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2020



**OVERNEWTON
COLLEGE**

Course Analysis

by Bruce Arthur

7 Mar 2020

World Ranking Event
National League Event
WOC & JWOC Selection Trial

Course 2

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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.



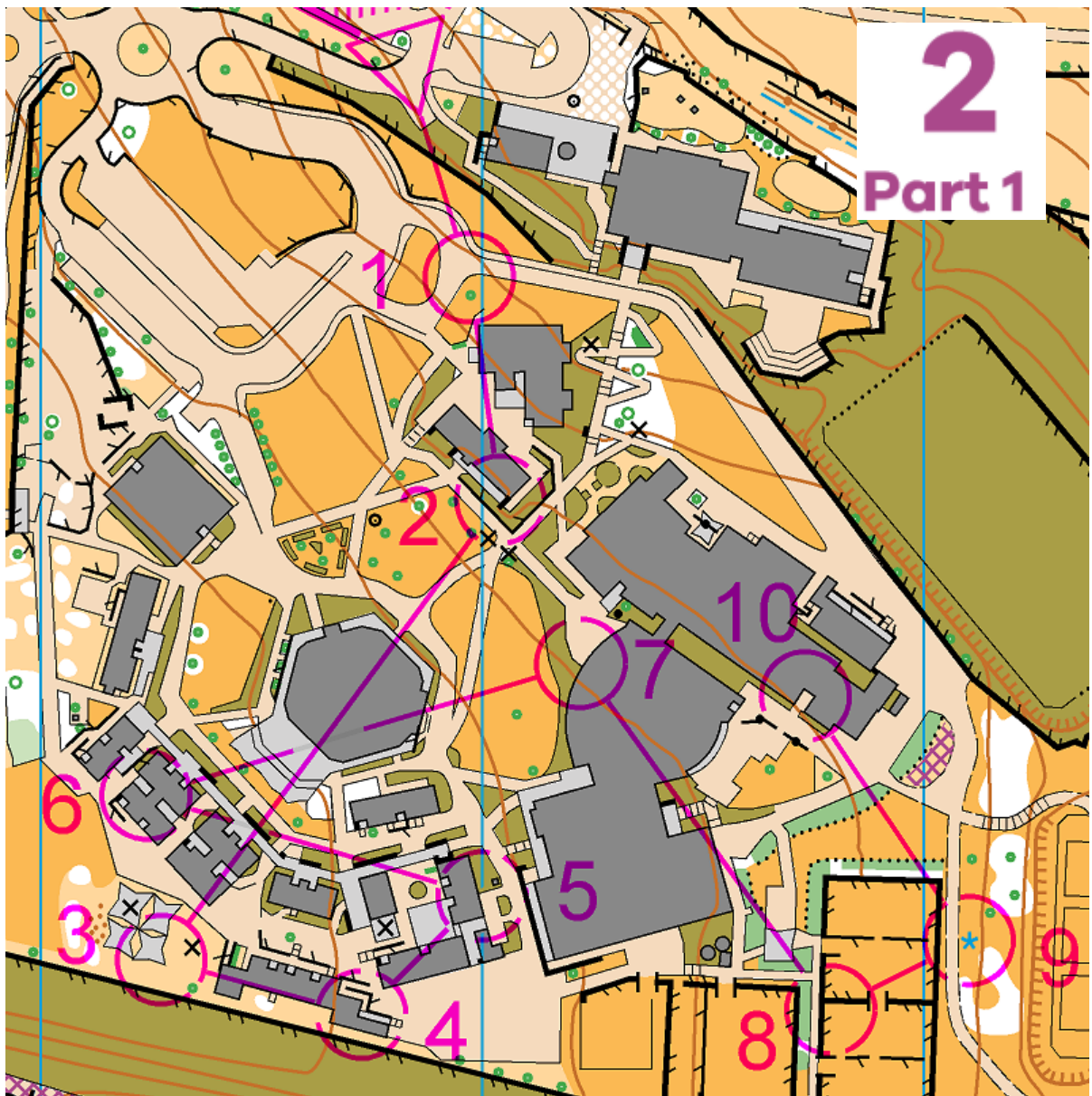
Difficulty is measured by the relative number of times you need to read the map.



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.

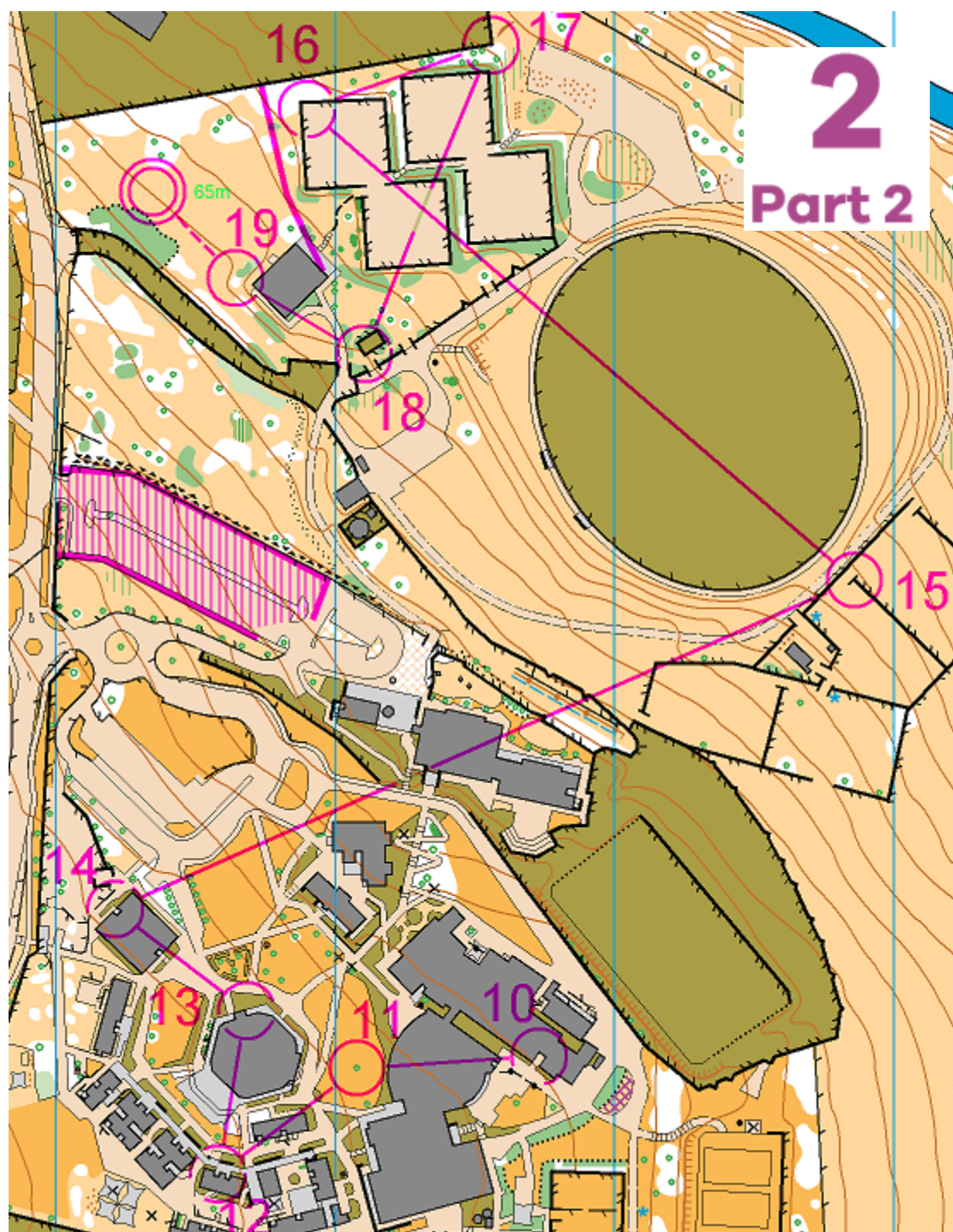




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Course 2

S – 1

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

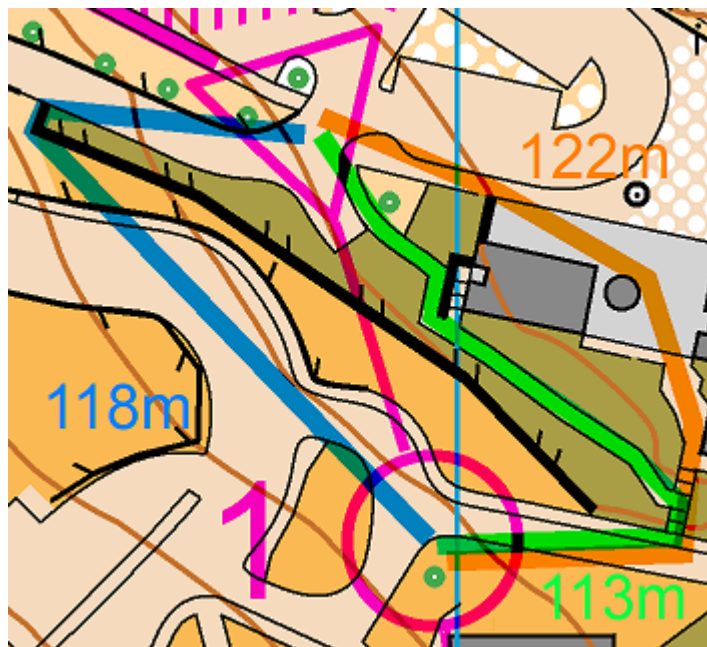
No time to plan with a decision required immediately at the start triangle.

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: 0:33 for 113m

Predicted race time: 0:33 for 113m



Course 2

1 – 2

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

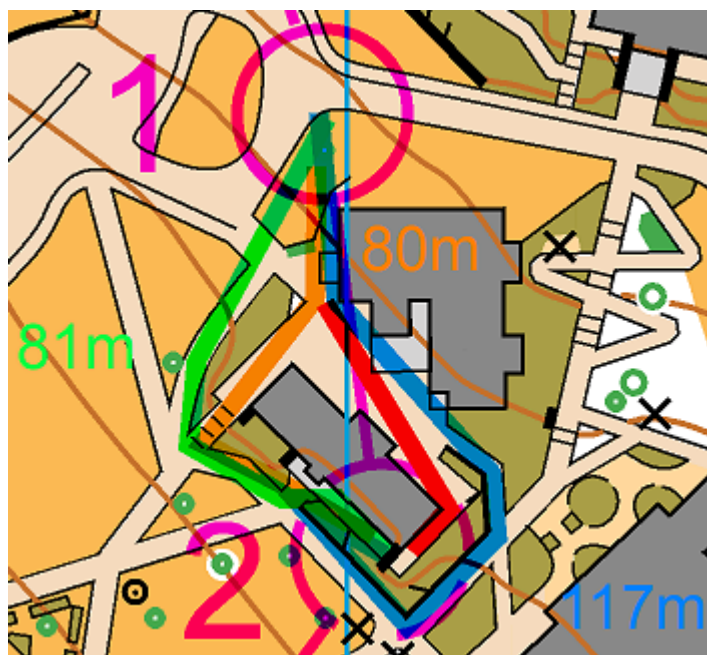
It is vital to first read the location of control 2 on your descriptions.

This then becomes a question of how to reach the canopy most efficiently. The green route avoids the staircase.

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

Predicted split time: 0:23 for 81m

Predicted race time: 0:56 for 194m





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Course 2 2 – 3

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

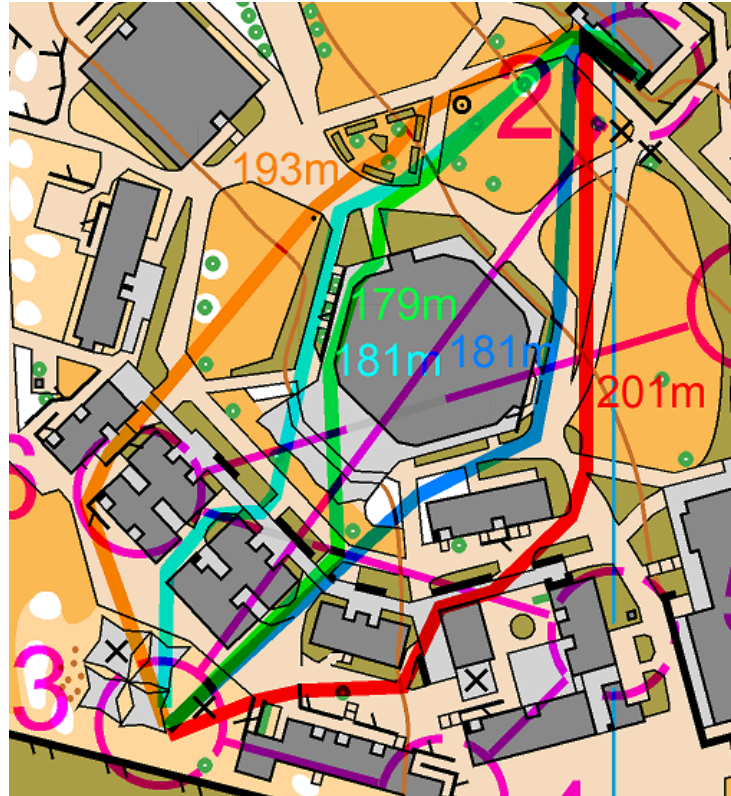
Route Choice: ★★★★★

The exit of control 2 leads you to the right, but routes either side of the round building are similar in length.

Then you must use your compass to find the gaps between the garden beds and the portable classrooms.

Predicted split time: 0:51 for 179m

Predicted race time: 1:47 for 373m



Course 2 3 – 4

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

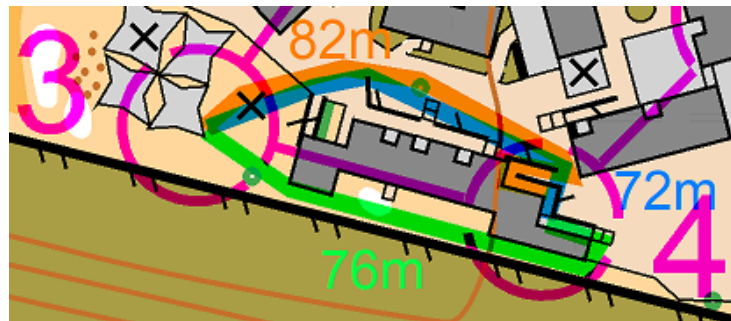
Route Choice: ★★☆☆☆

Blue is the shortest route but involves some gymnastics climbing through the fence which will slow your entry down.

You can maintain a high speed all the way to the control on the green route. Orange has a few too many corners.

Predicted split time: 0:20 for 76m

Predicted race time: 2:07 for 449m





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Course 2 4 – 5

Length: ★☆☆☆☆

Difficulty: ★★☆☆☆

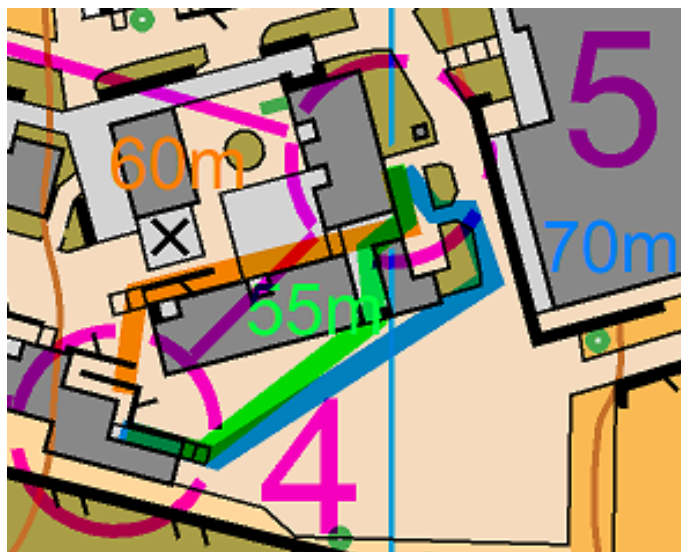
Route Choice: ★★☆☆☆

The green route involves identifying and running through a narrow canopy.

Orange is also short, but you have to negotiate the fences.

Predicted split time: 0:17 for 55m

Predicted race time: 2:34 for 504m



Course 2 5 – 6

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

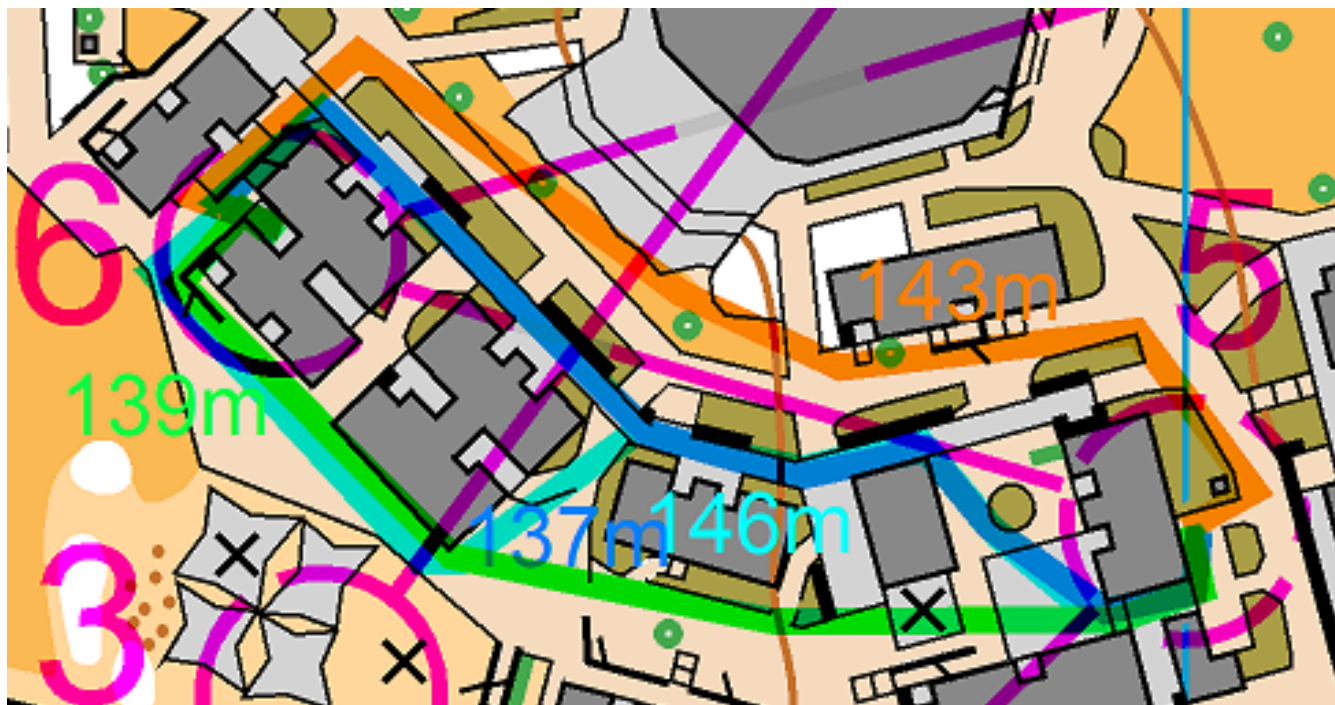
Several viable routes, with a few micro choices as well.

The key is identifying the entry point to the control.

The green route may allow you to run at a higher speed.

Predicted split time: 0:39 for 139m

Predicted race time: 3:13 for 643m





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Course 2 6 – 7

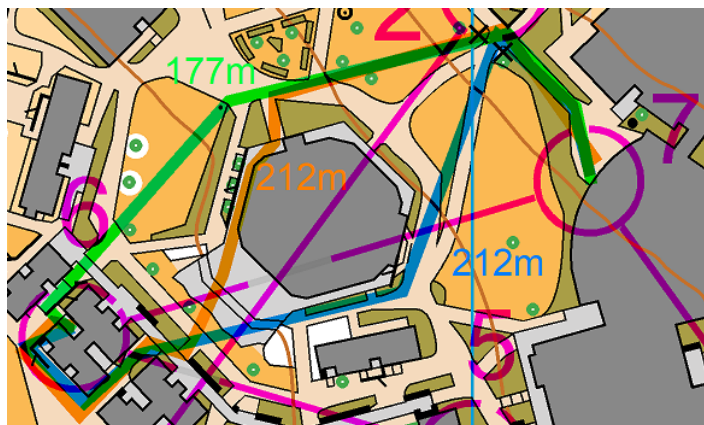
Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

It is important to recognise that the only entry to control 7 is from the north.

This should influence your decision to take the green route.



Predicted split time: 0:41 for 177m

Predicted race time: 3:54 for 820m

Course 2 7 – 8

Length: ★★☆☆☆

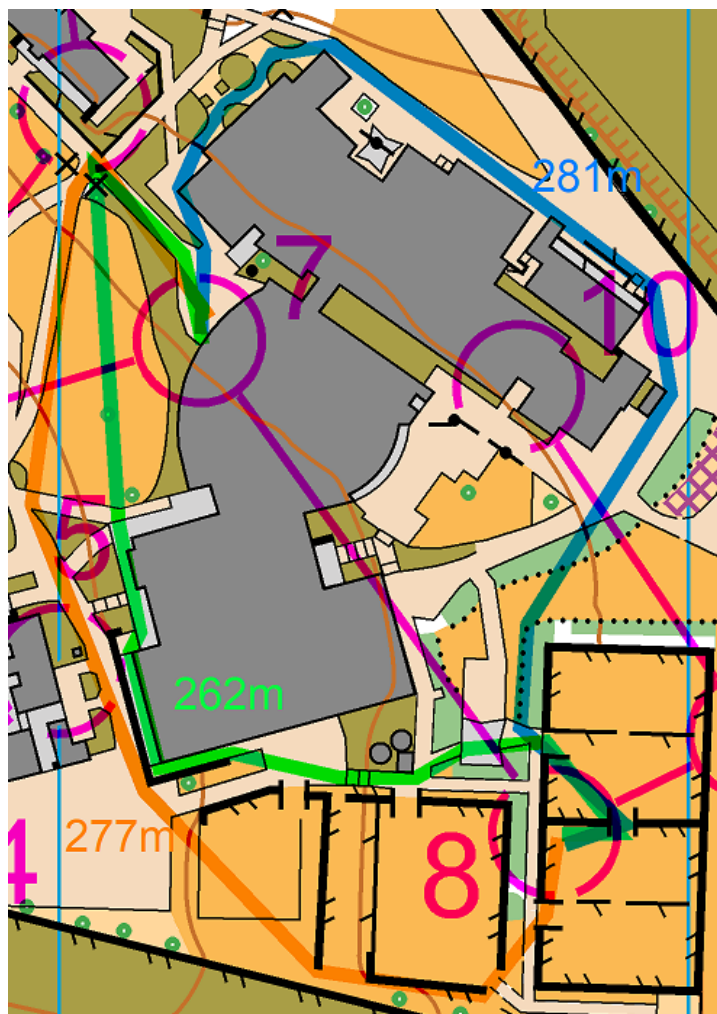
Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

It always feels strange having to exit the control backwards.

The irregular shaped building makes this decision even more difficult.

Finally you have to refer to your control description to make sure you run to the correct fence corner.



Predicted split time: 1:10 for 262m

Predicted race time: 5:04 for 1082m



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Course 2 8 – 9

Length: ★★☆☆☆

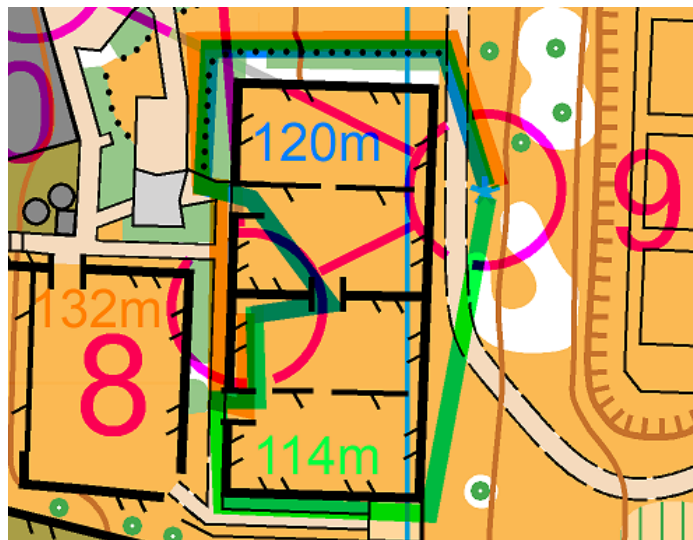
Difficulty: ★★☆☆☆

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: 0:30 for 114m

Predicted race time: 5:34 for 1196m

Course 2 9 – 10

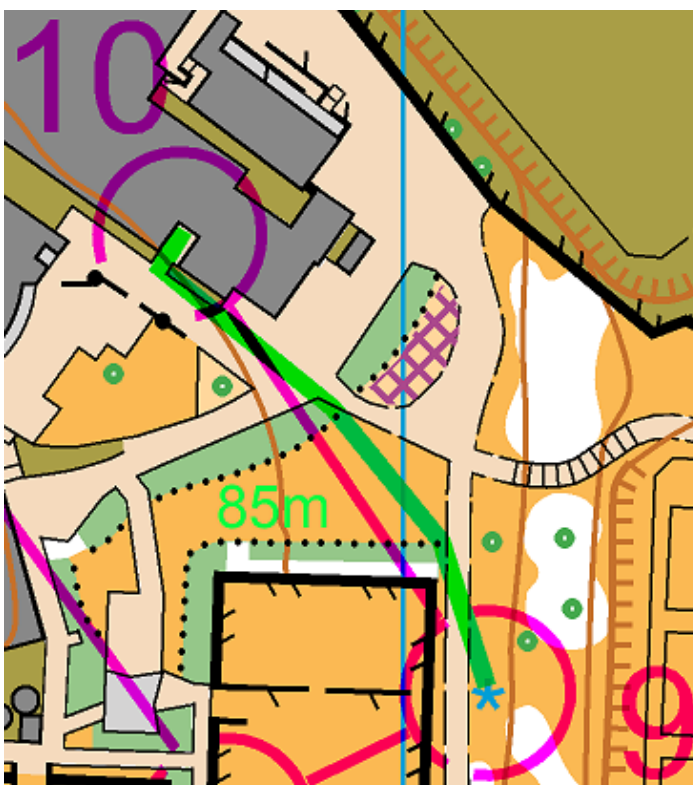
Length: ★★☆☆☆

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: 0:18 for 85m

Predicted race time: 5:52 for 1281m



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Course 2 **10 – 11**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

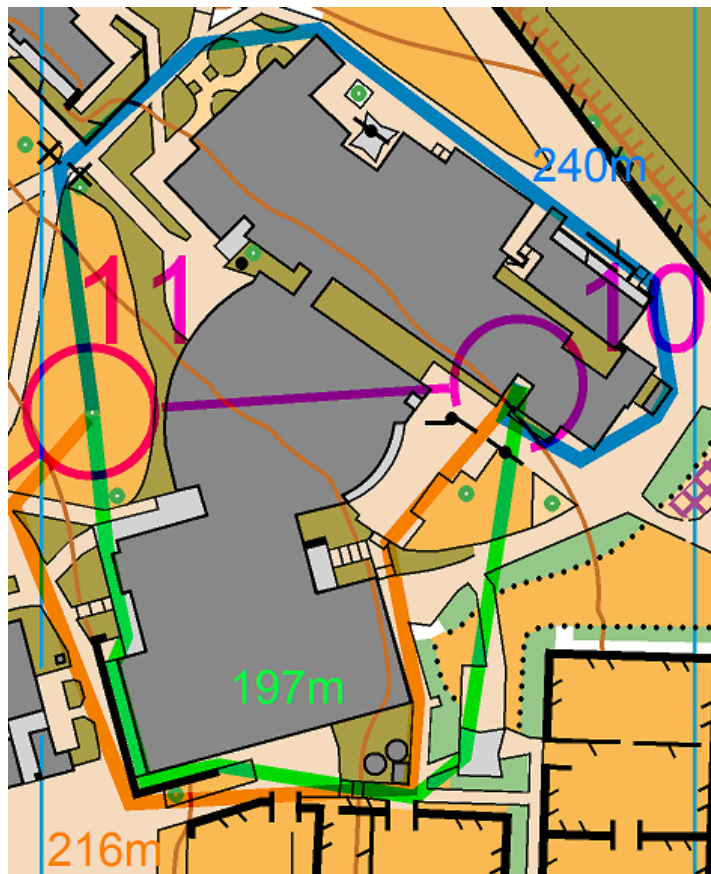
Route Choice: ★★☆☆☆

You may think you already know this building, but the choice is different again this time.

The green route makes use of a narrow passage to save distance.

Predicted split time: 0:53 for 197m

Predicted race time: 6:45 for 1478m



Course 2 **11 – 12**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

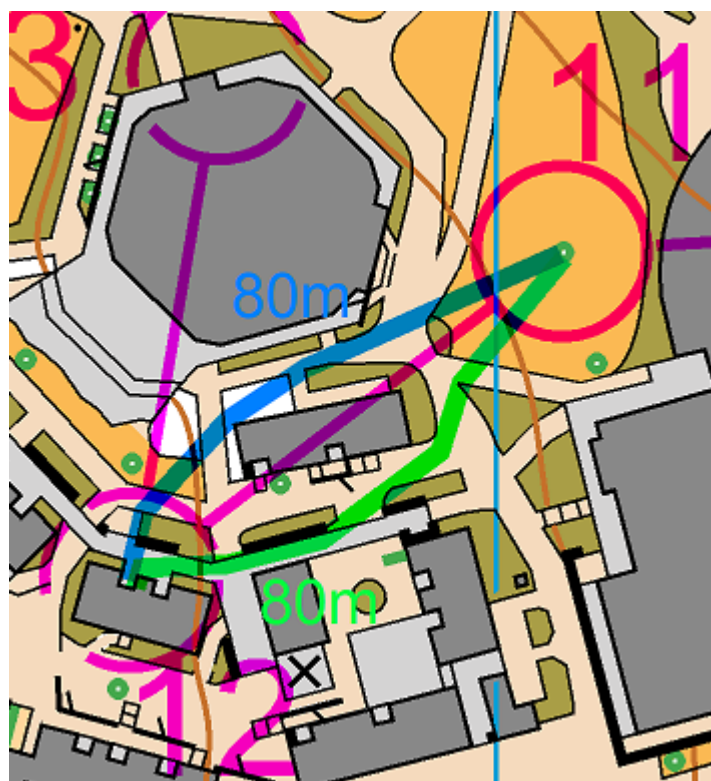
Route Choice: ★★☆☆☆

Not much in the route choice.

The many portable classrooms all look alike. Slow down to make sure you attack the right one.

Predicted split time: 0:22 for 80m

Predicted race time: 7:07 for 1558m





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Course 2 **12 – 13**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

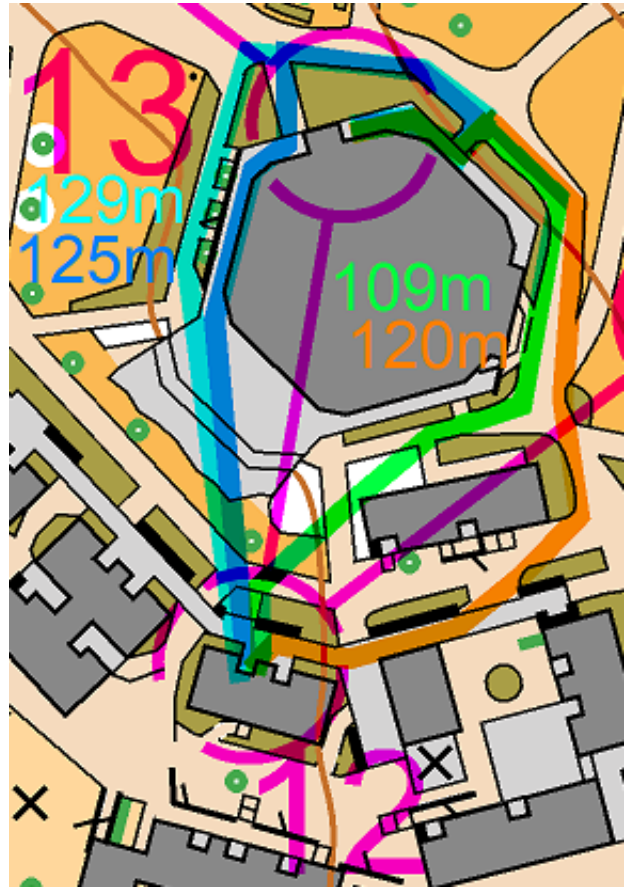
The purple line leads you to the left, but the entry to the control is from the right.

The eastern routes are shorter.

You can run at high speed, but you need to take care at the narrow entrance to the canopy.

Predicted split time: 0:30 for 109m

Predicted race time: 7:37 for 1667m



Course 2 **13 – 14**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

Route Choice: ★★☆☆☆

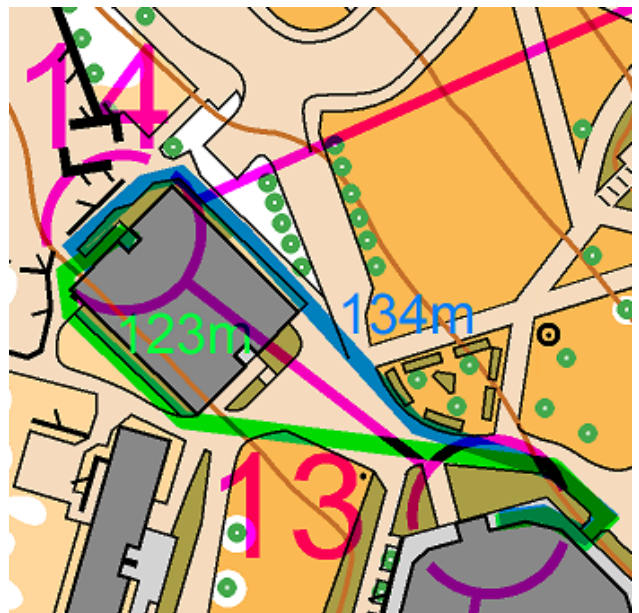
Again you commence this leg in the opposite direction.

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 15.

Predicted split time: 0:33 for 123m

Predicted race time: 8:10 for 1790m





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Course 2 **14 – 15**

Length: ★ ★ ★ ★ ★

Difficulty: ★ ★ ★ ☆ ☆

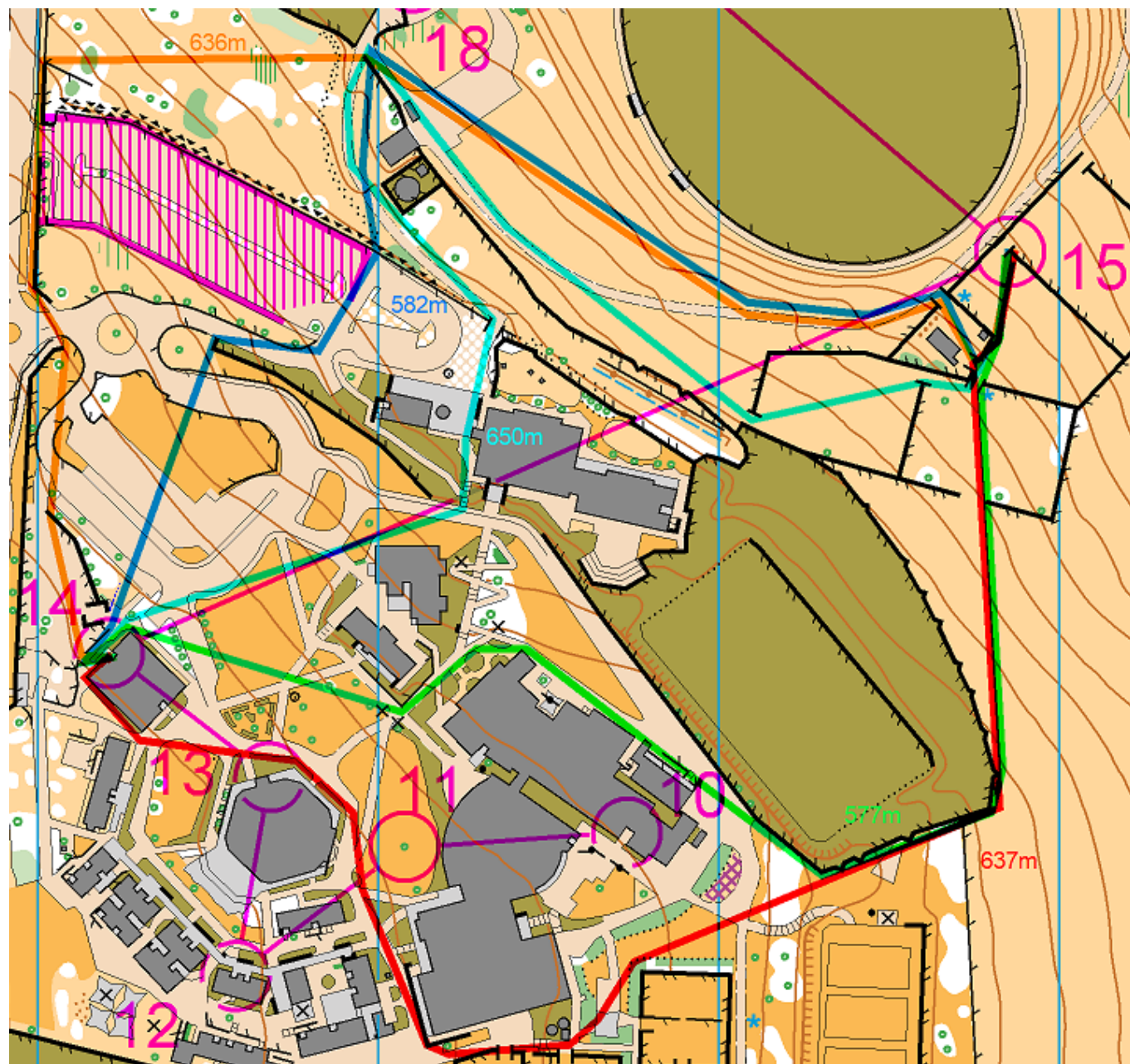
Route Choice: ★ ★ ★ ★ ★

Predicted split time: 2:15 for 577m

Predicted race time: 10:25 for 2367m

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

Arguably a harder choice than the similar leg on course 1. The optimal route is quite different too, with the green route the shortest.





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Course 2 **15 – 16**

Length: ★ ★ ★ ★ ★

Difficulty: ★ ★ ★ ☆ ☆

Route Choice: ★ ★ ★ ★ ☆

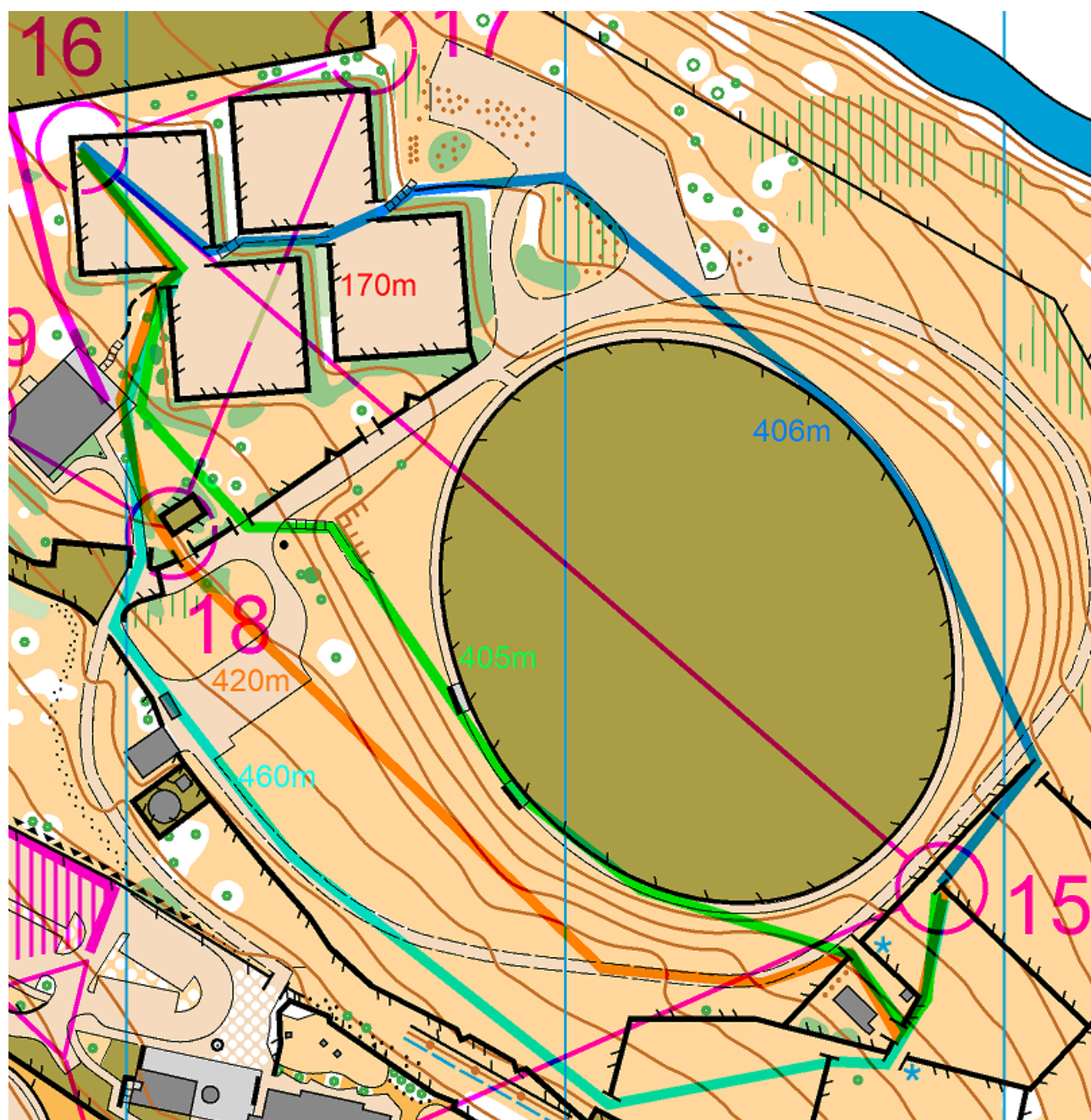
Predicted split time: 1:52 for 405m

Predicted race time: 12:17 for 2772m

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.





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Course 2 **16 – 17**

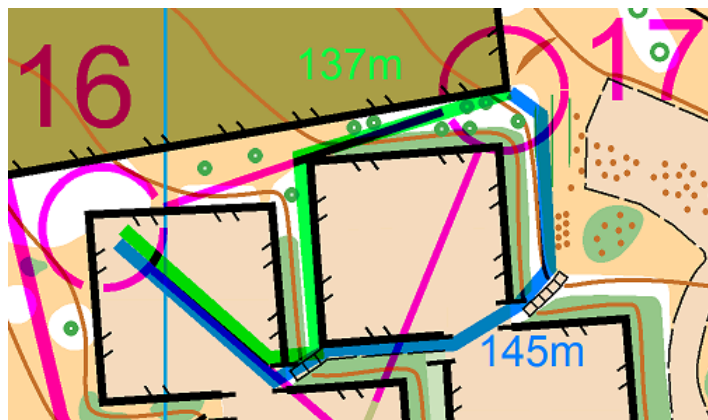
Length: ★★☆☆☆

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: 0:37 for 137m

Predicted race time: 12:54 for 2909m

Course 2 **17 – 18**

Length: ★★☆☆☆

Difficulty: ★★☆☆☆

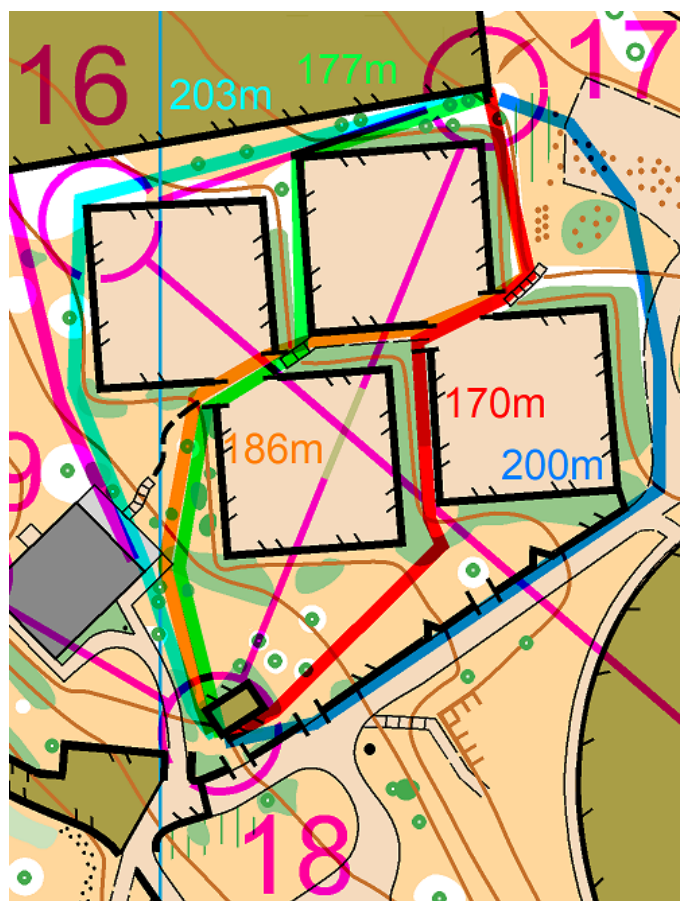
Route Choice: ★★★★★

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: 0:56 for 177m

Predicted race time: 13:50 for 3086m



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Course 2 **18 – 19 - 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 19: 0:15 for 67m

Predicted race time: 14:05 for 3153m

Predicted split to end: 0:10 for 65m

Predicted total time:

14:15 for 3,218m

