of that obstacle before moving on to the next one.

Datasheets for the obstacles can be found here in the rulebook:

<https://trecgb.com/rules/>

Missing out an obstacle without notifying the judge (ie. wrong course taken) **will result in a zero score for the whole PTV phase.**

There will be a time limit for the PTV course which will be set at a speed which requires you to move fairly quickly between obstacles. If you exceed the time limit there will be penalties. The times will be available at the course walk.

Please make sure you walk the course to familiarise yourself.

The PTV course is to be completed individually. If someone catches up with you, allow them to go past you and ask a Judge to note on the score sheets how long you were held for.

POR (Orienteering)

Map Room (Located in the farmhouse kitchen)

You will be given a time for your map room. Leave your horse in trailer/Horsebox. After drawing your map it will be sealed in an envelope with your name on which you will take with you but must remain sealed. You will then have approx. 40 mins to get yourself ready to attend your tack check which will be 10 minutes before you need to depart on your route. You will be told by the start judge when you are able to remove your map from the envelope. **Please make sure you are on time** as if you leave the tack check late you will incur penalties.

Be careful not to discuss the route with anyone (or in earshot of other pairs)

Tack Check

Your tack will be checked to ensure that you have all the equipment required for TREC. The required equipment is taken from the official essential kit list (you will be penalised for each item you don't have). **You will not be allowed to start without having all the compulsory items.**

PAIRS RIDERS MUST EACH CARRY ALL THE ITEMS

Equipment

Compulsory Equipment

Approved protective hard hat complying with current standards. Where rider wears a different hat for different phases, all hats must be presented for inspection at the equipment check.

Head collar, lead rope or combination bridle. Note – a headcollar and leadrope will not be required for led obstacles on the PTV unless the horse wears a running martingale which cannot be unclipped to allow the reins to be taken over the horse's head.

Medical armband with emergency phone number TREC IOM 308272

Horse ID with rider number with emergency phone number Keyring, luggage label or similar (Emergency number for this event - **TREC IOM 308272**)

First aid kit for both equine and human *. The main purpose of the first aid kit is to help stop blood loss and it therefore must include: • at least **5** sterile swabs • 1 pair of round-ended scissors • 1 elastic bandage, around 10cm wide • 1 disinfectant or antiseptic solution.

Torch suitable for riding after dusk

Fluorescent / reflective high-viz clothing. The minimum requirement is clearly visible fluorescent strips on the area of the rider's torso & on horse. **PLEASE WEAR AS MUCH HI VIZ AS POSSIBLE**

Whistle (for use to attract attention in emergencies) to be carried on the rider

A hoofpick or other tool for removing stones etc. from horse's hoof.

Additional Equipment

Waterproofs – minimum of a waterproof jacket

Mobile phone (sealed in an envelope for Levels 2, 2a, 3 and 4 only, but always sealed when capable of acting as GPS)

Navigational compass (NOT A MOBILE PHONE APP COMPASS)

Pens for map marking – ideally two colours. Thin nibbed, fluorescent orange or red gel pens are popular, and black or blue for notes

Recommended Equipment

Map case

Saddlebag/rucksack or suitable alternative

Drink and snack

Digital watch or stopwatch

You will lose penalties for every item missing. You will **not** be allowed to start the POR without the compulsory equipment.

The human first aid kit, whistle and mobile phone must be carried by the rider, not in the saddlebags/ carried on the horse.

What to expect

The Map Room

Before you go in, ensure you have your pens handy so that you don't waste time looking for them while you're in there. **You only have 10 minutes for Level 1 & 12 minutes for Level 2 in the map room.** You can also check which way is North, to make orientating your map easier when you set off.

Your record card will be given to you when you're in the map room. There will be one per pair. Guard it with your life - loss of this means elimination. Either have it in your map case, or somewhere secure in your saddlebag - you don't want the card to fly away when you get something else out of the pocket.

In here, you will find a table and chairs, a map with a route marked on the desk, and an unmarked map. Sit down, turn the unmarked map to the same way round as the master map, find the start point which will be marked with a triangle, then quickly, but most of all **CAREFULLY**, copy down the route in one colour onto your unmarked map. You can do a map each or share one between your pair

Watch out for direction arrows, carefully mark which side of field boundaries you're to ride on, which side of buildings to go around, and where to turn off paths. These are usually the sites of ticket points and checkpoints, so accuracy is essential!

If you have time after marking the route, use a different colour of pen to roughly mark each km on the course and then use small but bright circles or triangles to draw your eye to any anomalies like field crossings (so you don't miss them), and landmarks to watch out for. Be careful not to obscure your route with the notes & symbols.

Make a note of the first set speed which will be displayed in the map room too and look at the information about ticket points and what you should look out for on your way.

Resync your watch with the master clock in the map room.

When your time is up, gather up your pens, map and record card. Put them away safely, collect your horse and mount up.

Speeds

Don't worry at all about the speeds on your first POR.

Do a 'best guess' instead. Generally 6kph = walk, 7kph = fast walk with a bit of trot, 9kph = mostly trot, some walk, 12kph trot with canter. This obviously depends on your horse's height and length of stride, but it's a good starting point. The most important thing is to concentrate on finding and taking the correct route - "it's no use going at the right speed in the wrong direction!"

If you do want to try and work out if you are going the right speed the best thing to do is to mark off each km on your map (using a piece of string or the side of your compass to measure) and then using a table similar to this you can work out how long it should take to do each km depending on speed

Please remember to be courteous to other road users and ride carefully while on the roads and in the countryside.

	0.25	0.5	1
5.5	00:02:44	00:05:28	00:10:55
6	00:02:30	00:05:00	00:10:00
6.5	00:02:18	00:04:37	00:09:14
7	00:02:08	00:04:17	00:08:34
7.5	00:02:00	00:04:00	00:08:00
8	00:01:52	00:03:45	00:07:30
8.5	00:01:46	00:03:32	00:07:04
9	00:01:40	00:03:20	00:06:40
9.5	00:01:35	00:03:10	00:06:19
10	00:01:30	00:03:00	00:06:00
10.5	00:01:26	00:02:52	00:05:43
11	00:01:22	00:02:44	00:05:27
11.5	00:01:18	00:02:37	00:05:13
12	00:01:15	00:02:30	00:05:00

Checkpoints

Checkpoints aren't marked on your map, they are designed to make sure you're doing the correct route at the right speed, and give the horses and riders a short break on the way round.

They will comprise of flags or cones on the ground, with an official, a chair or car, and a 'holding area'. When you see the flags or official keep going and ride right through the flags/cones.

Once you've stopped, give your record card to the checkpoint official, who will mark it up with your time and tell you how long you're holding for - at least 5 minutes. Move into the holding area out of the path of others behind you and wait until your time to go.

Use this time wisely. Let your horse graze, have a drink and/or a quick bite to eat, and identify exactly where you are on your map. Look at the route ahead and identify any turns off your current path, roads or landmarks, so that you do not have to study the map in great detail while you're on the go. **Make a note of the set speed for the next part of the route, which will be clearly displayed.**

If you are confident enough to try to monitor your speed (rather than guess) and have marked each km on your route, then work out roughly how far it is to the next km mark from your current position (and how long it should take at the next section's speed)

Please respect the decisions made by the official. They may be required to make a decision which delays your start time. This could be for your safety amongst other reasons.

When your number is called again, thank the official, make sure that you've got your record card and then away you go!

Ticket Points

These are manned/unmanned checkpoints to check you are using the correct route. An example of the unmanned tickets used will be in the Map Room. Look out for the tickets along the way and write down on your record card the word/picture/name that you see.

Some tickets used may be punches that you need to use on your record card. An example of what this looks like can be viewed at the Competitor briefing. There may be both 'good' and 'bad' ticket points and you get penalties for missing good ones or getting bad ones.

There may also be ticket punches tickets. Punch your record card in the boxes at the bottom