What’s different about Sprint

David May

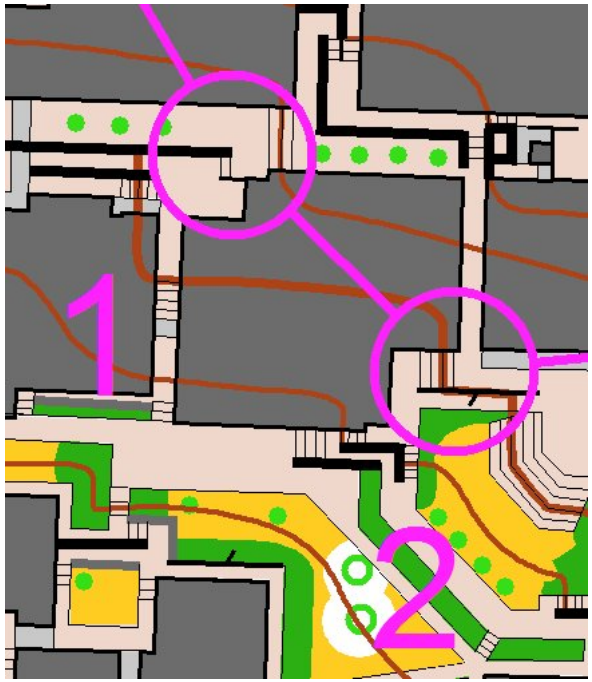
JK08 Sprint Planner

Sprint features

- Winning Time 12 – 15 minutes
- Map – scale is 1:5000/4000 plus 2.5m VI
- Map – ISSOM and not ISOM
- Terrain – predominantly park or urban maybe with some (fast runnable) forest
- Start interval 1 minute
- Controls are technically easy but route choice is difficult requiring high concentration
- Running is “very high speed” – NB seniors?

Planning issues

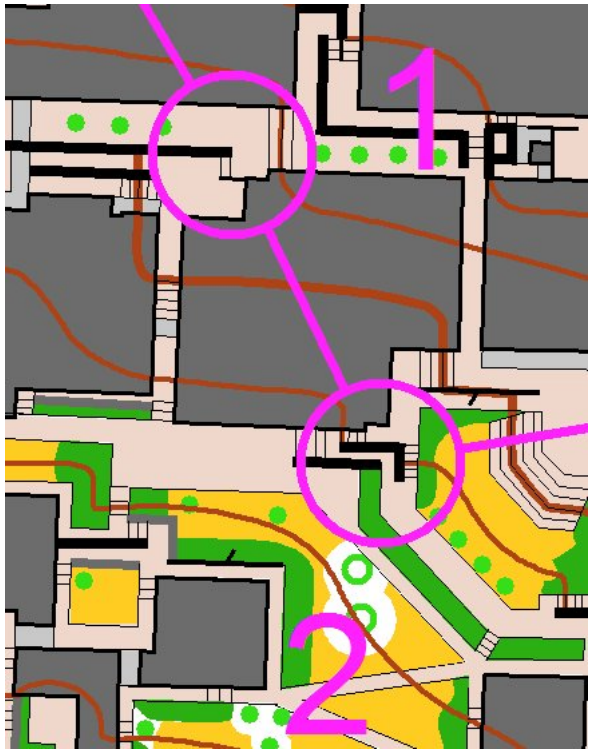
- Minimise legs with obvious route choice



- Clockwise route = 63 m
- Anticlockwise route = 91 m
- Difference obvious to runners who will take the clockwise route, especially as they are likely to be arriving at 1 from the west and will carry on the same direction

Planning issues

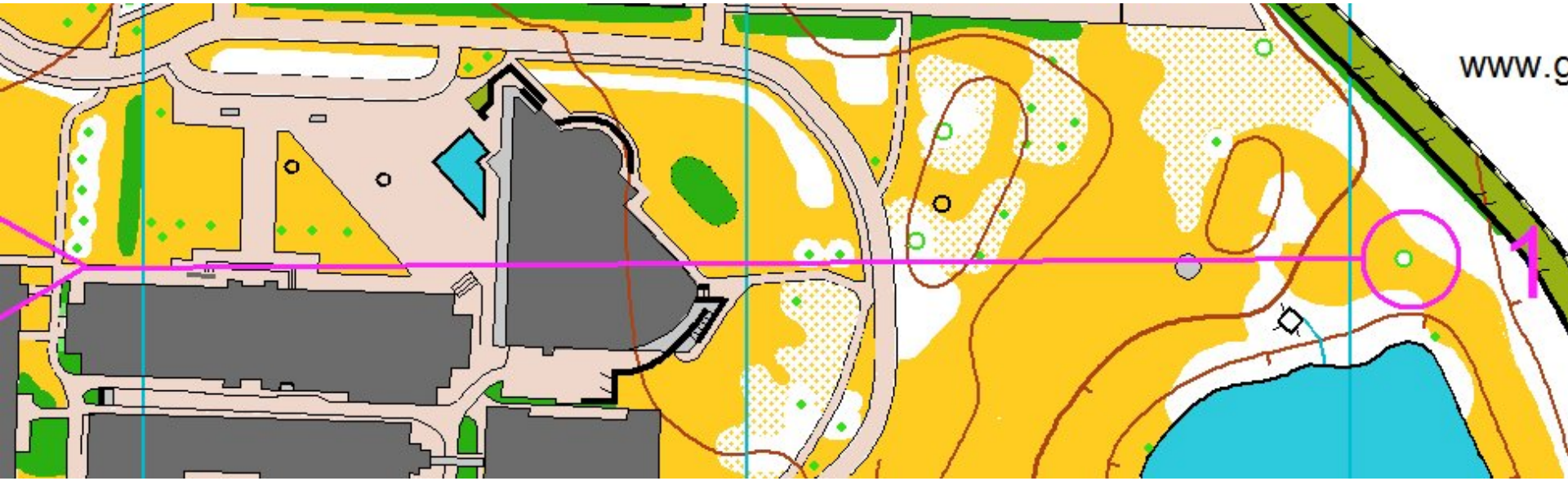
- Minimise legs with obvious route choice (2 now inside wall corner)

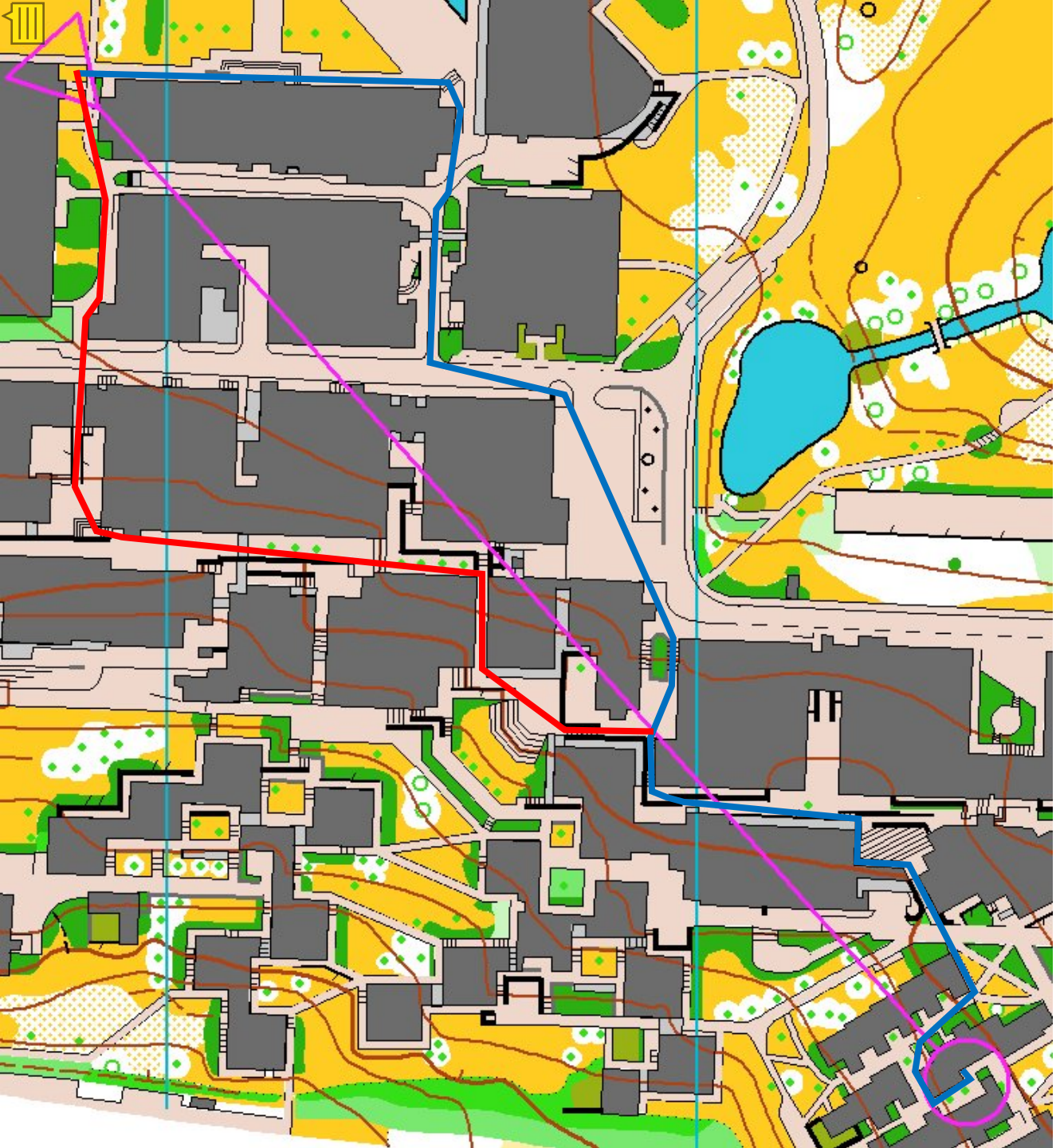


- Clockwise route = 91 m
- Anticlockwise route = 77 m
- Difference not so obvious to runners, especially as best route involves 145° direction change at 1
- "The most obvious way out from a control should not necessarily be the most favourable one" - IOF

Long legs

- Are boring if there's not much navigation





- So try to give sustained navigational challenge along the whole length of the leg.
- Lots of decision points in this 360m leg
- Is it fair to set a leg like this as the first one (too little time to plan it)?

Direction changes

Crossovers give:

- Big changes of direction
- Greater use of small areas/best parts of terrain

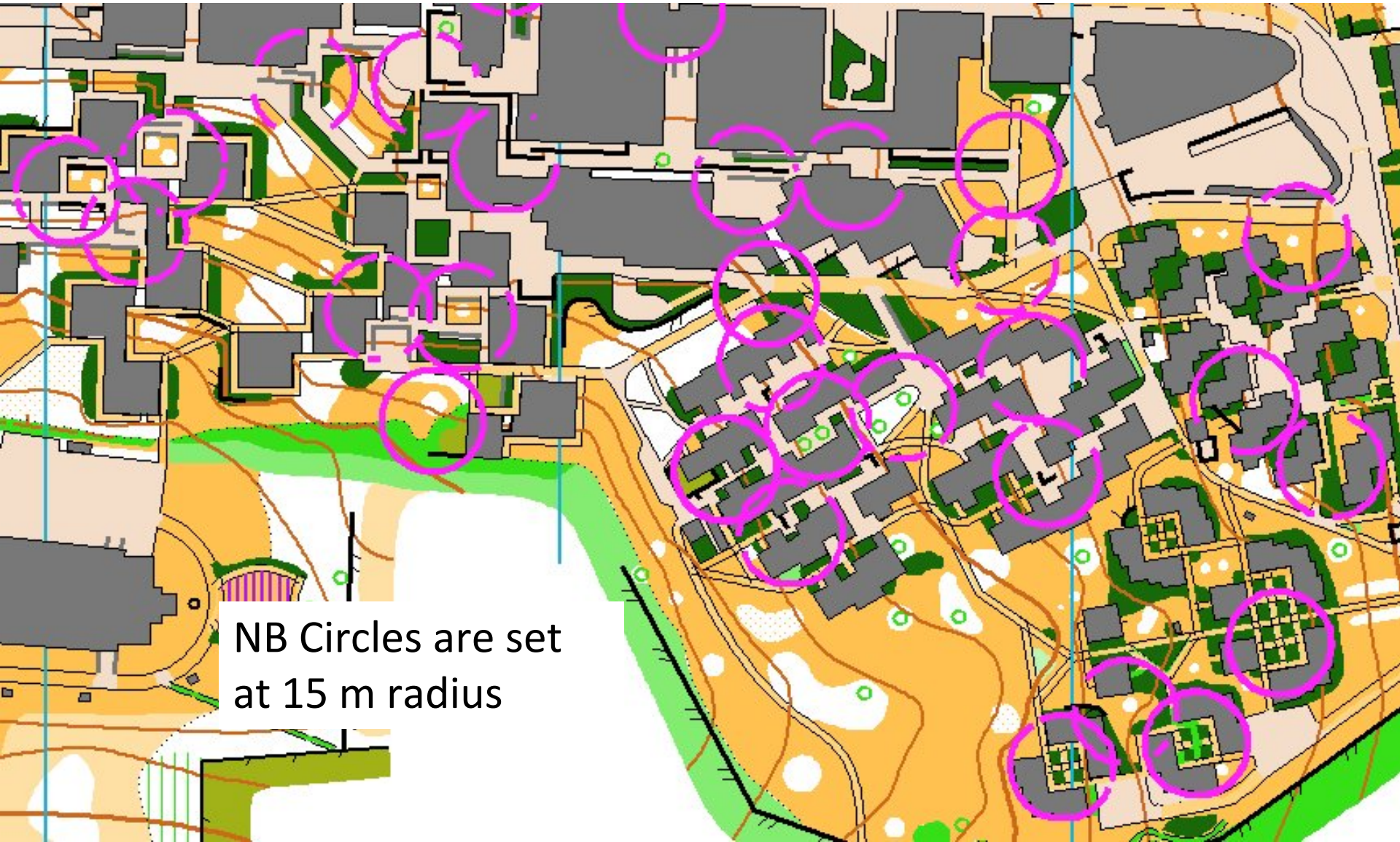
But:

- Increased chance of competitor collision!

Close controls

- IOF: “controls shall not be sited within 30 m of one another” (if map scale not 1:10000 or 1:15000)
- BOF: as IOF plus “controls within 60 m of each other should not be positioned on similar features ...”
- But Rules not written with Sprint courses and maps in mind!

The separation problem in practice



Solution

- Rules Group deviation: controls on dissimilar features could be 15 m apart
- 36 of the 57 JK08 control sites used were < 30 m from nearest adjacent control
- Detailed analysis of mispunches showed rate to be no different from similar Sprints with “proper” control separations
- Conclusion: fairness not compromised

Maximise the mental challenge

- JK08 M21E – 20 controls in 2.7 km
  - Average leg length = 130 m
  - Approx 5 to 7 decision points per leg, or a decision point every 20 to 30 m! (6 to 9 s at elite pace!)
- Sprint = sprint for the mind not necessarily for the legs!

Other issues

- Safety – is city Sprint an accident waiting to happen?
- Control site
  - Protection – might need guards in public places
  - Mounting – stakes don't go into concrete
- OOB – how to minimise runners going OOB
- Competitor unfamiliarity with ISSOM
- Few Controllers know Sprint

JK programme/ISSOM symbols

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush

JK Course 9 (M/W10A) symbols

 Building

 Stairway

 Thicket

 Linear thicket or hedge

 Stone wall

 Distinctive tree

 Track or path

 North east side

 East corner (inside); e.g. inside where a wall bends through a right angle

 South corner (outside); similar to above

 North west end; e.g. NW end of a hedge

 Junction; e.g. where one path meets another

OOB

- Plan to minimise temptation
- Tape all OOB
- Reinforce what is OOB in programme

  JK programme extract:

  “As above, no impassable wall or fence may be crossed, neither may vegetation (often hedges) mapped as green/black be crossed – even if there appear to be passable gaps therein. Also, areas mapped by a green/yellow (olive green) “settlement” colour are also not to be entered. Such areas might be flower beds or railway areas.

  Other out of bounds areas are marked on the map by the normal vertical purple line overprint”

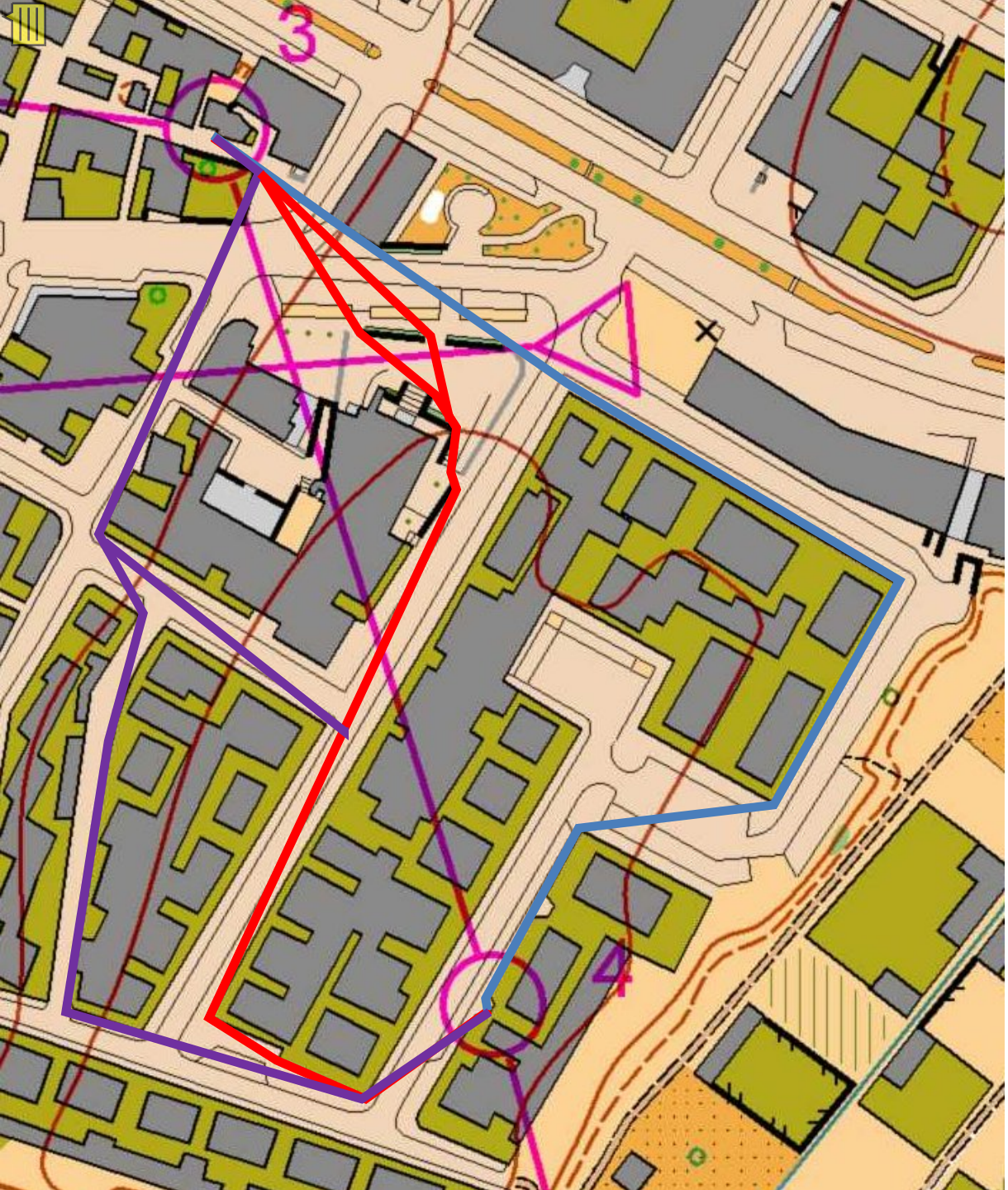
- Marshal

Logistics differences

- Discrete tapes don’t disappear!
- Checking and putting out controls can be done very quickly!
- Maps can change quickly – check re building work
- Check which doors/gates will be open and map as such
- Emit touch free controls vs conventional SI?

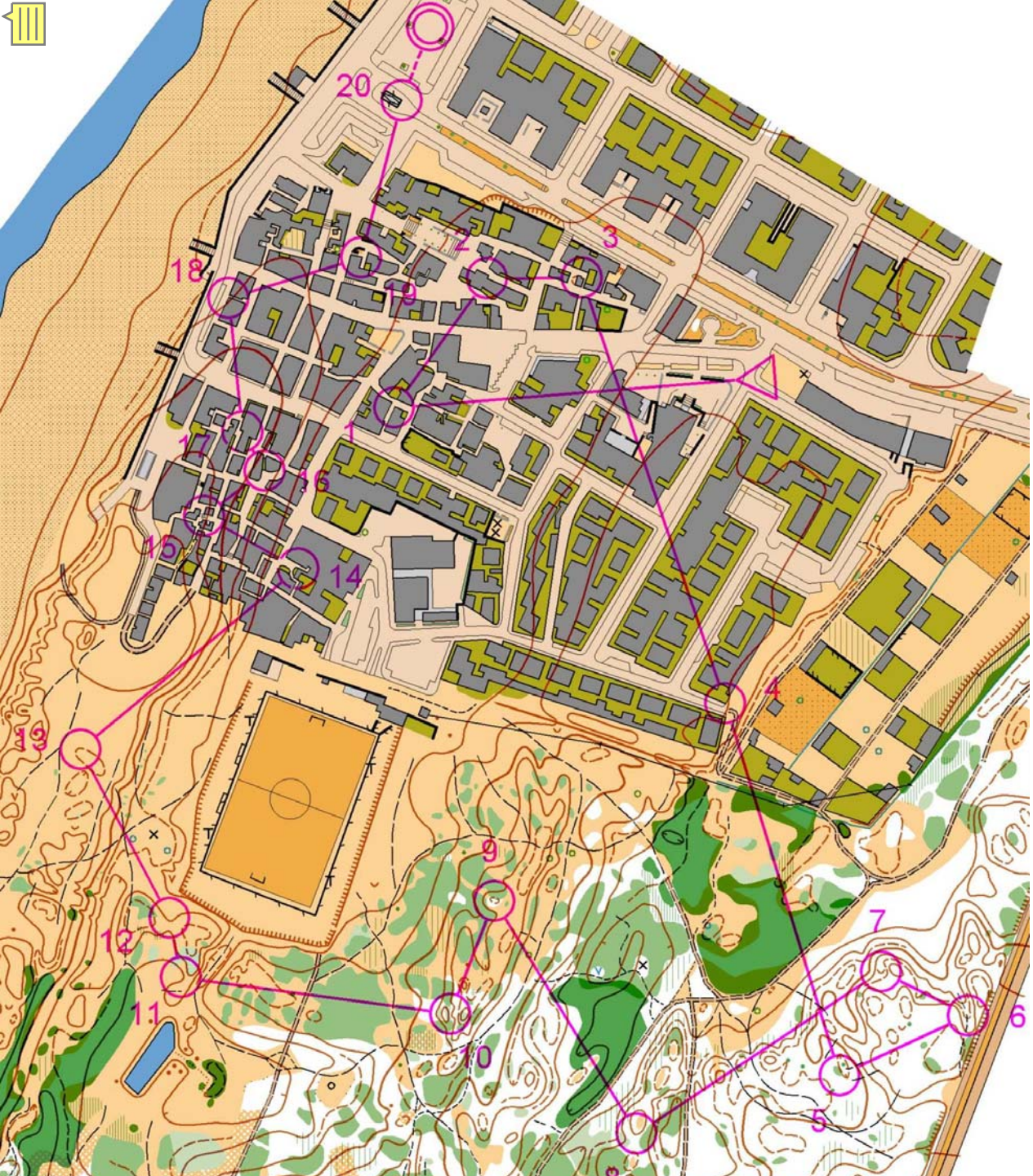
M50A WMOC Sprint Final

- 21 controls in 2.3 km
- 4/5 different terrain types
- 3-4 – good use of “new urban” terrain
- WT: 14:04 (James Crawford)



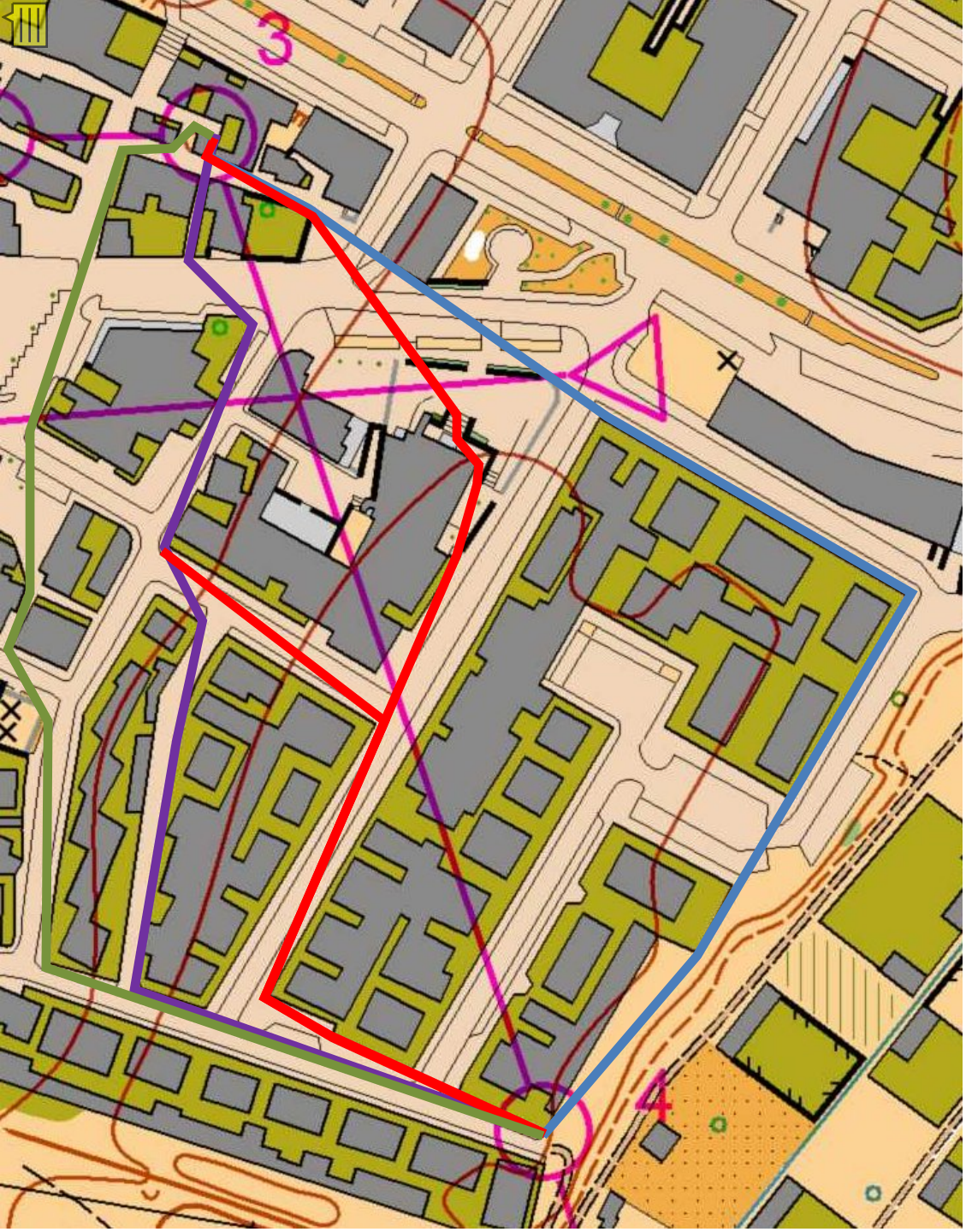
M50A leg 3-4

- Unpromising “new urban” terrain
- Big blocks with no ways through
- Careful positioning of controls creates a good route choice leg
- Red (Martin Dean – 3:57)
- Purple (James Crawford – 3:31)



M45A WMOC Sprint Final

- 20 controls in 2.4 km
- 4/5 different terrain types
- 3-4 – good use of “new urban” terrain
- WT: 13:40
- Best Brit: Mark Saunders 15:22



M45A leg 3-4

- Unpromising “new urban” terrain
- Big blocks with no ways through
- Careful positioning of controls creates a good route choice leg

Urban races

- Many similarities to Sprint
- Differences
  - Longer winning times (typically 2 to 3 times further course lengths)
  - Planning philosophy has to differ
    - 20 – 30 controls in longer distance means that leg lengths are longer
    - Rare to find terrain with sufficiently consistent challenge (except Venice?)

Finally, two quotes

- (M55) I don't do Sprint … those who don't do Sprint won't do it under any circumstances
- (M60) I thought Sprint was just for posers until I tried it. Now I am an addict!