

Race Analysis

Date	5-May-10
Event	Wed Night Meet
Organizing Club	YOA
Location	Selkirk School/Riverdale
Meet director, Course planner	Nesta
Map	Drawn by: Ales Hejna
	Scale: 1:5000 Contours 5m Date 2005
Anticipated quality	some new development on Nisutlin Dr and some firesmaring of forest by river
Weather	Forecast cool Actual
Terrain	semi-urban; some buildings and man made around schools and some forest with lots of trails
Unique features (for navigation)	buildings, paths, clearings
Technique	route choice-straight or around on path? Look up for building corners, clearings precision compass - flat, vague forest with pt features

Course	long adv	Category:	Length: ~3k	Climb: very little
Race strategy	1. Start slowly and carefully - get used to scale, save energy for late in the race 2. Use trails if route choice is unclear - safer and conserves energy 3. Safe routes esp for last 5 controls - easy to make mistakes when I am tired			
Goals & Risk	Keywords 1 orient map - easy to leave control the wrong way with lots of direction changes in sprint 2 read ahead - need to know where I will be in 50m to maintain speed 3 sttack pt - must have a plan for every leg			

My time	Total time: 17:55	Min / km:	
winner's time	Total time: 17:55	% behind winner:	My placing: 1
	Difficulty (1-5):2	Physical (1-5): 3	Mood (1-5):4
	Map quality:3	Course setting: 3	
# of controls	18		
Errors <1 min	2	Lost time	Total 25 secs
1-2 min			navigation 15s (#3)
2-5 min			route choice 10s (#2)
>5 min			other
	% error: 2.3		RANKING: B+

Results	Position	Name	Club	Time	Time / km
	1				
	2				
	3				

What went especially well?	safe start reading ahead made sure I planned every route even though I had to stop once focused on map reading oriented the map well
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What needs improvement?	glance at route choices further ahead -- had to stop at #7 and look at what I was doing for #8 reading the detail in and near the circle--didn't see the open area in front of 3 look up and broaden view near control--didn't see #7 or #9 right away speed-felt so slow on the straight running legs
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Comments on Errors	Control What happened / why 2- wanted to have safe route on trail. Too safe? 3 didn't read ahead enough to 2; didn't read enough near the control so didn't see yellow opening
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Appropriate speed

Difficulty / Direction / Distance / Attack Point

Two pieces of information

Route Choice

Anticipate

Focus

Determination

FUN

And ... relax

Be sure

3 controls in a row