

## Stirling Old Town Sprint 27/9/17 Routechoice Analysis

Long: 18 people completed the routechoice form  
Short: 1 person (missing controls 9-12 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.worldofvo.com/2d/courseplanning.php>

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

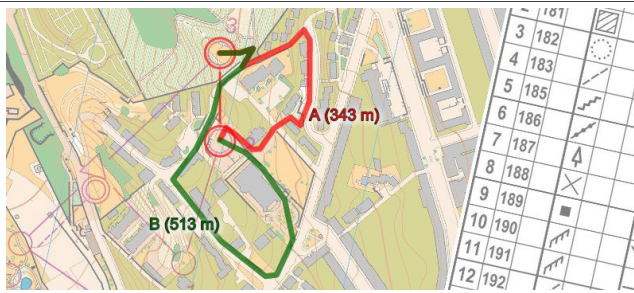
### Summary

There were 4 main things that came out of the analysis of this sprint.

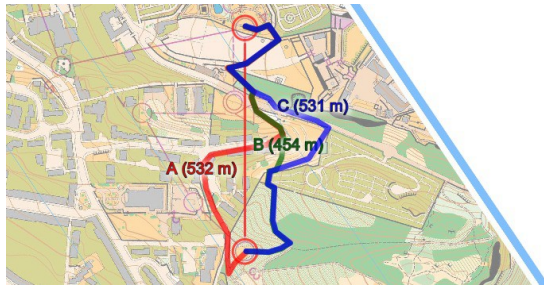
- 1) The need to decide on your route before starting the leg. This doesn't mean you need to remember the route so you could run it without a map. Just that you have identified a complete route with no uncrossable features in the way. (Eg control 2)
- 2) Unlike many sprints the contours made a significant difference to routechoice.
- 3) Steps are slower, plus you can't read your map on them (Eg control 11).
- 4) Sometimes the routechoice wasn't between the controls but over sections of the leg – here it can be harder to determine which route is best. (Eg control 14 on Long)

If you have any questions you can contact me (Chris) at [developmentofficer@fvo.org.uk](mailto:developmentofficer@fvo.org.uk)

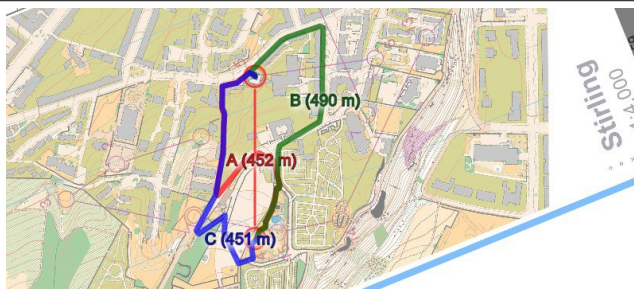
	<p>1 Shortest: A Quickest: A 'A' was a lot shorter. Quite a lot of people missed the gate from the alley into the open. Running down the alley required concentration due to the steps/steepness/unevenness so maybe this led to people missing it? A: 89%(took this route) B:5% C:5%</p>
	<p>2 Shortest: A/B Quickest: A The critical element on this leg was to identify you couldn't get in from the road to the west of the control – before you started the leg! A quarter of people made this mistake. Here A and B are the same in length but B would have meant more uphill running. A: 74% B:0 C:26%</p>



3  
 Shortest: A  
 Quickest: A  
 East was the only real option here. Some people missed the alley/steps and ran an extra 60m.  
 A: 84% Other:16%



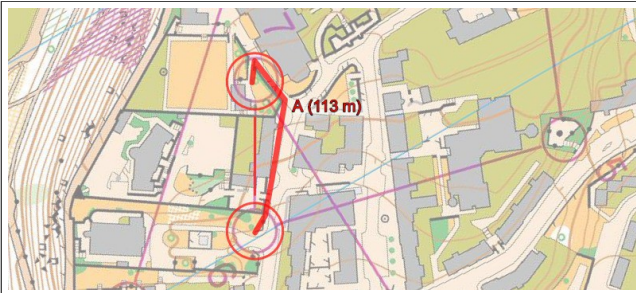
4  
 Shortest: A  
 Quickest: ?  
 Which was quicker? Difficult to tell even with people's routes and splits. The shortest route has more climb plus tricky to judge how fast the indistinct path will be before you get there.  
 Although I took A I was distracted by an angry dog approaching 3 and didn't plan ahead properly (yes I should have stopped at 3 to look properly). I think if I ran it again I'd take B but a tough decision even with hindsight.  
 A: 47% B:11 C:37 O:5



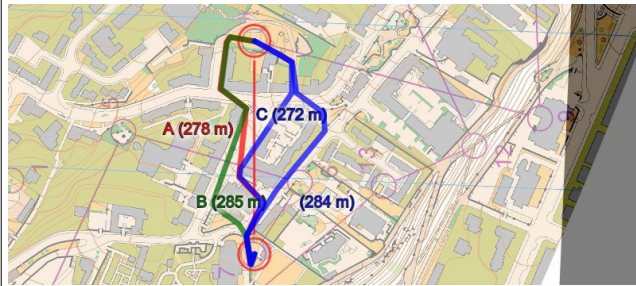
5  
 Shortest: A/C  
 Quickest: A or B  
 A is 40m shorter than B but B offers faster running plus easier to plan ahead due to being simpler to execute. C has more climb although does have the advantage of going where you had already been however I don't think it is worth it with the extra climb.  
 A: 47% B:16% C:37%



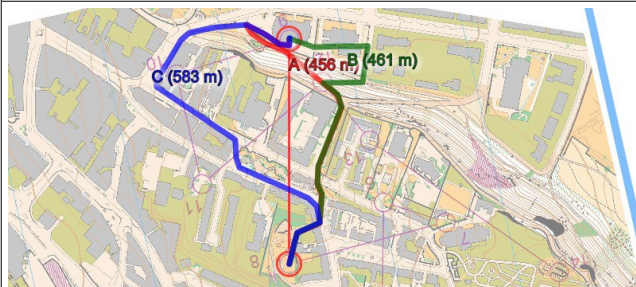
6  
 Shortest: A  
 Quickest: A  
 Not much in it but A is quicker.  
 A:84% B:11% O:5



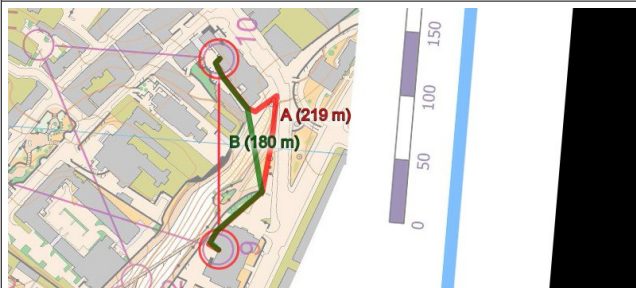
7  
Shortest: A  
Quickest: A



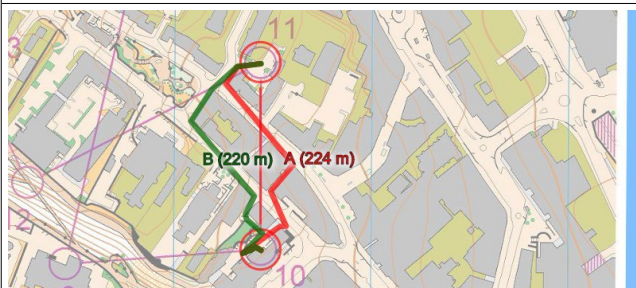
8  
Shortest: A/C  
Quickest: A/C  
  
Routechoice but not decisive.  
  
A:42% B:26 C:21 D:5 O:5



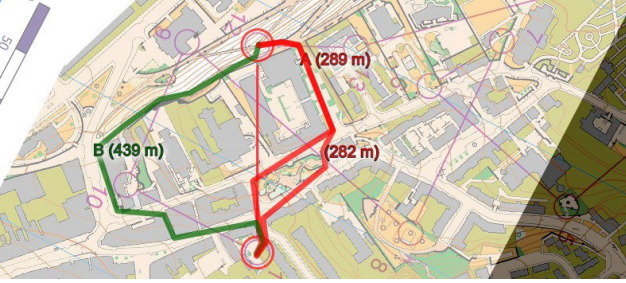
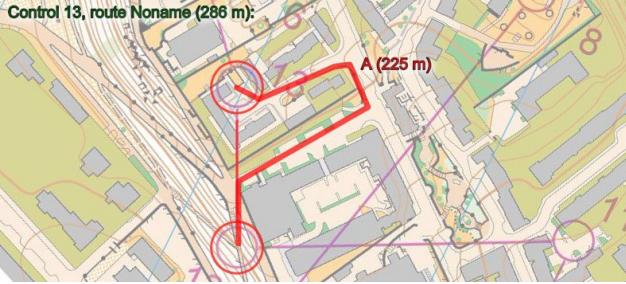
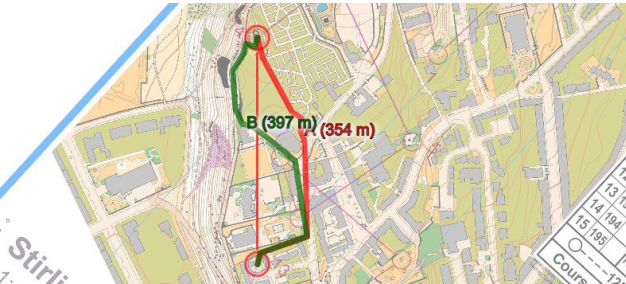

9  
Shortest: A/B  
Quickest: A/ B  
  
Nothing really between A and B. On this leg you had to spot the gap between 12-13 and the uncrossable fence before the control – although it didn't matter which way round the fence you went.  
  
A: 68% B:26 C:5

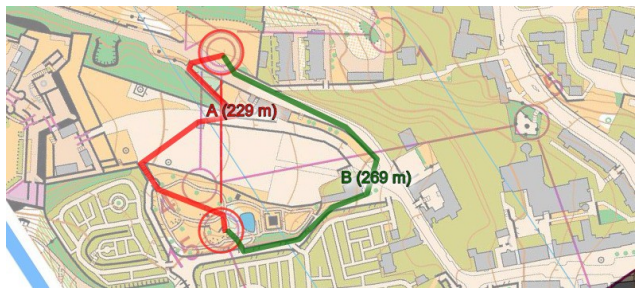


10  
Shortest: B  
Quickest: A or B  
  
Which was quicker? How many actually considered going straight?  
  
A:95% B:5



11  
Shortest: A/B  
Quickest: B  
  
Like in other sprints in the series A looks shorter but A has an S-shape to it (crossing the line between the controls) which adds extra distance without it seeming to. Plus both climb the same number of contours.  
  
Even so the routes are similar in length but I think B was quicker – Lewis was one of the few to take this route and his position on

	<p>this leg was much higher than his average. The main reason being you didn't have to run down a narrow alley with steps – ie your average speed could be much higher.</p> <p>A:74% B:21% C:5%</p>
	<p>12 Shortest: A/C Quickest:A/C</p> <p>Routechoice was fairly straightforward.</p> <p>A: 72% C:28%</p> <p>NB: C is leg to SE on map.</p>
<p>Control 13, route Noname (286 m):</p> 	<p>13 Shortest: A Quickest: A</p>
	<p>14 Shortest: A Quickest: A</p> <p>At first glance the difference between routes looks marginal but at 40m is a significant difference. The S-shape route is back again! Here you need to assess the routechoice from where the routes split from each other – then it is much easier to see a difference.</p> <p>A:78% B:22%</p>
	<p>15 Shortest: A Quickest: A</p> <p>The crags are impassable so the routechoice really starts from the east side of the circle where the crags stop. Looking at it from here makes picking the correct route easier.</p> <p>A:72% B:17 C:11</p>

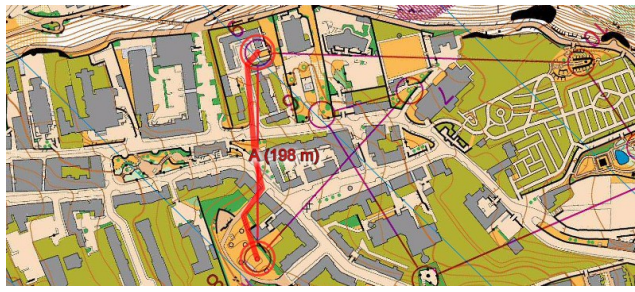


F  
Shortest: A  
Quickest:A/B

I was going to write A is quickest but I've put them down as equal because Jamie ran the quickest time on the night with B! Although Jamie had been running slightly quicker during the whole course than everyone else.

B offer flat smooth running opposed to the up, steps and cornering on A.

A: 84% B:11 C:5



Extra Short Control