

# Braco Night Event 22.11.17

## Analysis

### Summary

- 1) The old fort at Braco certainly becomes more interesting at night. On the long legs the compass is essential – straight is nearly always quickest so being able to hold your line is important to run your best race here. When you can't see far ahead, check the compass more often!
- 2) In races take routes you feel confident in executing well. Go training to feel more confident taking harder routes in races :)

Long: 4 GPS tracks

Short: 2 GPS tracks

[Quick Link – Rewatch everyone here on map from Long 1](#) Click Play to start in the top right. To restart all the runners from one place click in the map.

The analysis below was done using 2drerun, the links below let you open the maps to replay routes etc. Select all the runners you want to watch. Further help on 2drerun can be found [here](#).

### [Short Course](#)

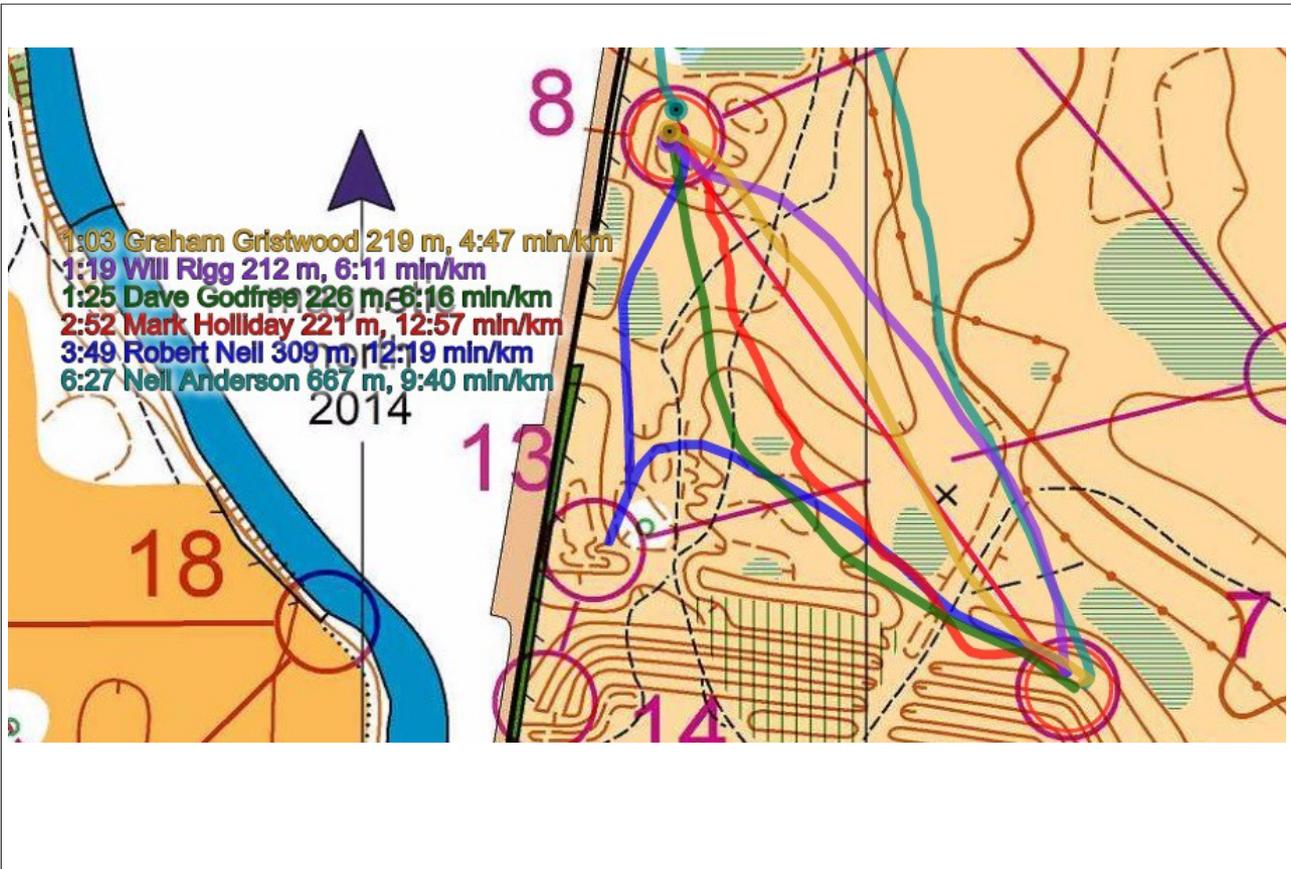
[Long 1](#)

[Long 4](#)

### Notes:

- For various reasons it was harder to analyse this weeks data.
- Mixture of legs from Short and Long courses.
- The times in the map segments are calculated from GPS and not the timing system so are not super accurate.

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



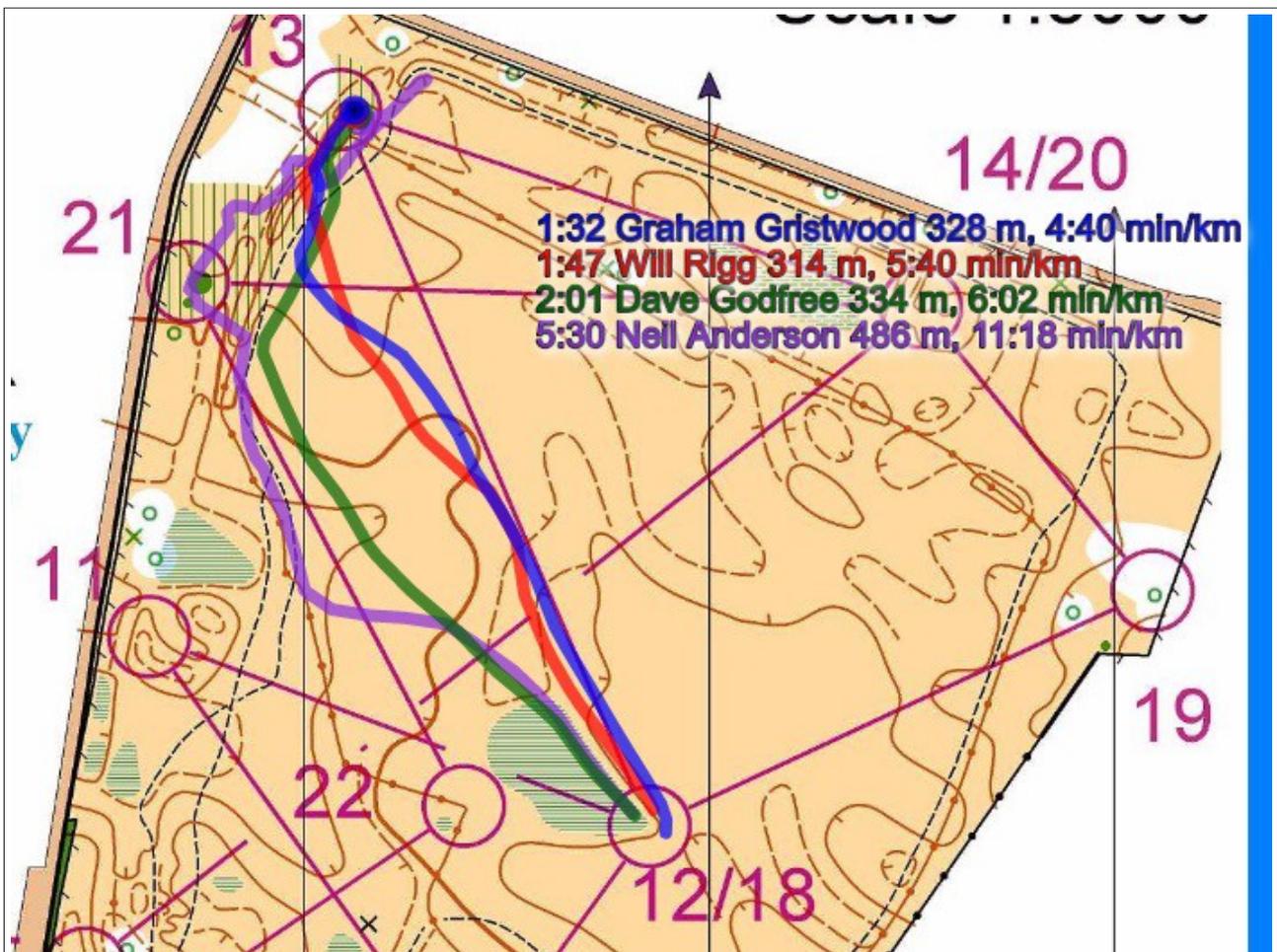
8. (short) 11 or 18 on long

There's a few options for this leg. Executed well the fastest in straight, as shown by Graham. There is a subtle re-entrant pointing towards the control but at night it may be difficult to distinguish so checking the compass often is wise.

If you don't back yourself to accurately go straight then going left of the line looks like a good option. Here you stay slightly higher and then drop down spur with the path on which is pointing towards the control. Then you just need to maintain direction (possibly with help from the compass) until you hit the hill where the control is located.

Robert (blue) goes too far left and gets distracted by another control. Looking at the map how could Robert have been more confident that the control was further north and not actually south just before he started heading to 13?

Neil (tourquoise) goes too far right. Going right of the line is more difficult (whether you mean to or not). There are less features to help guide you and it's easy to go a lot further than the control. Instead it is hard to go a long way wrong going left of the line – you end up hitting the fence (catching feature)!



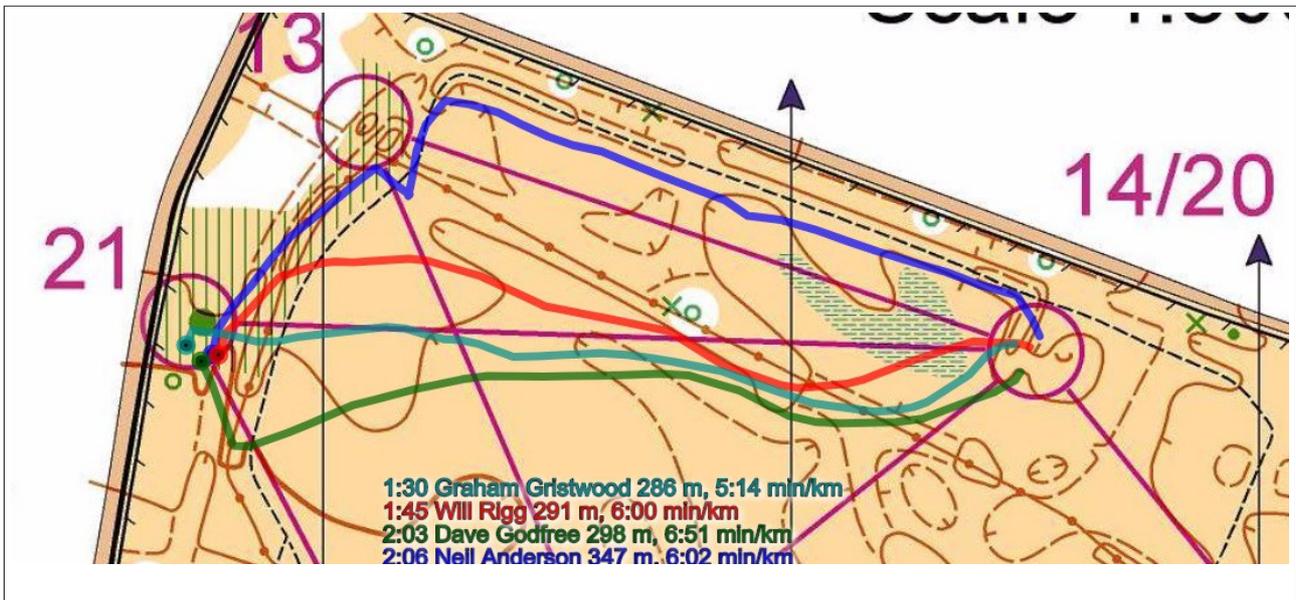
13 or 20 Long

Here the best route option seems to be to stay just left of the line and then turn right into the control once you hit the path. It's vague getting to the path though so keeping good direction with the compass is important.

Neil executes leg 12-21 almost perfectly – unfortunately that wasn't the leg.

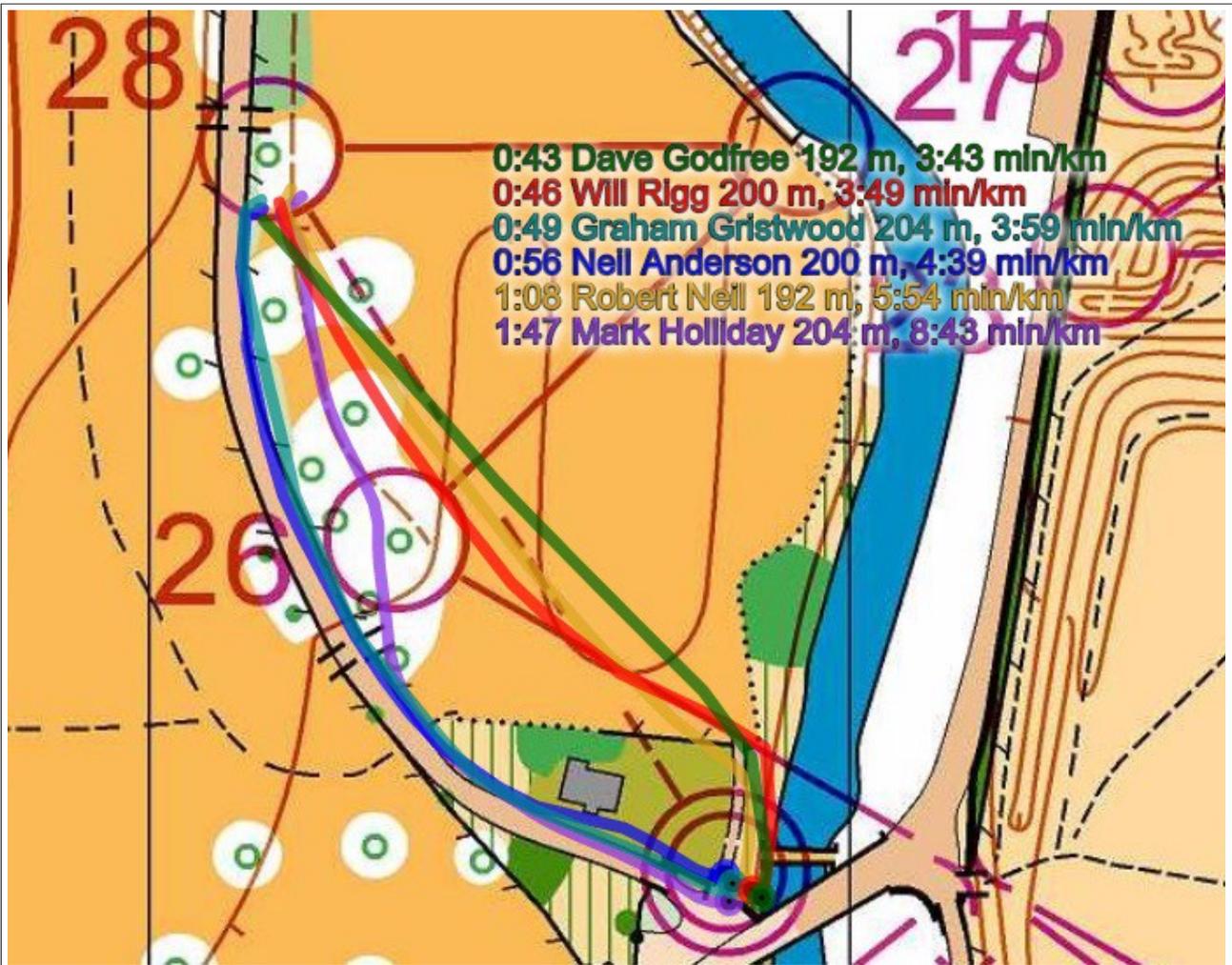
Although it may not have been Neil's mistake, misreading which control you're going to next happens, I did it just last week myself. If it does happen take a moment to make a new plan from where you currently are to your control – rushing off when you realise you make a mistake like this just increases the chance of making another mistake.





21 or 14 Long

Holding good direction in the second half of the leg is tricky here. Both Will and Dave go slightly off line whereas Graham holds the direction much better.



Finish

Left or Right?

Left seems quicker and shorter but not enough data to tell.

Chris Smithard 30/11/17