

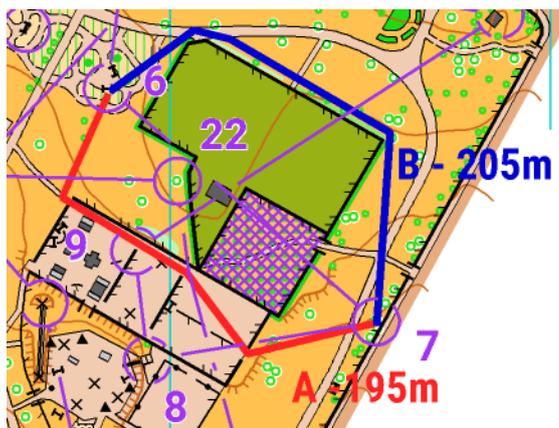
Potternewton Park 9th June 2021 – Wed eve sprint event – Planner's Notes.

Thanks everyone for coming to Potternewton this evening. Although not a completely new map, I think it's the first time we've used it for an informal event. I hope that everyone enjoyed it – it was certainly a contrast for those who'd done the British Middle distance/Northern Champs events at the weekend! A particular welcome to those newer runners who came along to join in the fun – I hope you enjoyed it and to see you all at future events.

Please do everyone add your routes on to Routegadget – see the link on the event page.

Given the available terrain in Potty Park, I realised that in order to make it a bit more than just a couple of loops around the park it needed a bit more terrain to give some extra difference, so when I updated Mike Cox's old map, I also added the streets to the West which allowed for the route choice option on 16-17. My apologies for the few minor map errors (in particular the missing trees!), I've now corrected them, so you can play spot the difference with the map on Routegadget should you wish...

I tried to make the planning as challenging as the area would allow, with lots of changes of direction and a mix of leg lengths and I deliberately hung the controls on the 'wrong side' (to your running direction) of features to ensure that you had to be accurate and if you missed your line and overshot, it would cost you precious seconds.



The 12-13-14-15-16 loop was designed to see how close to the straight line you could run. If you'd run the perfect line for all legs, I think the minimum practical distance (as measured in OCAD) that you could run was 4.57km. I think Alice ran 4.6km according to her Garmin, which is probably as close to perfect as possible!

In general, the legs around the tennis courts area were all slightly shorter going through, rather than round, for example 6-7 (left). The key was to make a quick decision and not waste time making your mind up!

The main talking point, as I expected was the route choice between 16 and 17. Measuring the leg in OCAD shows that the southern route, despite looking longer, was actually about 15m shorter and a little less climb, and that included not running around the play area where #3, #26 and #27. If instead you ran around the fenced off area, then you'd have run an extra 30m in total to the southern route.

For both legs 18-19 and 19-20 taking the southern routes were shorter too – only fractionally, but in this type of race, I wanted to make the seconds count and penalise any slight mistakes.

The Orange course broadly followed the same legs as the sprint course, just omitting the legs along the streets, so well done to everyone who completed that course too. You had some tough sprint legs on that course this evening.

Thanks to David for his usual sterling work on SI and for taking payments and finally thanks to everyone who collected controls: Fay, Chris, Gwyneth, Patrick, Rebecca and Rob – it made it really made life easier and quick to pack the event up at the end. Offers to collect controls are always most welcome!

Hope to see everyone at Ilkley next week.

