

Race Analysis Form for Orienteering

Name: Jamie Stevenson	Date: 18/07/2000	Race: WC Prologue Finland
Physical Shape: 9	Health: 10	Motivation: 10
Technically prepared: 8	Harmony: 7	Concentration: 9
Mentally prepared: 9	Confidence: 8	Want to perform 100%: 10

Use the 0 – 10 RPS scale that you use to rate your “Perceived Shape”

10	Excellent performance, excellent shape, everything went brilliantly
5	Acceptable performance, acceptable shape, everything was more or less OK
0	Extremely bad performance, totally powerless, everything went extremely badly

Control number	The control				The Leg				Overall				Comments
	Route choice	Route execution	Active, decisive orienteering?	Mistake on the leg, mins	Satisfied? RPS	Simplifying the control	Attack point	Mistake at the control, mins	Satisfied? RPS	Satisfied overall? RPS	Split time	Best Split time	
1	+	0	-	0.15	6	+	+		8	7	1.58	1.33	Hesitant start, zigzag, but took control cleanly.
2	+	+	0		7	+	+		9	8	1.59	1.36	Better, beginning to simplify and look up.
3	+	0	+		8	+	+		9	8	3.05	2.43	No contact in middle, was confident of direction.
4	+	+	+		10	+	0		9	9	6.03	5.44	Made it simple, hesitation in ring.
5	+	+	+		10	+	+		10	10	1.16	1.07	Flag just sitting there – nice!
6	+	+	+		10	+	+		10	10	1.15	1.05	Over the hill – picture of the control fitted well.
7	+	+	+		10	+	0	0.10	8	9	4.56	4.56	A small pause in the ring, felt a little bit risky.
8	+	+	+		10	+	+		10	10	1.25	1.25	Ignore other runners – straight for my control.
9	+	+	+		10	+	+		10	10	1.09	1.04	Looking up, see the feature first. Straight in.
10	0	0	0	0.30	6	+	0		8	6	1.47	1.16	Crashing through the green – should have made it simpler and aimed off.
11											0.15	0.10	
12													
13													Came in as leader by a minute, from an early start. Felt good!
14													
15													
16													
17													Coped well with an early start, prepared mentally for possibility.
18													
19													
20													Pleased with flow, and concentration, focusing on what was coming next, not small mistakes
21													earlier in the race. Felt strong in tough
22													terrain – one of my best runs in Finland.
23													
24													
25													
26													
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30													
31													
32													

										Time	Best	Place, course length, minutes per km.	
Total	0.45	9		0.10	9	9				25.08	23.15	10 th , 3.9km, 6.4 mins/km	