

Resolution Sprint - Hallglen 01/01/18

Routechoice Analysis

Long: 10 people completed the routechoice form
Short: 3 person (missing controls 10-13 from long)

At the end of the course people completed a routechoice form. They either ticked a box for one of the routechoices shown below which they took or were very close to or ticked 'other' indicating they took a route not shown.

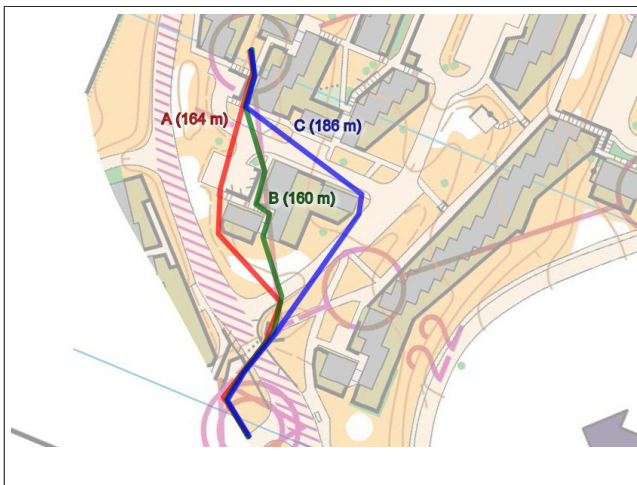
Routechoices done with <http://3drerun.worldofr.com/2d/courseplanning.php>

A table showing which routes people took can be found separately.

Summary

There were 3 main things that came out of the analysis of this sprint.

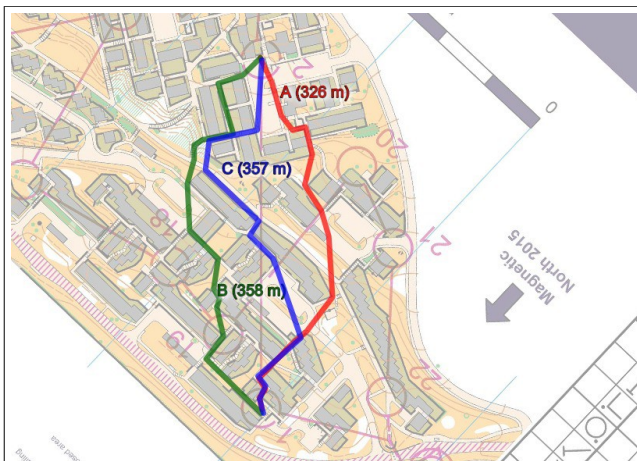
- 1) **Execution.** Hallglen doesn't pose many traps (eg deadends). The real technical demands are in executing your route. If you fail to keep track of where you are on the map it can be difficult to relocate as many places look similar.
- 2) **Steps.** It is difficult (and possibly dangerous) to read the map running up and down steps (especially steep wet ones!). As Hallglen comprises many steps this limits the time you can spend looking at the map, increasing the navigational demands. Steps also slow your running speed down compared with slopes. It can be beneficial to take these points into account by taking routes and micro routes (very small route variations) that avoid the steps.
- 3) **Routechoices.** The shortest route is often the quickest but only if you execute the route well. Sometimes there was a longer route that was easier to navigate. It's important to play to your strengths. In a race if you lack the confidence to execute the shorter route well then stick to the longer easier one. In training practice taking the harder routes to improve your technique and confidence.



1
Shortest: B
Quickest: A or B

Routechoice straight out of the start. Not much between A or B – A is simpler to execute.

A: 46%(took this route) B:15% C:31% O: 8%

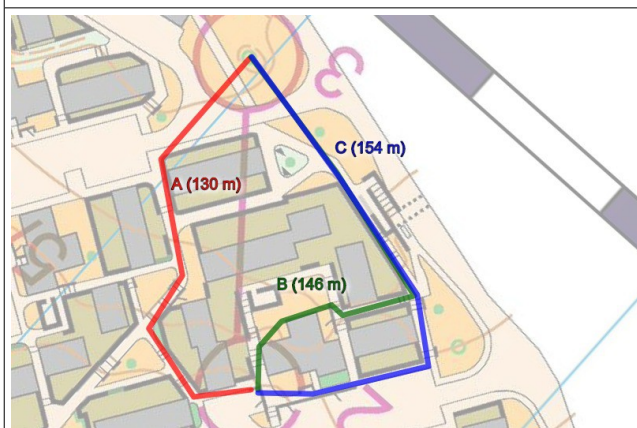


2
Shortest: A
Quickest: A

Tricky routechoice and not many people took the shortest (and probably quickest) route. Also a large variation in routes taken.

Also difficult to execute well with many decision points (eg turns, junctions etc) meaning high possibility for mistakes.

A: 23% B:15 C:23% Other: 38%



3
Shortest: A
Quickest: A

Nobody who filled in the routechoice form seemed to get caught out by trying to go straight only to find you couldn't!

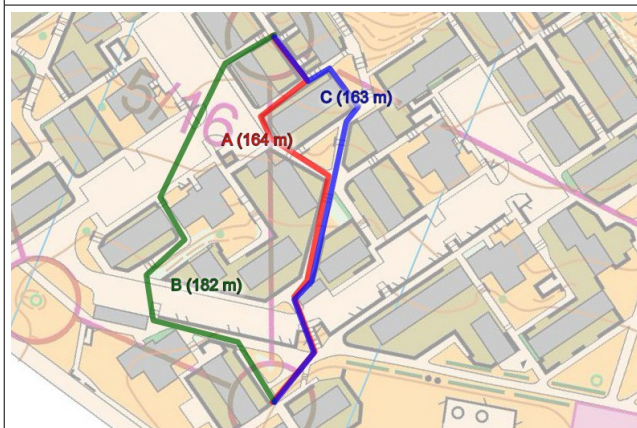
A: 69% C: 31%



4
Shortest: A
Quickest: A

Not much in it. Simpler leg, time to look ahead at next routechoice.

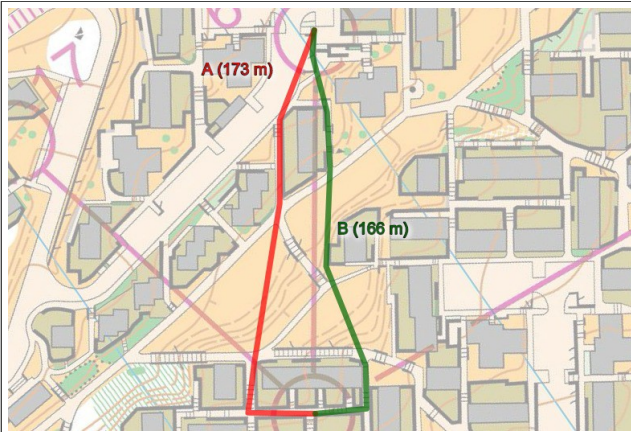
A: 69% B:31



5
Shortest: A/C
Quickest: A or C

In fact looking at this again starting on A and crossing to B near to the control is probably quickest – the alley leading into the control on A was very small with steps which slows you down.

A: 54% B:15% C:15% O: 15%

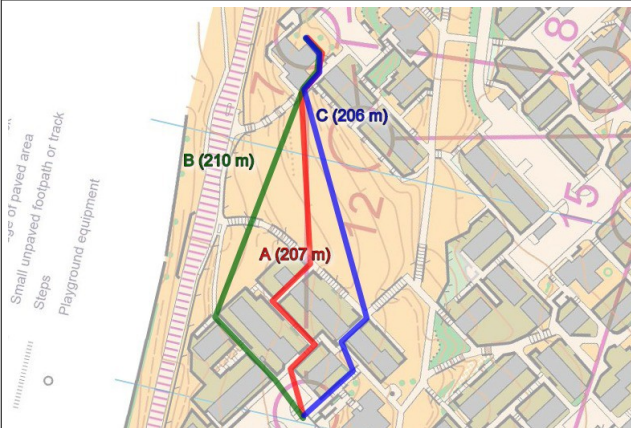


6
Shortest: B
Quickest: A or B

Not much in this. Especially as the shortest option B goes down steps at start and has more climb on leg.

A lot of people took A or started out on A. This will probably have something to do with people coming in to no.6 from the SE side and therefore are more reluctant to go out the way they came into the control. Sometimes this is a disadvantage but in this case probably helped.

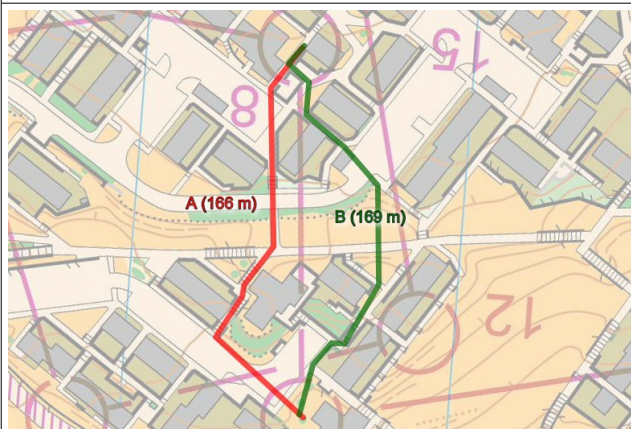
A:69% B:8% O:23



7
Shortest: C
Quickest: Any

Really not much in this. A and B have more steps, C has less steps and less turns but slightly more climb. Better to make a decision fast and stick with it. You had to make sure to approach control from right hand side of building immediately before it as uncrossable wall blocked left route.

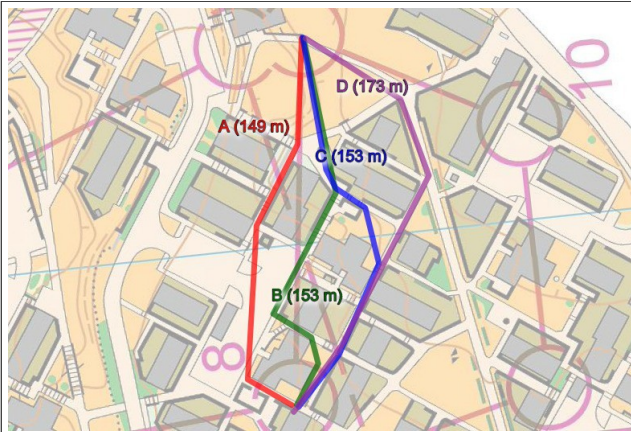
A:38% B:23 C:23 O:15



8
Shortest: A
Quickest: A

A has just one main turn otherwise is fairly straight running. This both helps with maintaining higher speed and making the navigation simpler.

A:62% B:38 O:0



9
Shortest: A
Quickest: A/ B/C

Again not much between A,B,C. I prefer A though as once you've spotted the gap between the buildings on the far side of the car the navigation for the leg is pretty much over for the leg meaning you can look ahead at number 10.

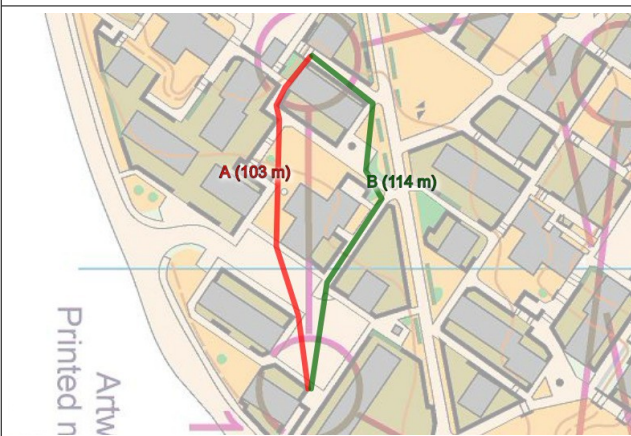
A: 54% B:8 C:15 O:8



10
Shortest: B
Quickest: A or B

Little between the options. Marginals – you can see control from further away on B but A means you can run through it (save a second or two with touch free...)

A:80% B:20



11
Shortest: A
Quickest: A

Arguably B was marginally easier to navigate as you hit one of the main pathways running straight through the area. Also hard to tell what green area will be like on A, if bad you'd have further to go and steps to negotiate.

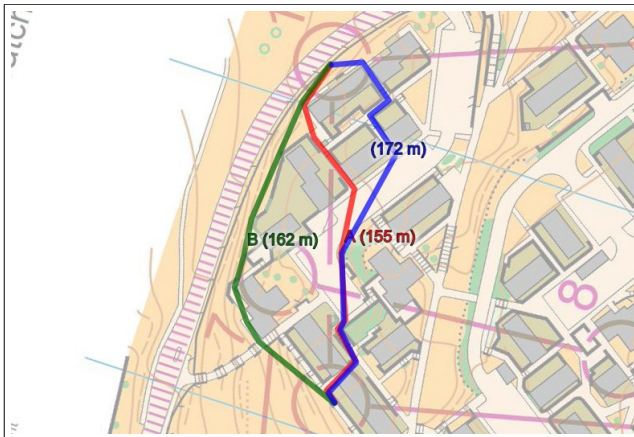
A:40% B:60%



12
Shortest: A
Quickest:A/B

Keeping in contact with the map was important here as it's easy to get confused on the longer legs,

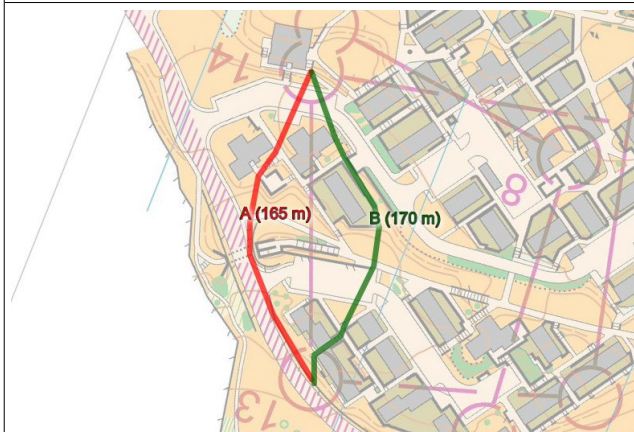
A: 50% B: 20% C:22% O: 10%



13
Shortest: A
Quickest: A

Interestingly B wasn't much longer than A and was certainly easier to navigate. This comes down to the S-shape in A's route – the fact it crosses over the straight line between the controls and distorts how long the routechoice is. B does have more climb though so A is still quickest even with the turns and greater navigational element.

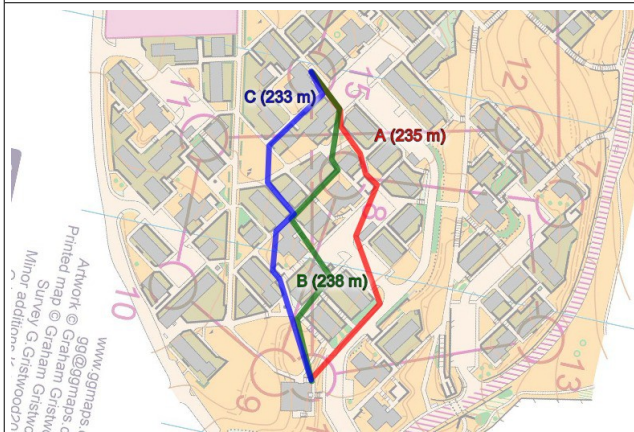
A: 80% B: 10% C:10% O: 0%



14
Shortest: A
Quickest: A

One of the controls most people ticked 'other' box for routechoice. There seemed to be 2 other favoured routes. One even further left, sticking more to the roads. And the second taking B to start with and the cutting left after the uncrossable fence.

A:40% B:20% O: 40%

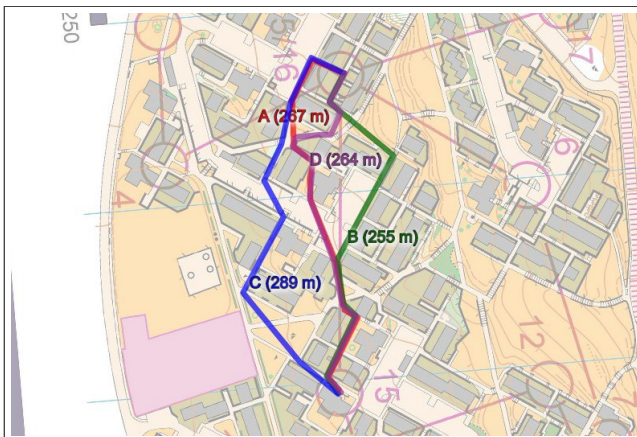


15
Shortest: A/C
Quickest: A/C

A lot of options here. I like A because a good chunk of the route is in the car park where you can see further ahead meaning less decision making and more speed.

Another route taken by some was following the road all the way to the right. The route is longer butt the navigation simpler. For some people this option would certainly be the fastest.

A:58% B:17 C:0 O:25

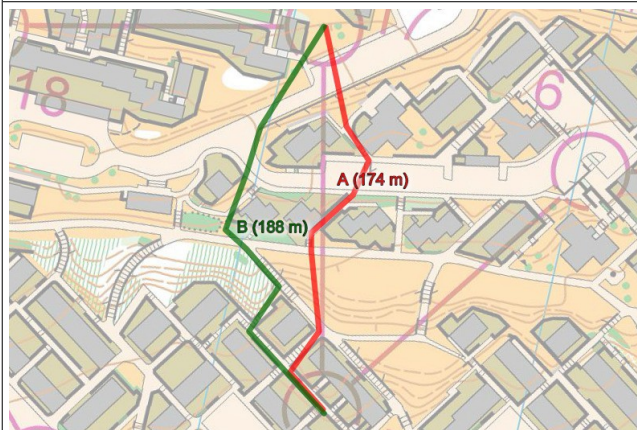


16
Shortest: B
Quickest: B

Another big variation on the route choice but generally the differences between the options was fairly small.

Here the car park halfway through the leg helped to break the leg down into 2 distinct sections.

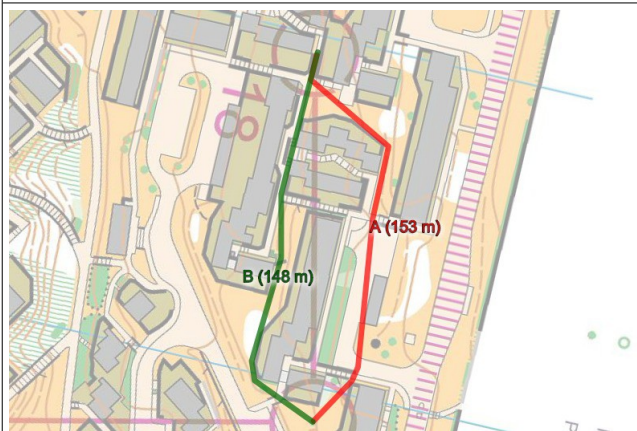
A: 17% B:17 C:25 O: 42



17
Shortest: A
Quickest: A/B

A is considerably shorter but is it quicker? It involves 2 steep climbs and more fine navigation. Hard to say. But people seemed to prefer B.

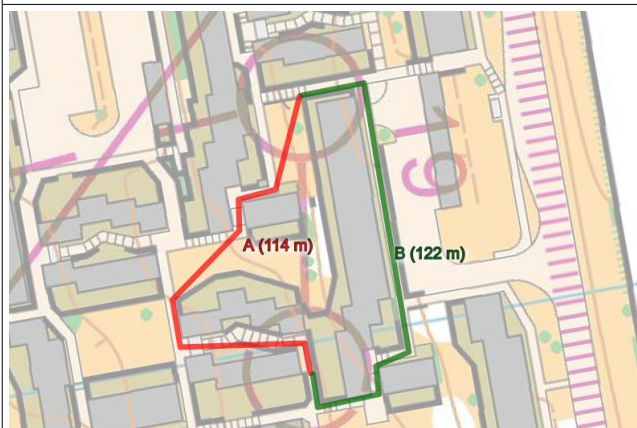
A:31% B:46 O:23



18
Shortest: B
Quickest: A/B

Not much between the routes.

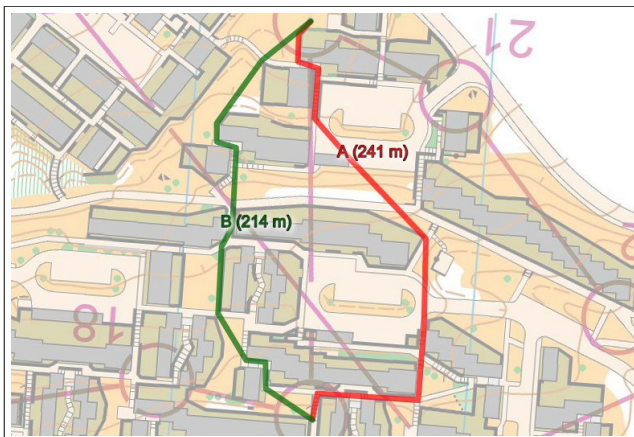
A:23% B:62 O:15



19
Shortest: A
Quickest: A/B

A has more steps and more navigation. With B you can 'follow the wall' by just keeping the walls on your left hand side you hardly need to think of the navigation.

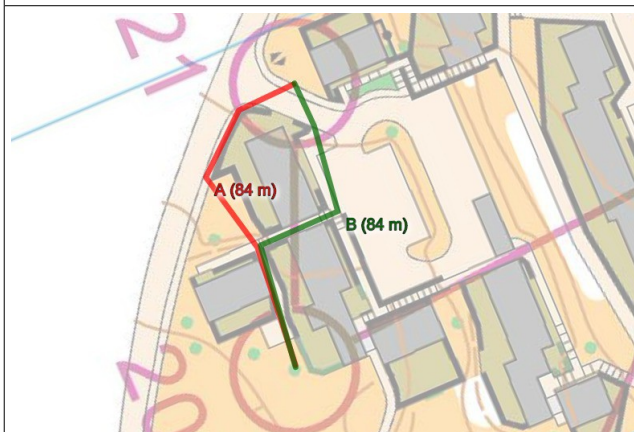
A:23% B:77 O:0



20
Shortest: B
Quickest: B

When I pre-ran the course I took A... but in hindsight B is certainly better as the difference in length is considerable.

A:36% B:45 O:18



21
Shortest: A/B
Quickest: A/B

Lot's of people avoided the alley at the start of the leg and went straight to the road. Not much in it but seconds can count!

A:17% B:42 O:42



22
Shortest: A
Quickest: A

First route everyone took the same route choice.

A:100% B:0 O:0