What’s different about Sprint

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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

NB Circles are set at 15 m radius
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

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