

Competitor information - MUST READ

Thank you for your entry for the TREC IOM Competition on 5th July 2026

Outline timetable

Day	Time	Event	Location
Saturday	4pm	PTV Course available to walk - optional	PTV Course
Sunday	9am-10am	Course Walking Available	
	9.30am	Judges' briefing	
	10:00am	MA and PTV	
	12.00pm	POR start	

Pre competition information

- The course will be available for walking from 4pm on Saturday 4th July. Alternatively the course can be walked on Sunday morning between 9.00am & 10.00am. Please make sure you have cleared the course before we start at 10am
- PTV only competitors - the only equipment required is hat & medical armband (plus a headcollar & rope only if wearing a martingale)
- There will NOT be a competitors briefing. Please check the noticeboard for any important information for the PTV. Anything required to be briefed for the POR will be done so in the map room.
- Numbers can be collected on Sunday morning before competing after hats are checked so please bring them along when collecting your number.

Hat

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:

Standard and Date	Quality Assurance Mark
PAS 015 2011 (provided it has a BSI Kitemark OR an Inspec IC mark)	  INSPEC CERTIFIED STANDARD No
VG1 01.040 (2014-12) provided it has a BSI Kitemark OR an Inspec IC mark	  INSPEC CERTIFIED STANDARD No
ASTM F1163 (2015 or 2023) providing they have an SEI mark	
SNELL E2016 (or later), providing it has a SNELL label and number	 
AS/NZS 3838 (2006 onwards), providing it has an SAI Global mark	
EN 1384 : 2023 (provided it has a BSI Kitemark OR an Inspec IC mark)	  INSPEC CERTIFIED STANDARD No

Any hat used must conform to one or more of these standards.

Hat Cameras

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

Body protectors are NOT required for this competition as we have no fixed obstacles - they are however always recommended to be worn for the PTV phase.

"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."

Body Protectors

The approved standard for body protectors for British TREC is BETA Level 3 (turquoise/ blue 2018 label). It is recommended that body protectors are replaced every 3-5 years, even if they are apparently undamaged.

Body Protectors from April 1st 2024

The approved standard for body protectors for British TREC is BETA Level 3 (With a Turquoise/Blue 2018 label).

It is recommended that body protectors are replaced every 3-5 years, even if they are apparently undamaged.



- The organisers contact number that you need to put on your Horse ID should be **WENDY 477404**

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.

The Course is the same for all competitors

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 CANNOT BE GUARANTEED THAT YOU WILL BE ABLE TO COMPETE AND PENALTIES WILL BE INCURRED

Directions & Parking

What Three Words: [///networked.dangers.tumble](https://www.what3words.com/#!/en/@@@networked.dangers.tumble)

If you come along creg na baa back road, past Conrhenny plantation and straight on toward Laxey then bare round to the right towards Lonan Church. Strenaby Farm is first turning on the left. Follow the lane down and parking will be in the field on the right.

Camping & Corralling

There will be no overnight corralling or camping at this event.

All rubbish must be taken home. Please tidy up after yourselves.

Water is available at the venue on the yard for your horse.

There will be toilet facilities on the yard.

Refreshments

No refreshments will be available. Please bring yourself plenty of drinks and a packed lunch.

Packed lunches will be given to Judges.

Results & Prizes

Results will be available online on Sunday evening / Monday morning. Rosettes will be available to collect from our next event.

Please make sure you check your results online and any queries should be sent to Jo (by email joralston@gmail.com) before 5pm Monday after which results will become final.

PTV Course (Obstacles)

Medical Armbands MUST be worn for this phase.

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. The times will be available on the noticeboard.

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)

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.**

Equipment

Compulsory Equipment

Approved protective hard hat complying with current standards. Where a 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 **WENDY 477404**

Horse ID with rider number with emergency phone number (Keyring, luggage label or similar) (Emergency number for this event - **WENDY 477404**)

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

Fluorescent / reflective hi-vis clothing. The minimum requirement is a clearly visible hi viz top, gilet or tabard with reflective strips and at least one Hi Vis article on the horse.

Additional Equipment

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

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

Waterproofs – minimum of a waterproof jacket

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

Mobile Phone

Map case

Saddlebag/rucksack or suitable alternative

Drink and snack

Digital watch or stopwatch

Foil Emergency Blanket

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

Pairs riders must each carry all the items

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

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.**

Have your horse tacked up and ready to go at the tack check. There will be tie up points for your horse while you are in the map room. If your horse is difficult please bring your own helper to hold whilst in the map room.

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 it, 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 10 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. An example of what this looks like can be viewed at the Competitor briefing.

Some tickets used may be punches that you need to use on your record card. (Punch your record card in the boxes at the bottom)