



Melbourne
Sprint
Weekend
2020



**OVERNEWTON
COLLEGE**

Course Analysis

by Bruce Arthur

7 Mar 2020

World Ranking Event
National League Event
WOC & JWOC Selection Trial

Course 1

Course Planner: Bruce Arthur
Mapper: Fredrik Johansson
Event Advisor: Blair Trewin





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

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

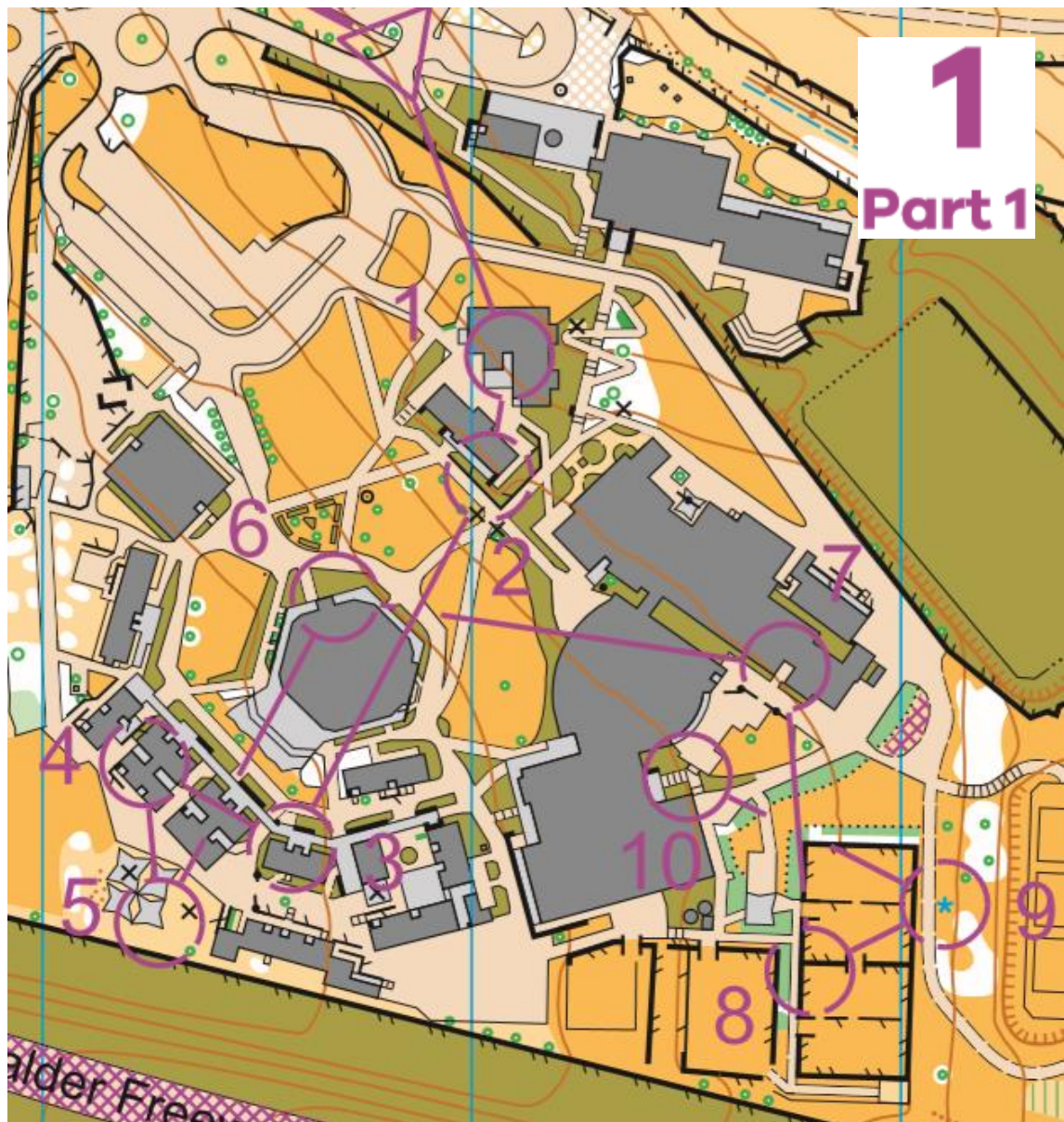
Legs are rated by length, difficulty and route choice.

★ ★ ☆ ☆ ☆ 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.

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.



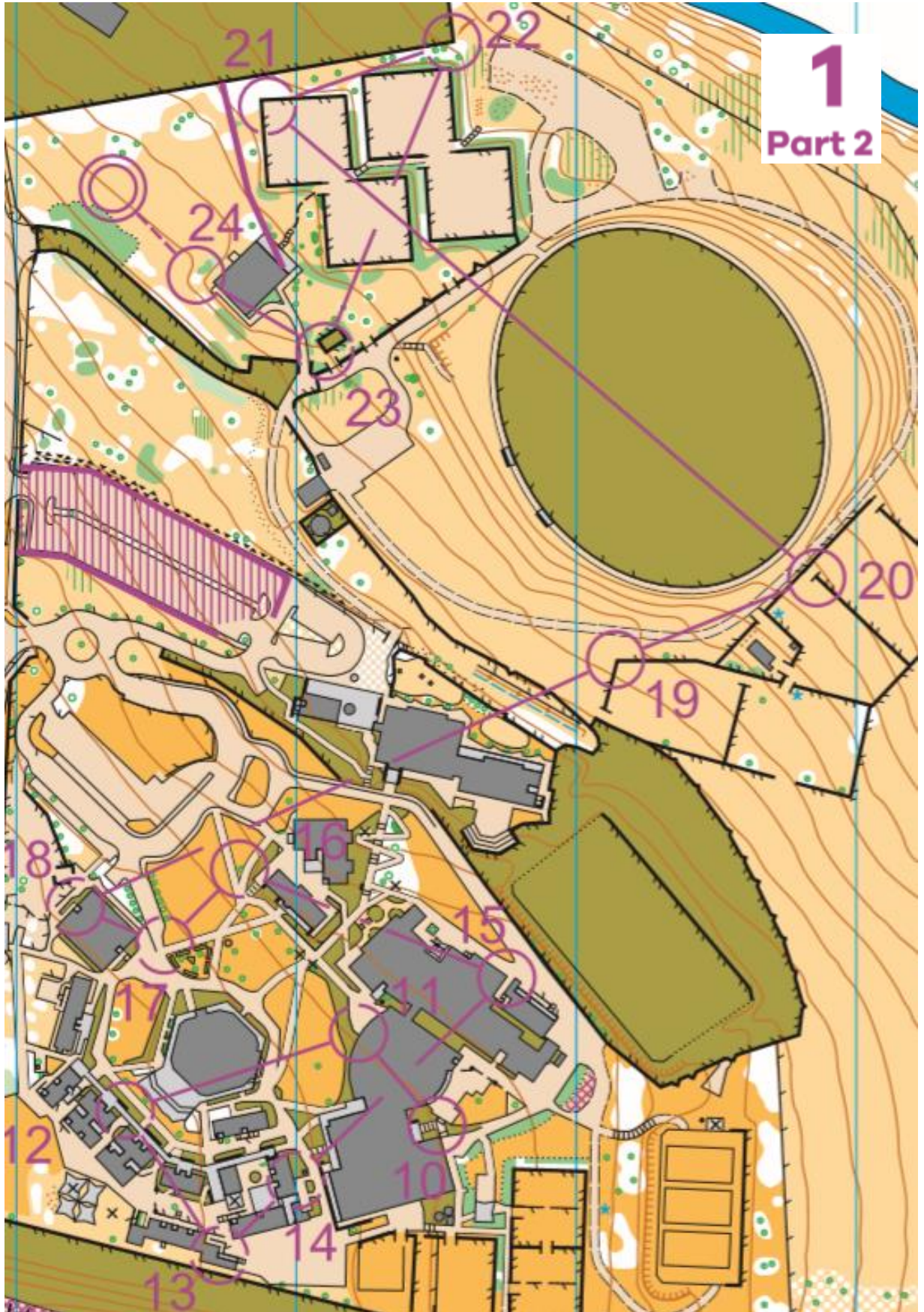


Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

1
Part 2





Course 1 **S - 1**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

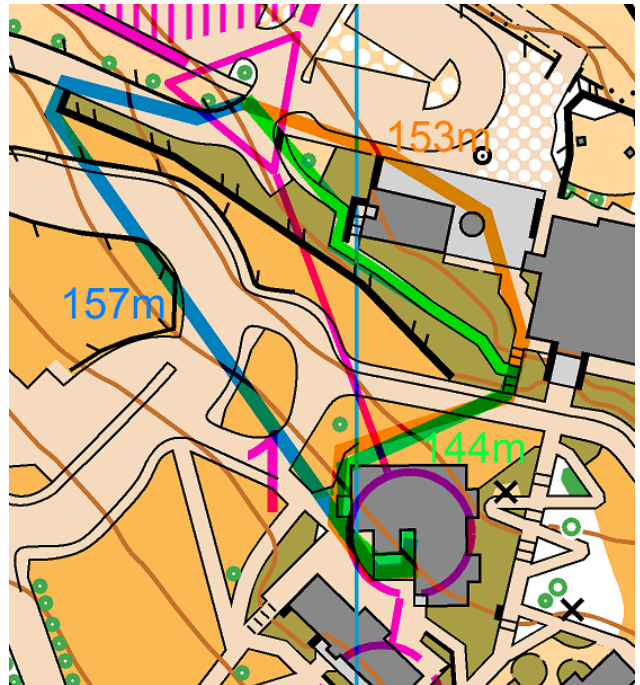
No time to plan with a decision required immediately at the start triangle.

The blue route is longer but it avoids the flight of stairs and has less corners.

It is critical to look ahead to plan the correct exit direction for the tricky second leg.

Predicted split time: 0:39 for 144m

Predicted race time: 0:39 for 144m



Course 1 **1 - 2**

Length: ★☆☆☆☆

Difficulty: ★★★★★

Route Choice: ★★☆☆☆

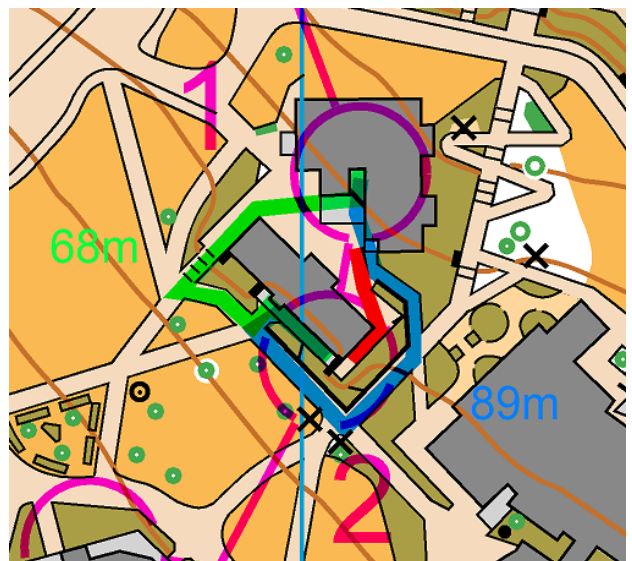
It is vital to first read the location of control 2 on your descriptions.

This then becomes a question of how to reach the canopy most efficiently. The right hand route up the stairs is shortest.

Don't fall into the trap of running into the dead end.

Predicted split time: 0:20 for 68m

Predicted race time: 0:59 for 212m





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

Course 1 2 – 3

Length: ★ ★ ★ ☆ ☆

Difficulty: ★ ★ ★ ★ ☆

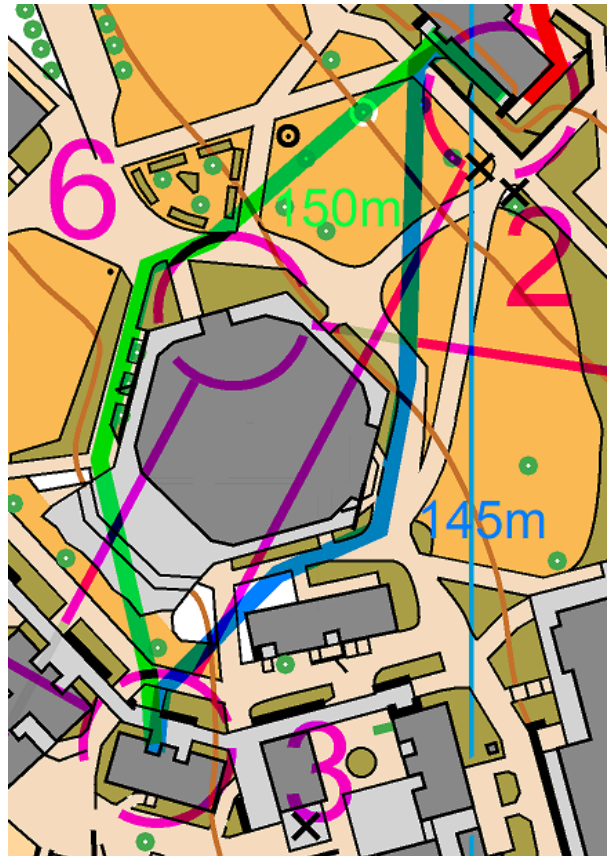
Route Choice: ★ ★ ☆ ☆ ☆

Left or right of the round building – it doesn't matter too much. Just find the right pathways.

Then you must check your compass to get the correct angle to approach one of many portable classrooms.

Predicted split time: 0:37 for 145m

Predicted race time: 1:36 for 357m



Course 1 3 – 4

Length: ★ ★ ☆ ☆ ☆

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ☆ ☆

Left, right or middle options around the portables are all similar in length.

Green is shortest, but is narrow and includes a slow U-turn entering the circle.

Predicted split time: 0:16 for 79m

Predicted race time: 1:52 for 436m





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

Course 1 4 - 5

Length: ★ ☆ ☆ ☆ ☆

Difficulty: ★ ★ ☆ ☆ ☆

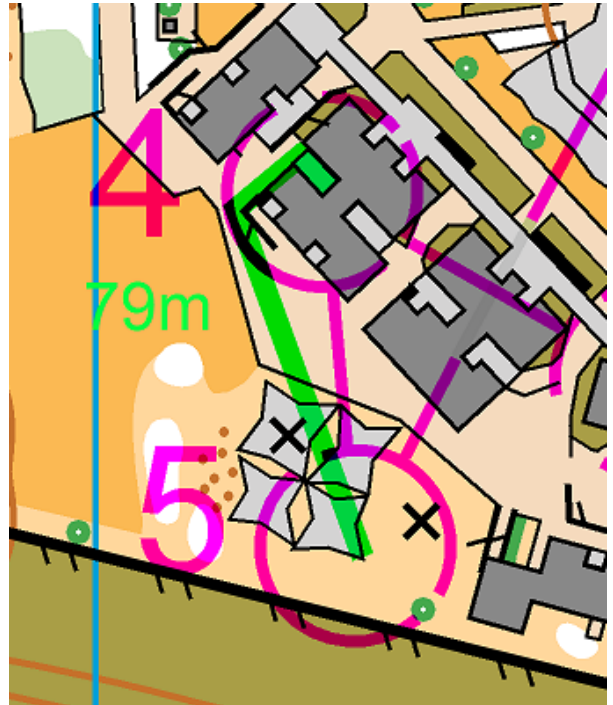
Route Choice: ★ ☆ ☆ ☆ ☆

No choice here. Just turning you around in circles and setting up the next leg.

This is a chance to look at the next leg and decide on your route choice.

Predicted split time: 0:12 for 61m

Predicted race time: 2:04 for 497m



Course 1 5 - 6

Length: ★ ★ ★ ☆ ☆

Difficulty: ★ ★ ★ ★ ★

Route Choice: ★ ★ ★ ★ ☆

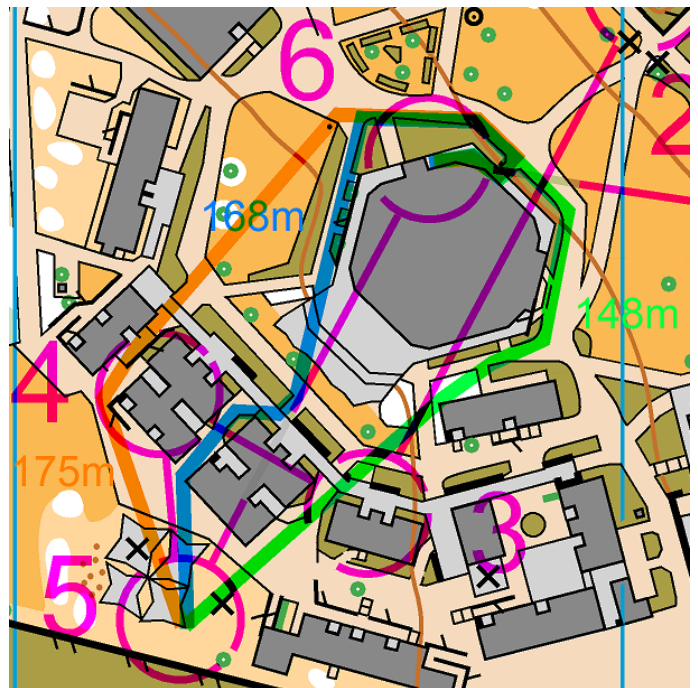
Lots of route choice options, with a few micro choices as well.

The key is identifying the entry point to the control.

Significant time can be saved here by taking the green route.

Predicted split time: 0:33 for 148m

Predicted race time: 2:37 for 645m





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

Course 1 **6 - 7**

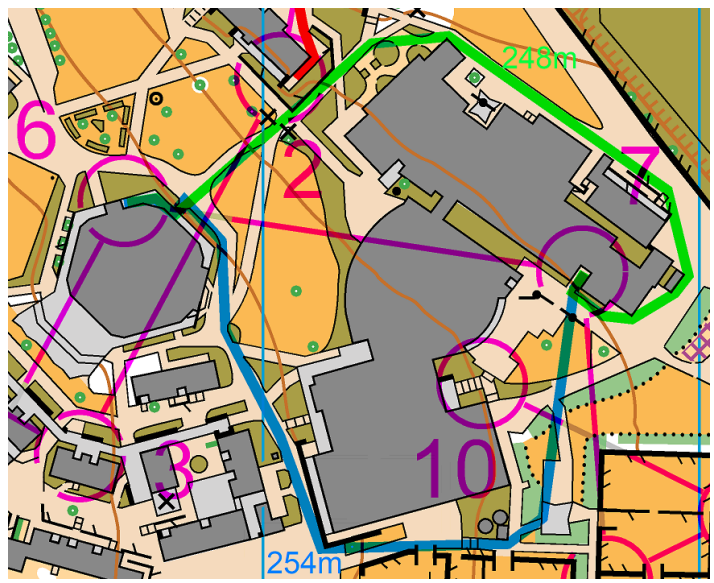
Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

Irregular shaped buildings make it hard to select the best route.

Green is slightly shorter and has no stairs.



Predicted split time: 0:50 for 248m

Predicted race time: 3:27 for 893m

Course 1 **7 - 8**

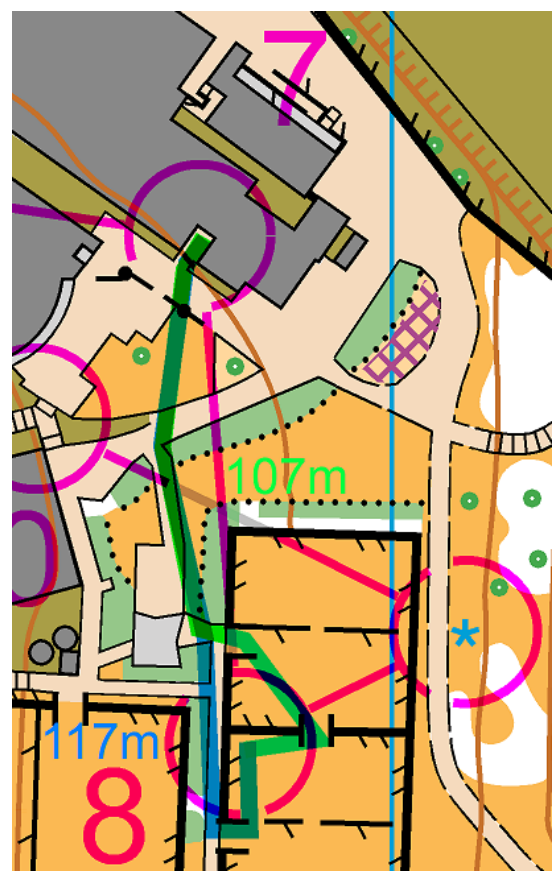
Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

Recognising and understanding the tennis court fence and gate configuration is most important for this leg.

Cutting the corner of the tennis court on the green route is shortest.



Predicted split time: 0:23 for 107m

Predicted race time: 3:50 for 1000m



Melbourne
Sprint
Weekend
2020



**OVERNEWTON
COLLEGE**

Course 1 8 - 9

Length: ★★☆☆☆

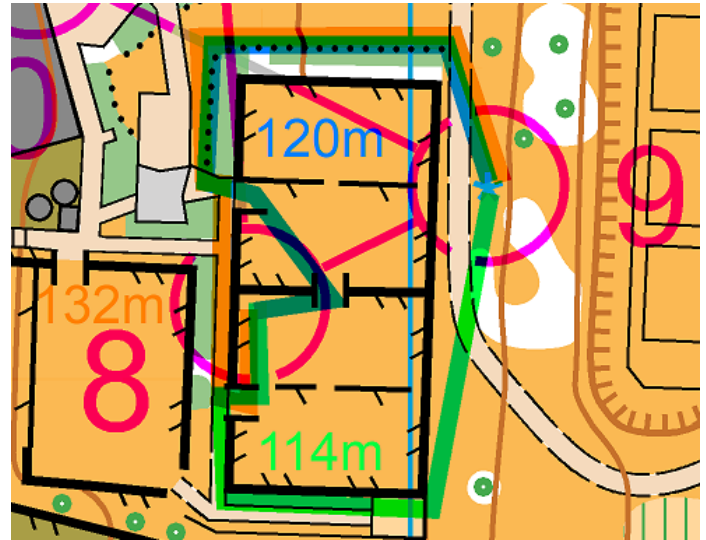
Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

Deceptive geometry.

The hedge at the north end forces you wider and makes the blue and orange routes longer.

The green route hugs the fence tighter.



Predicted split time: 0:28 for 114m
Predicted race time: 4:18 for 1114m

Course 1 9 - 10

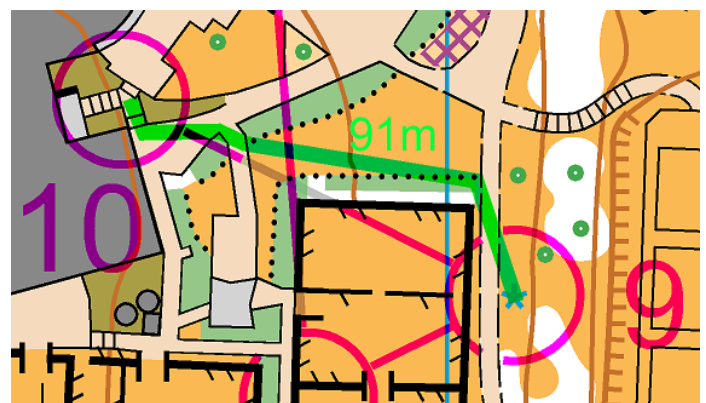
Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★☆☆☆☆

A transport leg to set up the next one.
No real choice here.

However, the organised orienteer will flip the map and make use of this easy leg to plan their next route choice.



Predicted split time: 0:22 for 91m
Predicted race time: 4:40 for 1205m



Melbourne Sprint Weekend 2020



OVERNEWTON COLLEGE

Course 1 10 - 11

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

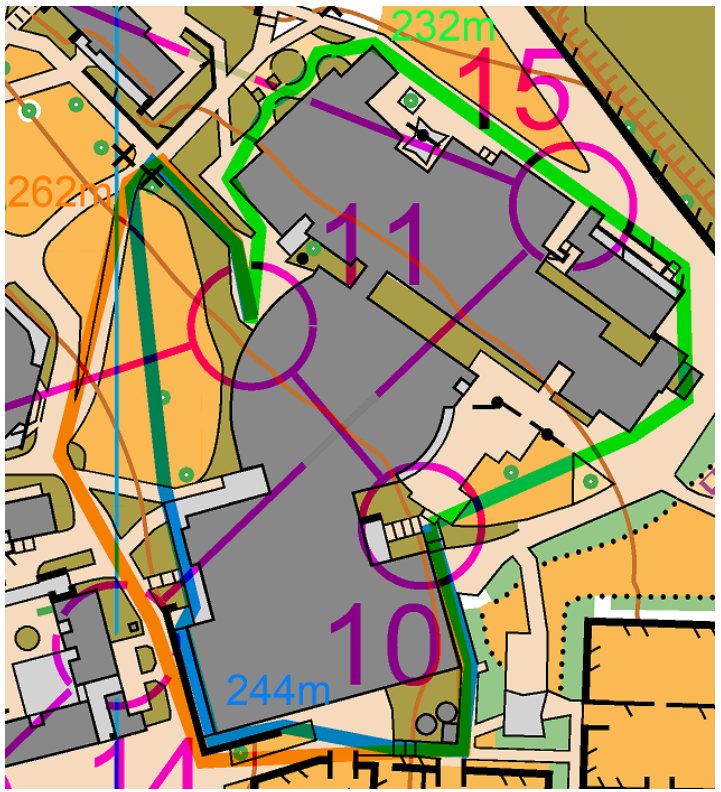
Route Choice: ★★☆☆☆

Initially the southern routes look attractive, but leave you with a longer entry to the control.

The shortest choice is the green route.

Predicted split time: 0:50 for 232m

Predicted race time: 5:30 for 1437m



Course 1 11 - 12

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

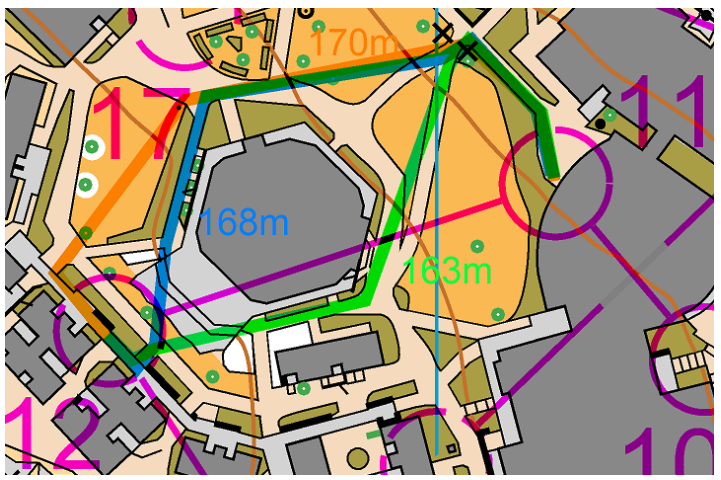
Not much in the route choice.

The purple line gives you a deceptive angle across the circular building, but north of this building is almost as short.

The tricky portable classrooms all look alike.

Predicted split time: 0:41 for 163m

Predicted race time: 6:11 for 1600m





Melbourne
Sprint
Weekend
2020



**OVERNEWTON
COLLEGE**

Course 1 12 – 13

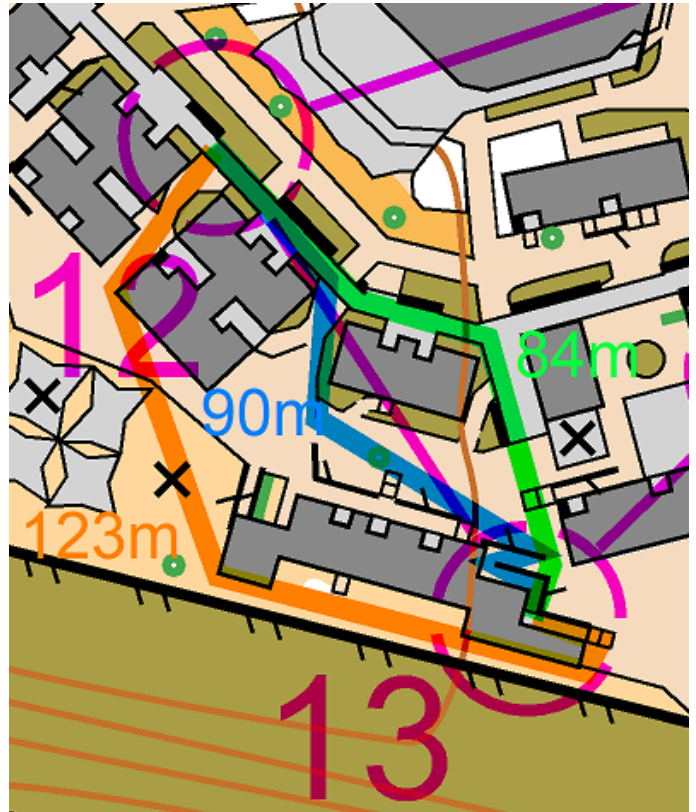
Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

Green and blue are similar in length.
The difference is climbing through the fence at the end, but this may not be necessarily faster.
Orange is the longest.

Predicted split time: 0:23 for 84m
Predicted race time: 6:34 for 1684m



Course 1 13 – 14

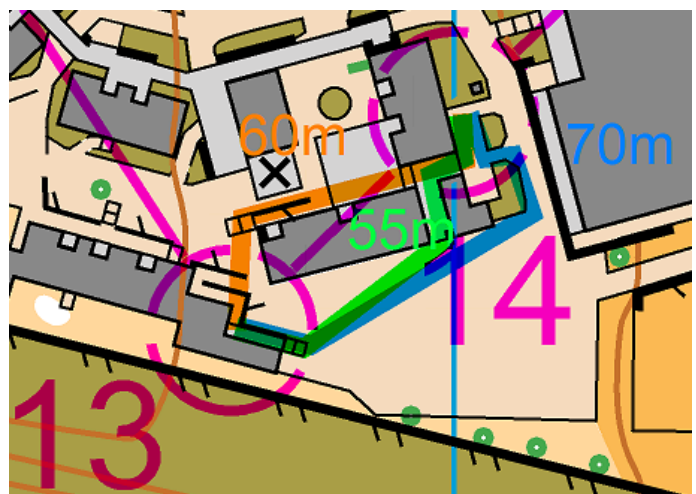
Length: ★☆☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

The green route involves identifying and running through a narrow canopy.
Orange is also short, but you have to either hurdle the fences or perform gymnastics to get through them.

Predicted split time: 0:17 for 55m
Predicted race time: 6:51 for 1739m





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

Course 1 **14 – 15**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

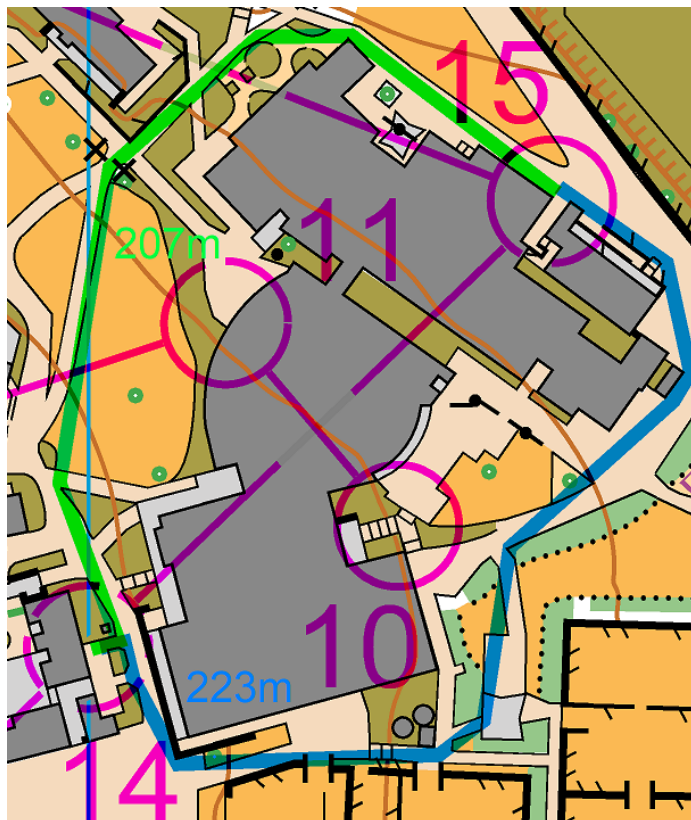
Route Choice: ★★☆☆☆

Enough of a difference (in length) to make a difference (in time).

You don't want to get too many of these type of choices wrong.

Predicted split time: 0:41 for 207m

Predicted race time: 7:32 for 1946m



Course 1 **15 – 16**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

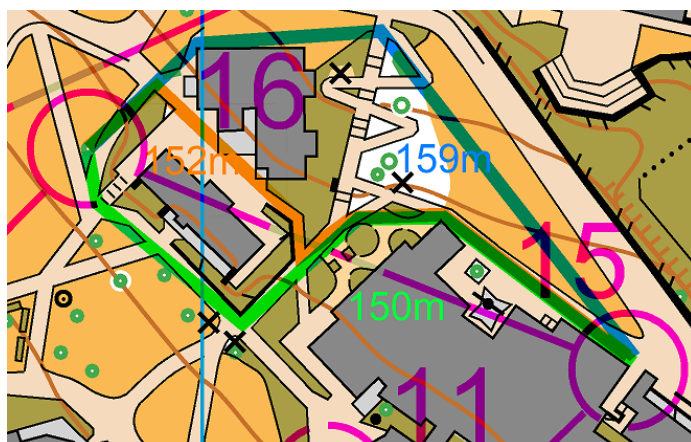
Route Choice: ★★☆☆☆

Three routes are similar in length.

Orange and Blue both lose height at times, so the climb up to the control is potentially slower.

Predicted split time: 0:34 for 150m

Predicted race time: 8:06 for 2096m





Melbourne
Sprint
Weekend
2020



**OVERNEWTON
COLLEGE**

Course 1 16 – 17

Length: ★ ☆ ☆ ☆ ☆

Difficulty: ★ ☆ ☆ ☆ ☆

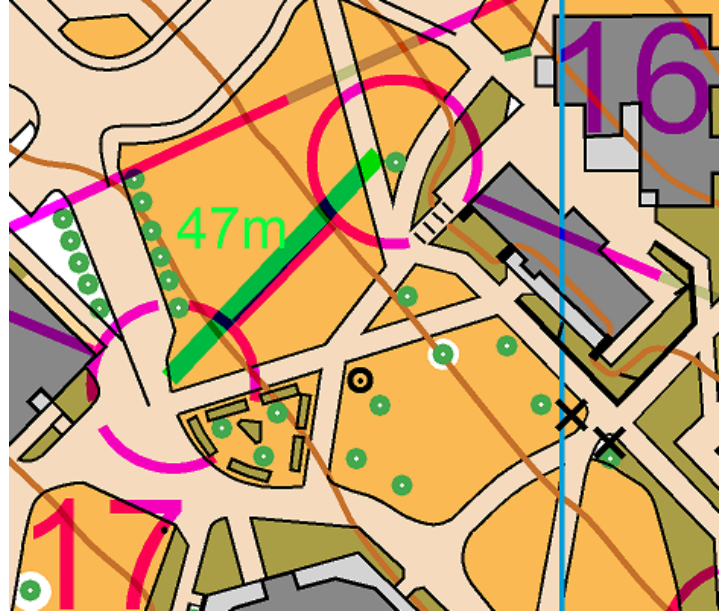
Route Choice: ★ ☆ ☆ ☆ ☆

A transport leg with a hill climb to test your legs.

However, there is still plenty to think about with some critical legs approaching. Planning these now would be recommended.

Predicted split time: 0:11 for 47m

Predicted race time: 8:17 for 2143m



Course 1 17 – 18

Length: ★ ★ ☆ ☆ ☆

Difficulty: ★ ★ ☆ ☆ ☆

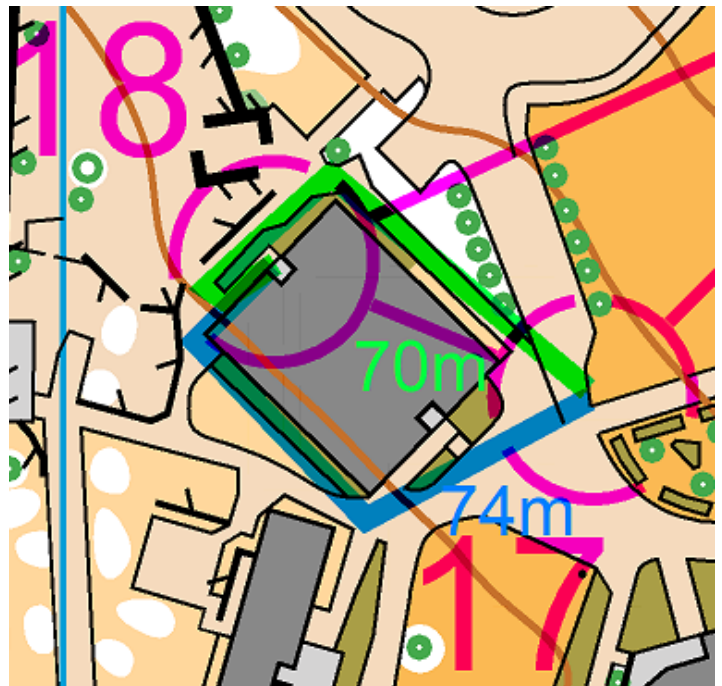
Route Choice: ★ ★ ★ ☆ ☆

Not much in it. The ramp entrance is smoother on the blue route, which avoids the U-turn on the green route.

Attention needs to be given to the important route choice decision for leg 19.

Predicted split time: 0:16 for 70m

Predicted race time: 8:33 for 2213m





Melbourne
Sprint
Weekend
2020

1

OVERNEWTON
COLLEGE

Course 1 **18 - 19**

Length: ★ ★ ★ ★ ★

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ★ ★

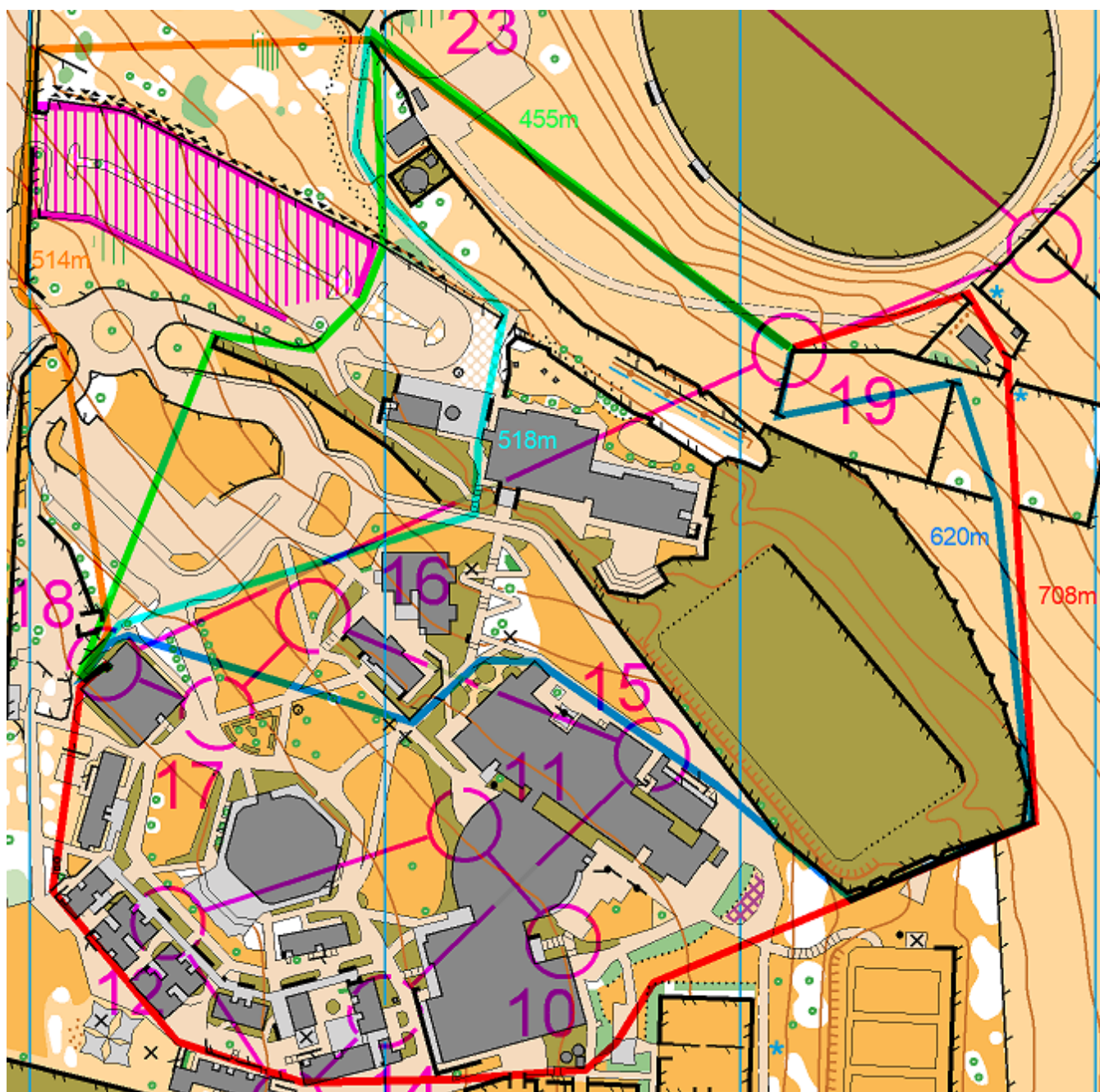
Predicted split time: 1:40 for 455m

Predicted race time: 10:13 for 2668m

Lots of impassable barriers and lots of possible choices. This decision could decide the race though.

The right hand routes are too long, and should be discounted.

The three choices to the left are similar, but the one through the start triangle is the shortest.





Melbourne
Sprint
Weekend
2020



**OVERNEWTON
COLLEGE**

Course 1 **19 – 20**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

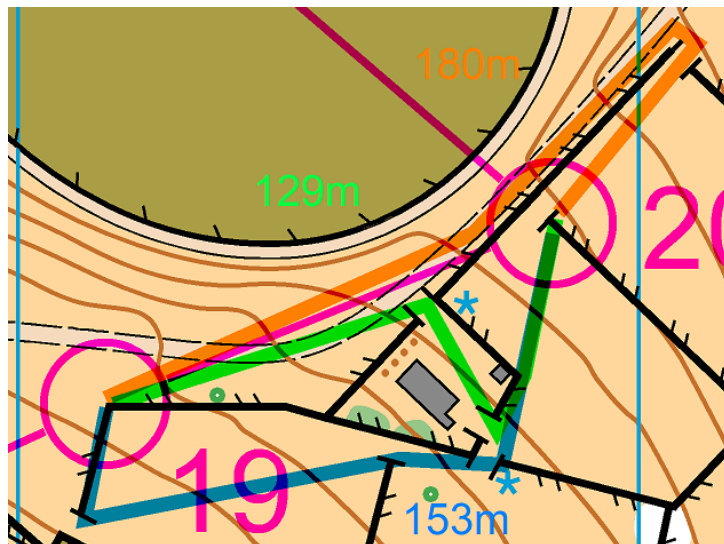
Route Choice: ★★☆☆☆

The fence geometry is unusual.

However, there is really only one good option here, and you will lose time if you choose the blue or orange routes.

Predicted split time: 0:32 for 129m

Predicted race time: 10:45 for 2797m



Course 1 **21 – 22**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

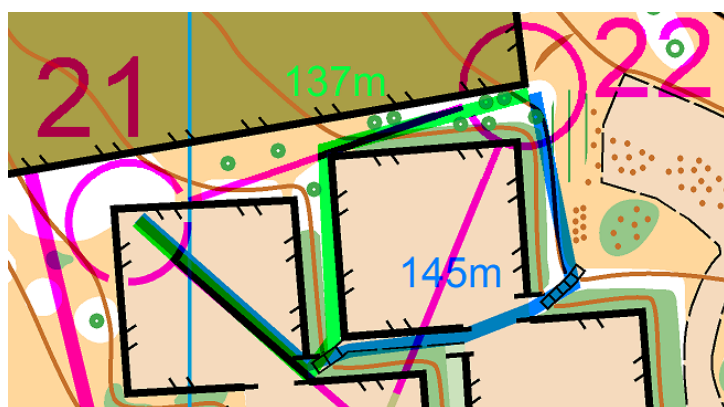
Route Choice: ★★☆☆☆

Green is slightly shorter and includes some open forest running.

Blue has more path running, but is slower in the last part over earth mounds and green stripes.

Predicted split time: 0:34 for 137m

Predicted race time: 13:03 for 3339m





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

Course 1 **20 – 21**

Length: ★ ★ ★ ★ ★

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ★ ☆

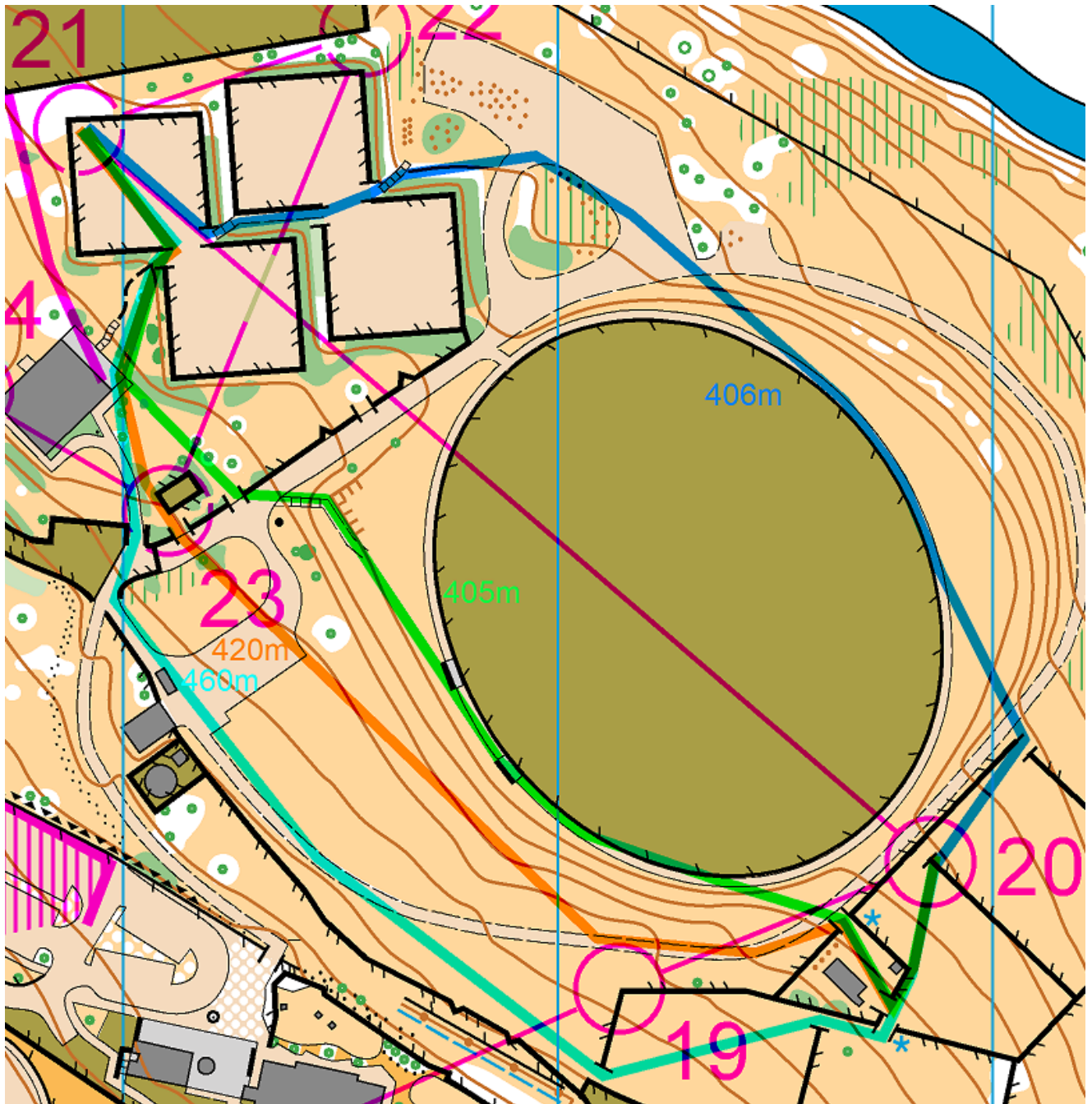
Predicted split time: 1:44 for 405m

Predicted race time: 12:29 for 3202m

Again many impassable barriers in the farm, the oval and the old tennis courts.

Near the end of the course now, so tiredness and climb will be a factor. The orange and cyan routes keep height better but are longer. The blue route has the most climb.

If wet, cyan may be best as it avoids the muddy areas.





Melbourne
Sprint
Weekend
2020



OVERNEWTON COLLEGE

Course 1 **22 – 23**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★★★★

One final puzzle to solve.

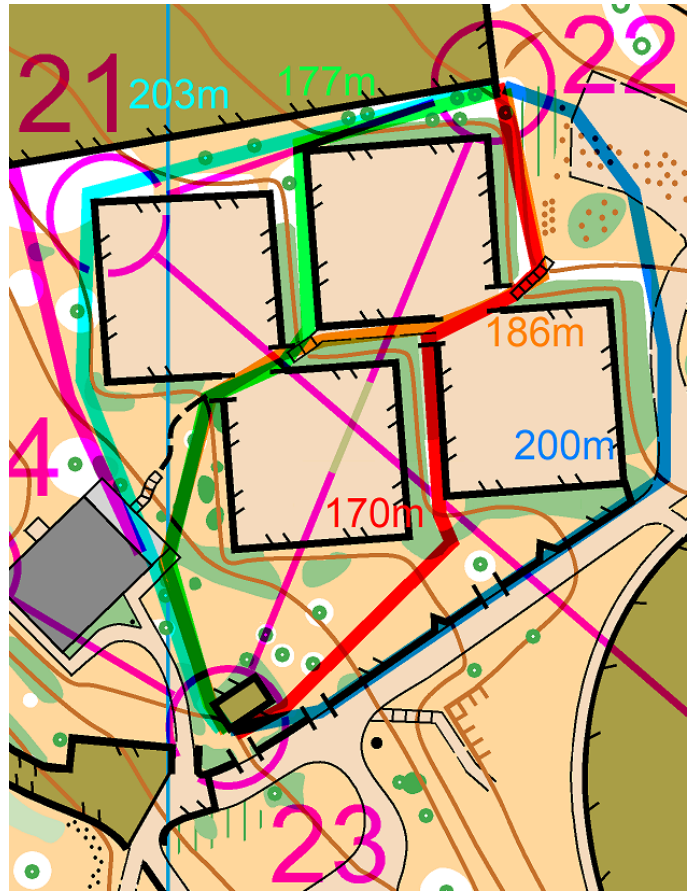
Red is the shortest, but you have to be brave to take on the light green between the tennis courts.

Green is a good choice.

Blue might favour runners who still feel strong.

Predicted split time: 0:50 for 177m

Predicted race time: 13:53 for 3379m



Course 1 **23 – 24 - F**

Length: ★★☆☆☆

Difficulty: ★☆☆☆☆

Route Choice: ★☆☆☆☆

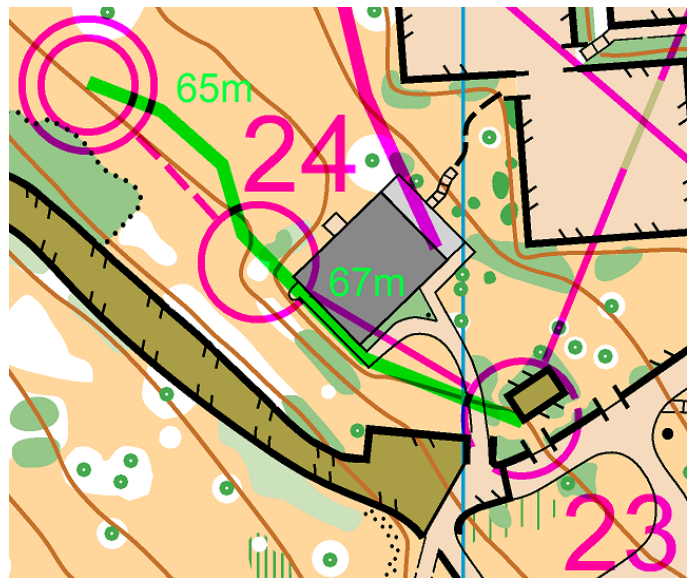
Simple orienteering now.

Just punch the last control and push as hard as you can to the finish.

Predicted split to 24: 0:15 for 67m

Predicted race time: 14:08 for 3446m

Predicted split to end: 0:10 for 65m



Predicted total time: 14:18 for 3511m