Course Analysis
by Bruce Arthur

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National League Event
WOC & JWOC Selection Trial

Course 1

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MSW

Melbourne
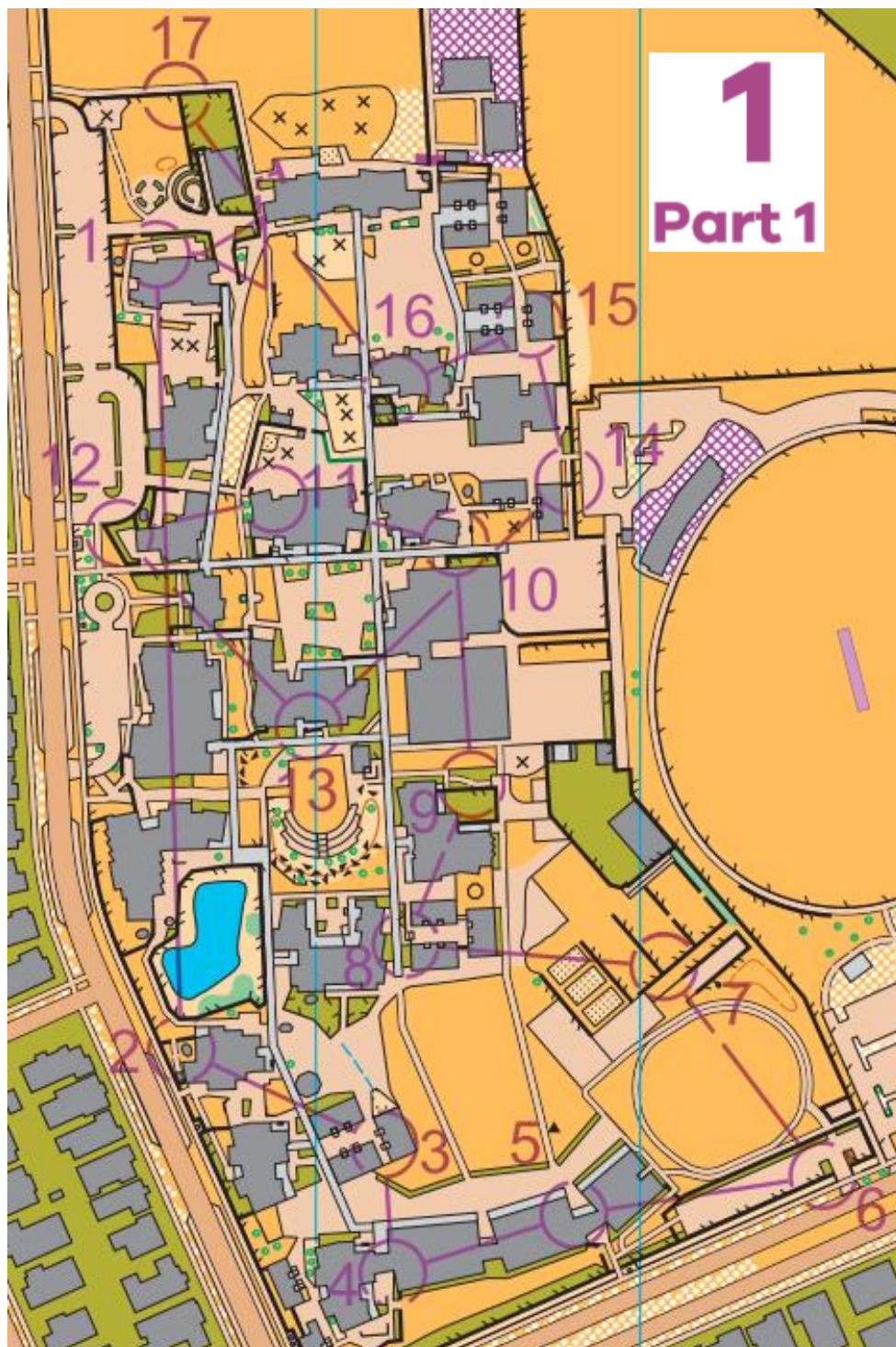Sprint
Weekend
2022

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MANOR LAKES
COLLEGE

A leg by leg breakdown of the sprint distance course including route choice options, analysis of distances and expected winning times.

If you have raced the course, check your route choices and see how you compare with the predicted leg times.

Otherwise study the course layout and make your armchair route choice decisions before viewing the analysis.
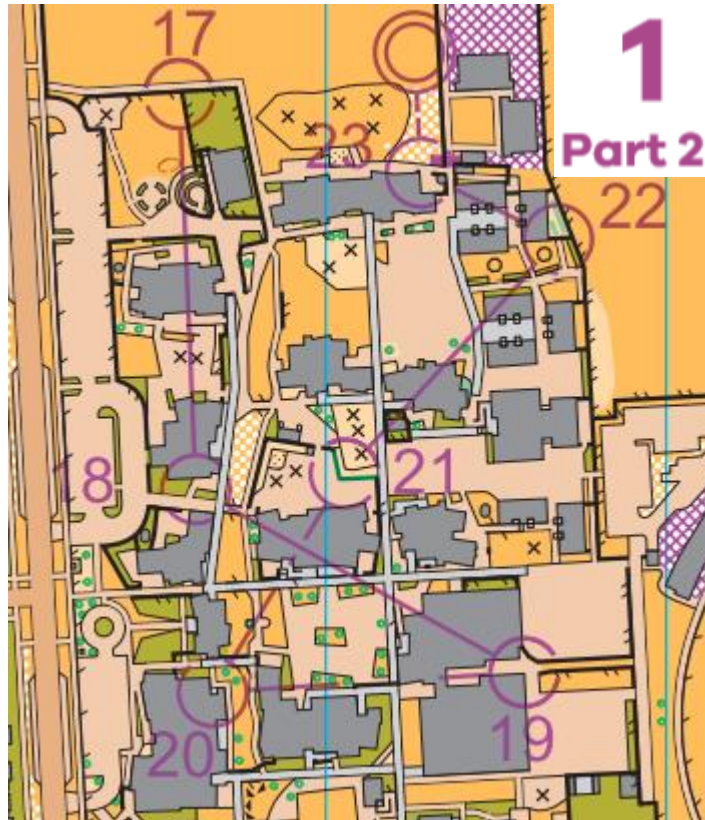
Legs are rated by length, difficulty and route choice.

★ ★ ★ ☆ ☆ Length is rated by relative distance.

★ ★ ☆ ☆ ☆ Difficulty is measured by the relative number of times you need to read the map.

★ ★ ★ ★ ☆ Route Choice is measured by the number of decision and number of options available with each decision.

Course 1   **S – 1**
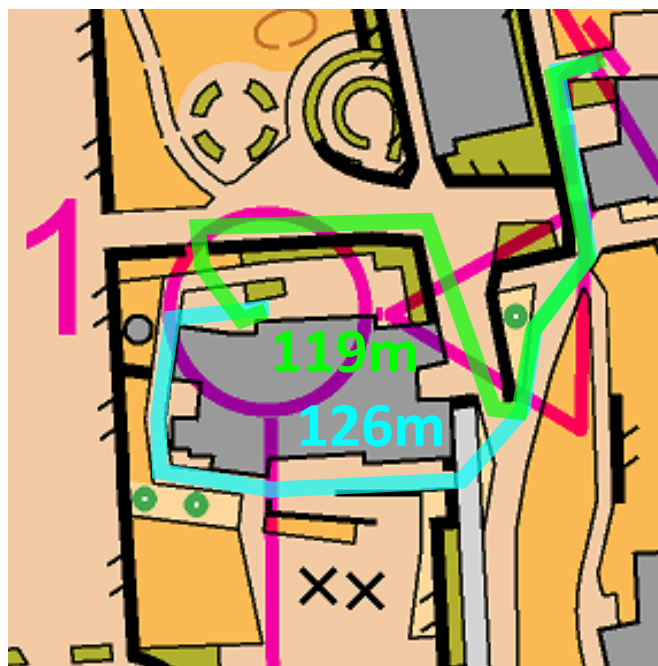
Length: ★ ★ ☆ ☆ ☆

Difficulty: ★ ★ ★ ★ ★

Route Choice: ★ ★ ★ ☆ ☆

No time to plan with a decision required immediately at the start triangle.

An introduction to the key features on this map – fences and gates!

Green is shorter but has a couple of u-turns to negotiate.

It is critical to look ahead to plan the best exit direction for the second leg route choice.

Predicted split time: 0:29 for 119m

Predicted race time: 0:29 for 119m

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Course 1

1 – 2

Length: ★ ★ ★ ★ ★

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ★ ★

Numerous route choice options with little time to plan. Most are similar in length, so time variations will be small.
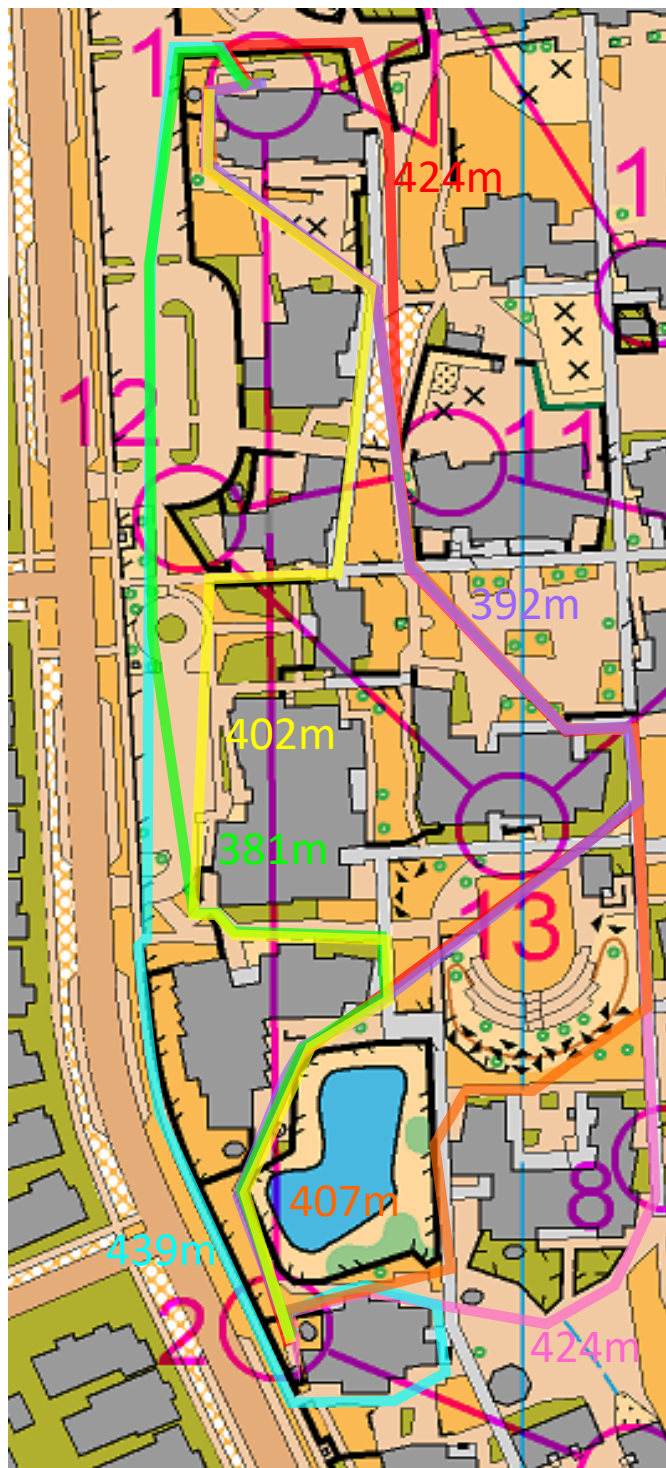
Green is shortest and simple with a fast stretch through the car park.

Cyan is longest, but allows for fast runners to accelerate along the road until they see the pond.

Don't fall into the trap of running into the dead end through the middle strip of open land.

Predicted split time: 1:20 for 381m

Predicted race time: 1:49 for 500m

Course 1   **2 – 3**

Length: ★ ★ ☆ ☆ ☆

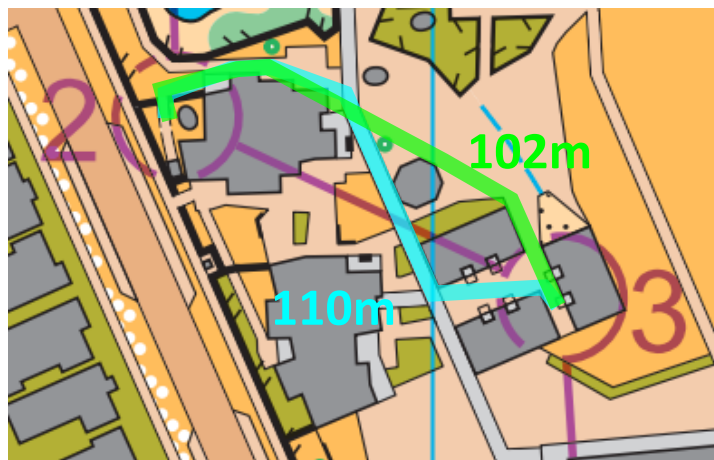Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ☆ ☆ ☆

You must exit 2 the same way you entered and run left of the first building. Reading your map carefully will prevent you from attempting to exit south.

That leaves a minor route choice decision in the second half of the leg.

Left seems a bit smoother and simpler.

Predicted split time: 0:23 for 102m

Predicted race time: 2:12 for 602m

Course 1   **3 – 4**

Length: ★ ★ ☆ ☆ ☆
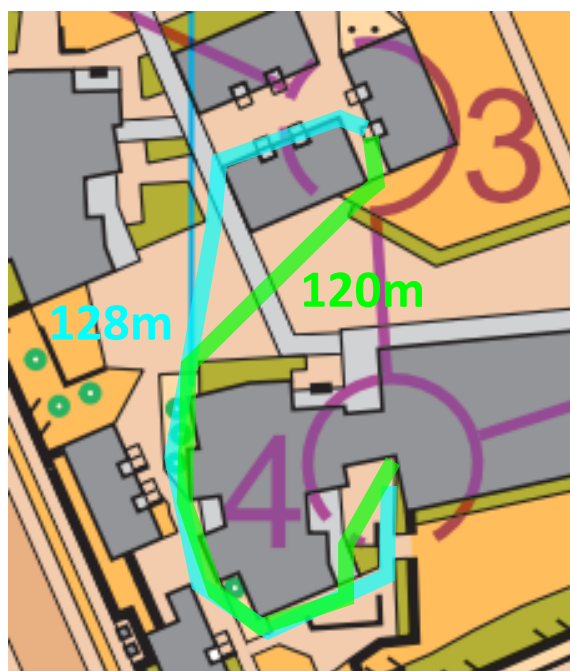
Difficulty: ★ ★ ☆ ☆ ☆

Route Choice: ★ ☆ ☆ ☆ ☆

Not much choice here.

This is primarily a transport leg to set up the next route choice, and to turn you around in circles to disorientate.

Take care to avoid the olive green garden beds.

Predicted split time: 0:29 for 120m

Predicted race time: 2:41 for 722m
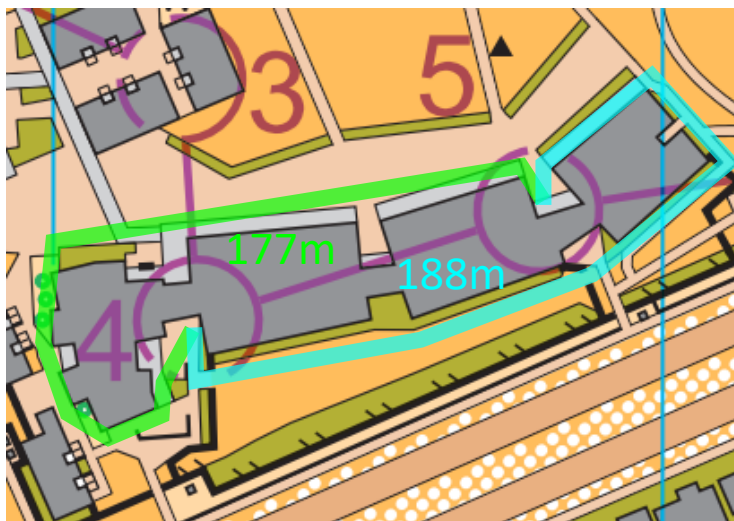
Course 1   **4 – 5**

Length: ★★★☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★★☆☆

2 choices, but the irregular building shape makes this a tricky decision.

The grass is open but spongy. The pavement option to the north is a little shorter and faster. It's enough of a difference to make a difference.

Predicted split time: 0:38 for 177m

Predicted race time: 3:19 for 899m

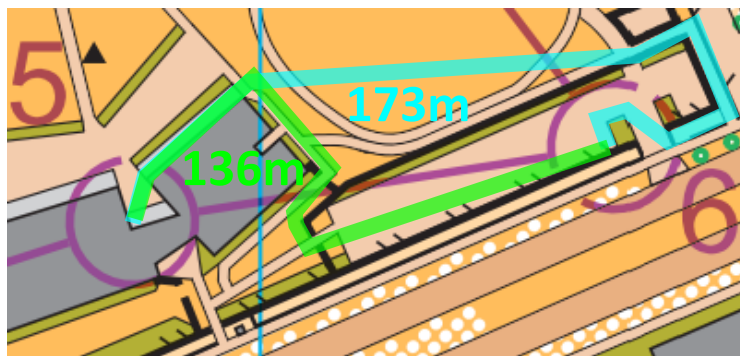# Course 1   **5 – 6**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★★☆☆

2 choices again, with more irregular shapes.

Several twists and turns with both options.

Green is much shorter, saving significant distance.

Predicted split time: 0:29 for 136m

Predicted race time: 3:48 for 1035m

Course 1   **6 – 7**

Length: ★ ★ ★ ★ ☆

Difficulty: ★ ★ ★ ★ ☆

Route Choice: ★ ★ ★ ★ ☆

First you must check the control description.

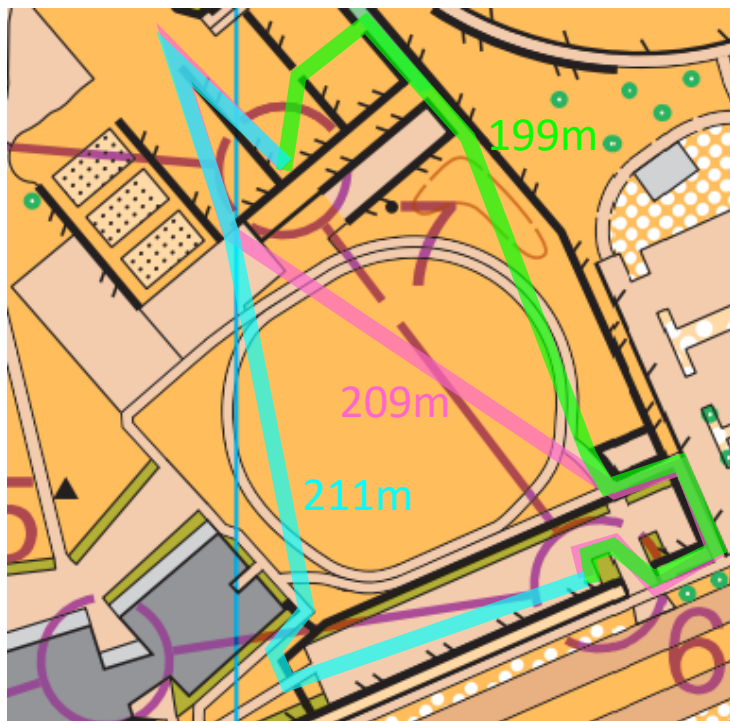Where are the gates and gaps in the fences?

How many turns?

Should I take on the light green?

Not much in it, as long as you execute your route choice correctly.

Predicted split time: 0:50 for 199m

Predicted race time: 4:38 for 1234m

Course 1   **7 – 8**

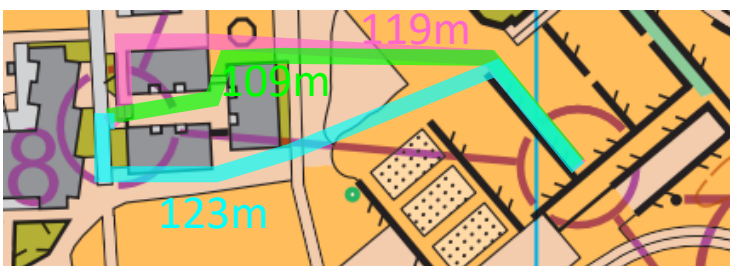Length: ★ ★ ☆ ☆ ☆

Difficulty: ★ ★ ☆ ☆ ☆

Route Choice: ★ ★ ★ ☆ ☆

The route choice towards the end of this leg is important to get right.

Green has a set of stairs, but it appears shorter and faster.

Predicted split time: 0:23 for 109m

Predicted race time: 5:01 for 1343m

Course 1   **8 – 9**

Length: ★ ☆ ☆ ☆ ☆

Difficulty: ★ ★ ☆ ☆ ☆

Route Choice: ★ ★ ☆ ☆ ☆

Almost the same length.

Cyan could be faster with less turns and no stairs.

Predicted split time: 0:22 for 90m

Predicted race time: 5:23 for 1433m
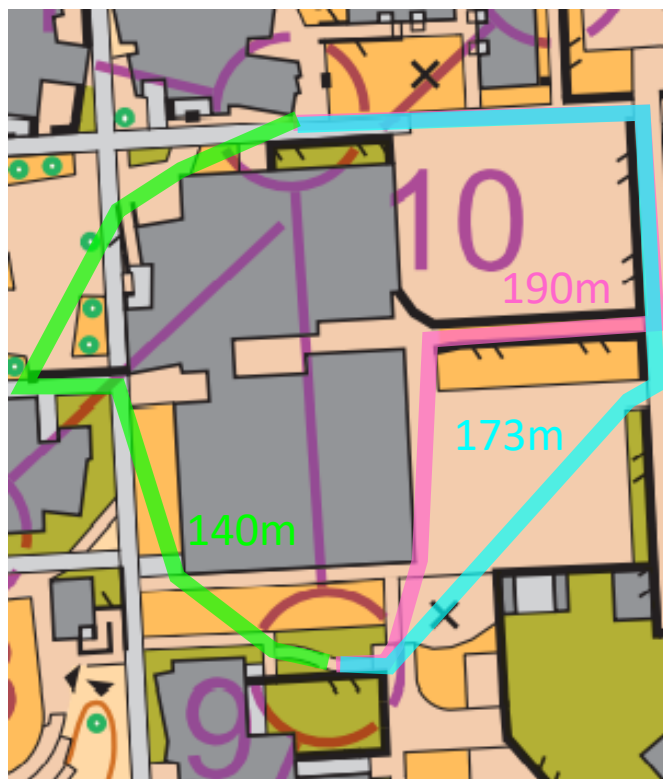
Course 1   **9 – 10**

Length: ★ ★ ☆ ☆ ☆

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ☆ ☆

If you fail to look ahead, pink looks like a good option until you see the fence.

Cyan is better, but is longer than green.

Predicted split time: 0:31 for 140m

Predicted race time: 5:54 for 1573m

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Course 1 — 10 – 11

Length: ★★☆☆☆

Difficulty: ★★★☆☆

Route Choice: ★★★☆☆

2 main choices, but the irregular geometry makes the decision tricky.

Cyan is longer but could be simpler to execute.

Predicted split time: 0:26 for 107m

Predicted race time: 6:20 for 1680m
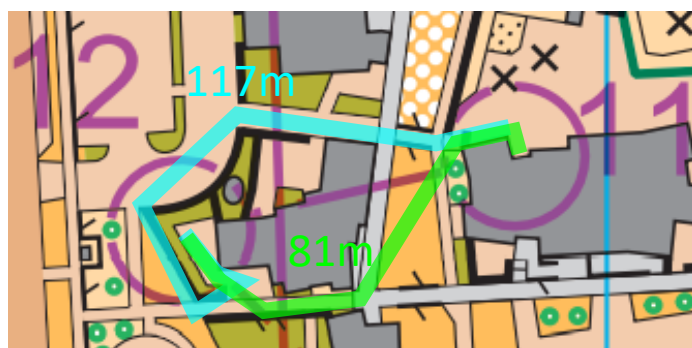
Course 1 — 11 – 12

Length: ★☆☆☆☆

Difficulty: ★★★☆☆

Route Choice: ★★☆☆☆

The control placement could tempt you to consider the cyan route if you do not read the whole leg carefully.

The green route is significantly shorter.

Predicted split time: 0:20 for 81m

Predicted race time: 6:40 for 1761m

Course 1   **12 – 13**

Length: ★★★☆☆

Difficulty: ★★★☆☆

Route Choice: ★★★☆☆

A couple of wider options to assess.

Don't fall into the trap of attempting to run through the middle open land

Predicted split time: 0:35 for 165m

Predicted race time: 7:15 for 1926m

Course 1   **13 – 14**

Length: ★★★☆☆

Difficulty: ★★★☆☆

Route Choice: ★★★☆☆
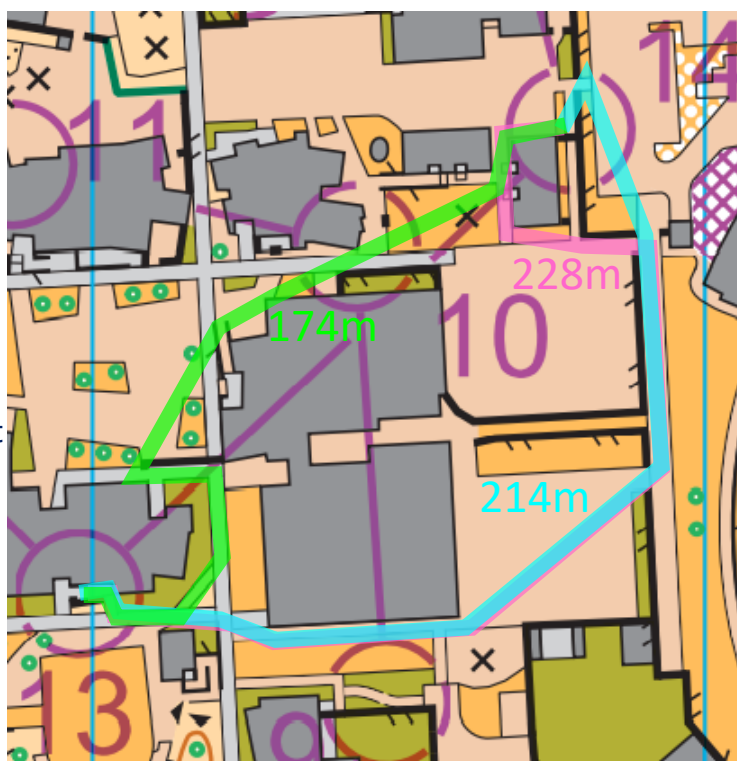
Reading the control description is important.

Green is much shorter.

Early drafts of the course had the gate at the control site open, but the school lost the combination to the lock!

Predicted split time: 0:42 for 174m

Predicted race time: 7:57 for 2100m

First radio control ~ 8-9 mins

Course 1   **14 – 15**

Length: ★★☆☆☆

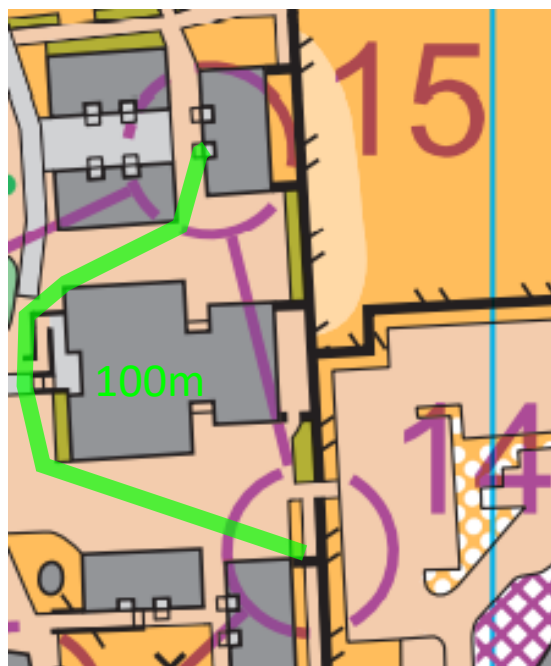Difficulty: ★★☆☆☆

Route Choice: ★☆☆☆☆

Only one valid option.

Following the fence north leads to a dead end.

Recent fencing outside the school eliminated the other route choice.

Predicted split time: 0:21 for 100m

Predicted race time: 8:18 for 2200m

Course 1   **15 – 16**

Length: ★★☆☆☆

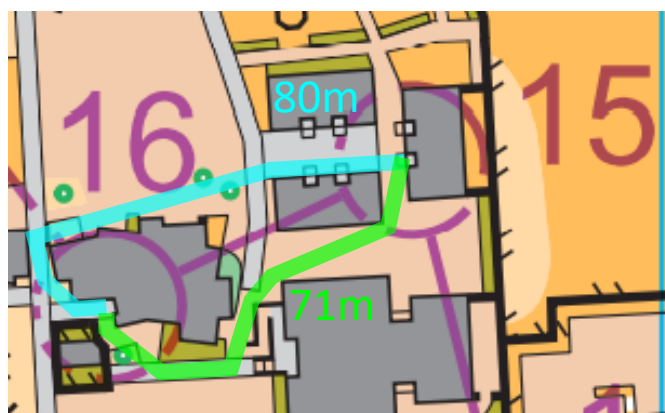Difficulty: ★★★☆☆

Route Choice: ★★☆☆☆

Not much in it.

Green is shorter but has more corners.

Careful map reading is required to locate the control.

Predicted split time: 0:17 for 71m

Predicted race time: 8:35 for 2271m

Course 1   **16 – 17**

Length: ★★★☆☆

Difficulty: ★★★☆☆

Route Choice: ★★☆☆☆

Identifying the location of the entry gate early helps to endure you don't run towards the pre-start.

Both green and cyan options are similar.

Predicted split time: 0:34 for 159m

Predicted race time: 9:09 for 2430m

Spectator control ~ 9-10 mins

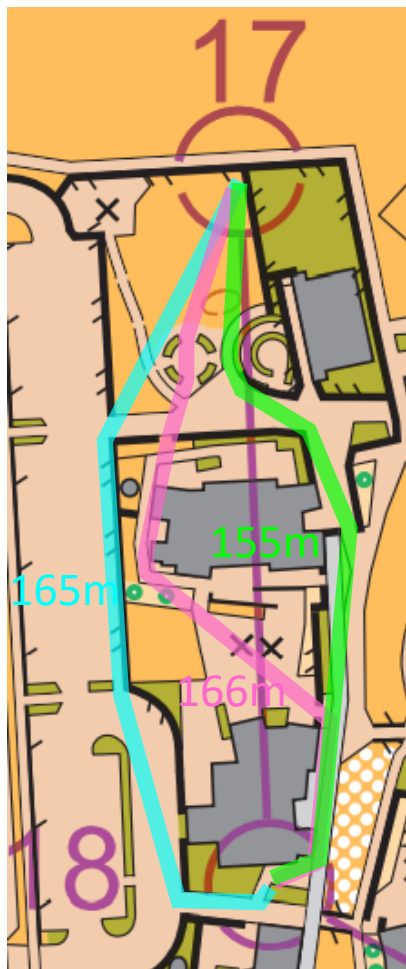# Course 1   **17 – 18**

Length: ★★★☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★★☆☆

3 choices that are very similar. A quick decision is required after the map flip.

Not much difference, but green is possibly best.

Predicted split time: 0:33 for 155m

Predicted race time: 9:42 for 2585m

Course 1   **18 – 19**
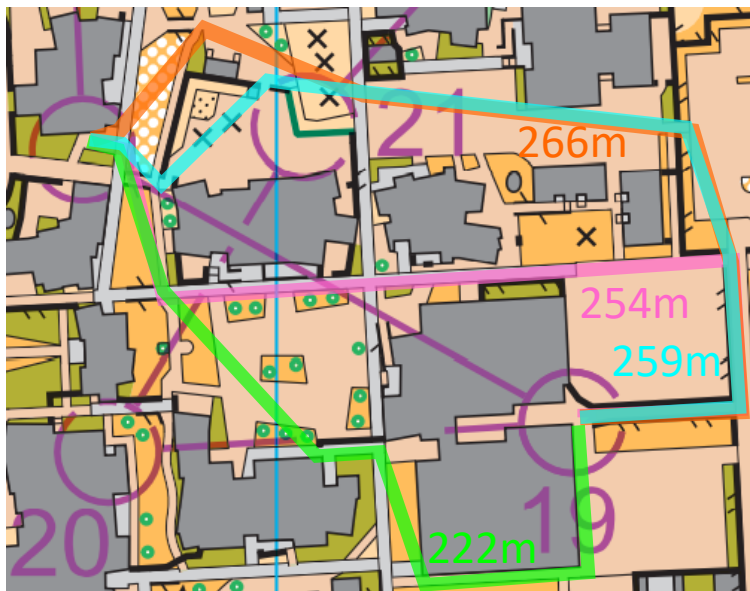
Length: ★ ★ ★ ★ ☆

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ★ ☆

Many options to consider.

The three northern options are similar in length.

Green should be significantly faster and could be a decisive leg in the race.

Predicted split time: 0:49 for 222m

Predicted race time: 10:31 for 2807m

Course 1   **19 – 20**

Length: ★ ★ ★ ☆ ☆

Difficulty: ★ ★ ☆ ☆ ☆

Route Choice: ★ ★ ★ ☆ ☆

Often you try not to cross the purple line in an S shape. On this occasion this route is much shorter than the cyan alternative.

A wrong choice here could decide the race.

Predicted split time: 0:40 for 182m

Predicted race time: 11:11 for 2989m

Course 1   **20 – 21**

Length: ★ ★ ☆ ☆ ☆

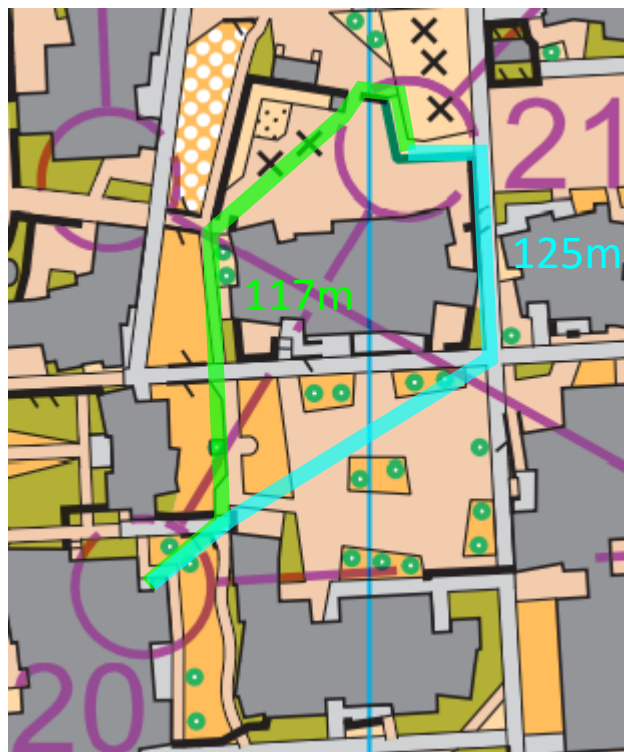Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ☆ ☆ ☆

Both options are similar.

Green is slightly shorter but may have a couple of gates to negotiate and sharper corners.

Make sure you read your control description.

Predicted split time: 0:26 for 117m

Predicted race time: 11:37 for 3106m

Course 1   **21 – 22**
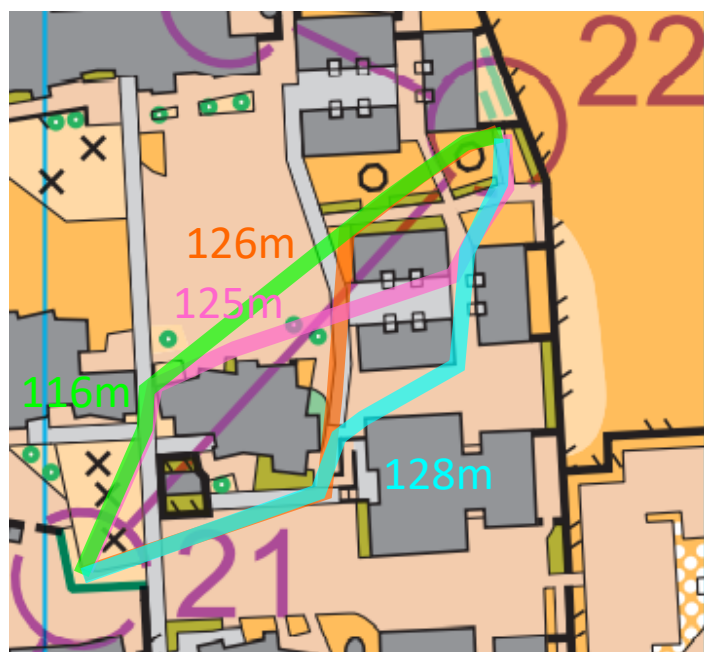
Length: ★ ★ ☆ ☆ ☆

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ★ ☆

Plenty of choices on offer, without much difference in distance.

Green is shortest but has to pass through playground equipment first.

Predicted split time: 0:26 for 116m

Predicted race time: 12:03 for 3222m

Course 1   **22 – 23 – F**

Length: ★ ☆ ☆ ☆ ☆

Difficulty: ★ ★ ☆ ☆ ☆

Route Choice: ★ ★ ☆ ☆ ☆

One last decision.

A couple of seconds to be gained by taking the green route.

Predicted split time: 0:14 for 68m

Predicted race time: 12:17 for 3290m

Predicted finish split: 0:07 for 40m

Predicted winning race time: 12:24 for 3330m