Sprint Camp 2025 - Route Choice Analysis

Princess Park - 3 to 4 and 9 to 10 on the course we didn't run due to ice

Bonus armchair orienteering!

Princess Park - 3 to 4 on cancelled elite course

Red: 556m / 16m
Blue: 584m / 18m
Green: 581m / 12m
Orange: 634m / 12m

Initially I thought red/blue was pretty 50/50, but red wins in both distance and climb! However it just looks so much less appealing to go uphill on the road straight after doing the uphill along the trail - but it's worth it!

Blue is probably faster than green due to the harder running surface on the road vs forest, even though you have a bit more climb.
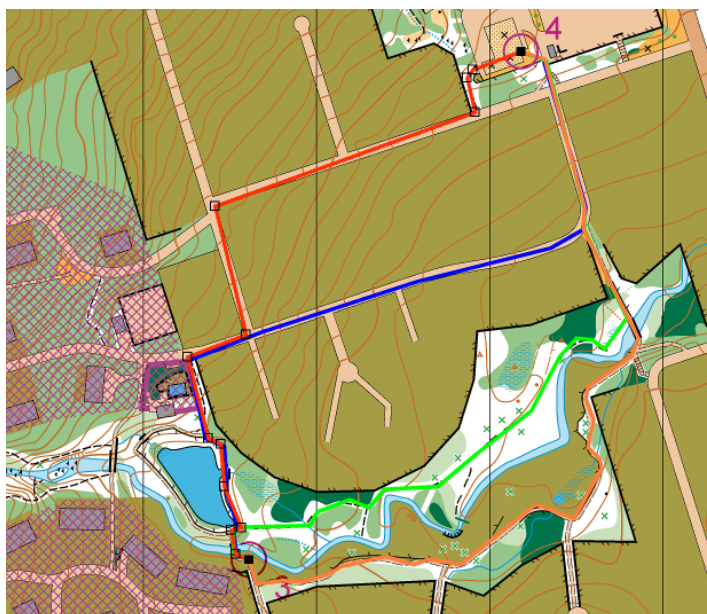
Princess Park - 9 to 10 on cancelled elite course

Red: 1069m / 54m
Blue: 1089m / 52m
Green: 1122m / 52m

Not much in this one, and it's surprising that red/green have such similar climb to blue. I guess the blue climb is very obvious and all in one place, while the red/green is a bit more stealthy - along the road and then dropping down to river level.

	Prin	
	Elite	
▷		
1	45	
2	37	←
3	47	→
4	41	
5	38	
6	43	
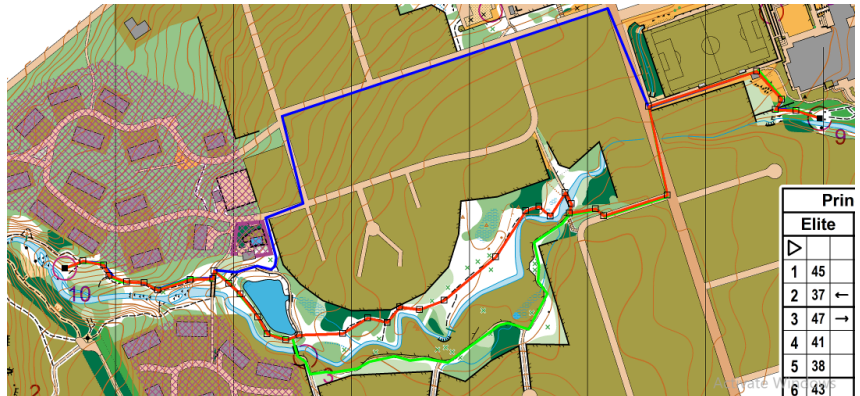
## Princess Park - 6 to 7 on both the new courses

Red: 495m
Blue: 479m
Green: 501m
Orange: 518m

Apologies for the dodgy mapping north of the river. The original courses didn't go anywhere near this area, so I didn't update the map much. Sorry if you were affected by fences that were higher than expected or vegetation that was thicker that expected. (And I didn't really expect anyone to run straight across the freezing cold river at the first race of the day!) I only made the decision to re-plan the courses on Thursday night, after seeing just how treacherous the ravine had gotten. Given the courses were planned in 90 minutes (from getting home to submitting to the printers) I'm pretty happy with how they turned out!

14	39	←		/	/	Y
15	40		/			T
16	52	▲				O
17	31	↗				⌐

O---- 30 m --->◎
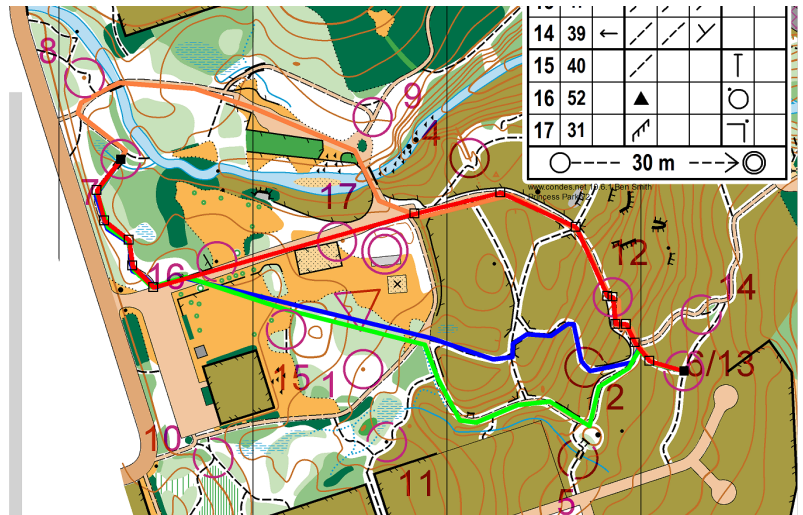
Lonsdale - 2 to 3 on loop 1
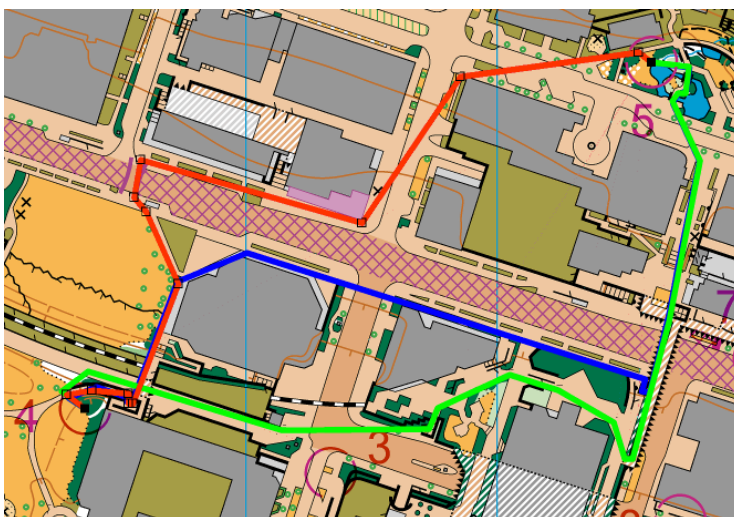
Red: 254m
Blue: 284m
Green: 281m
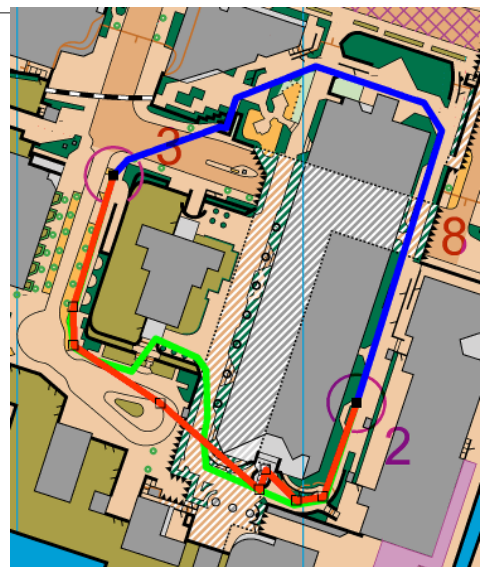
Lonsdale - 4 to 5 on loop 1

Red: 462m
Blue: 533m
Green: 539m

Note that the eastern bridge is mapped as passable on both levels - you can either go up the stairs and then cross the bridge (as shown for blue) or cross the street and then go up the spiral stairs on the other side of the street (not shown).

If the lower crossing was illegal the area would be mapped like this instead (the sides of the bridge would be shown with solid black lines instead of triangles, and there wouldn't be any white stripes):


Lonsdale - start to 1 on loop 2

Red: 487m
Blue: 528m

I had a LOT of people ask me how they would know that #1 is on the upper level.

The main thing is that only the upper level is mapped in any detail (according to the international orienteering mapping standards). The only symbols that apply to the lower level are the white stripes (showing that the lower level is runnable), tunnel dots (showing the extent of the lower level), triangles (showing where you can get in to and out of the lower level), and a rarely seen long dashed line (that may show the

edge of a road/path on the lower level if it's not obvious where it goes and the area is really big). Sometimes uncrossable walls also apply to the lower level, but that's a whole other can of worms we won't get into here.
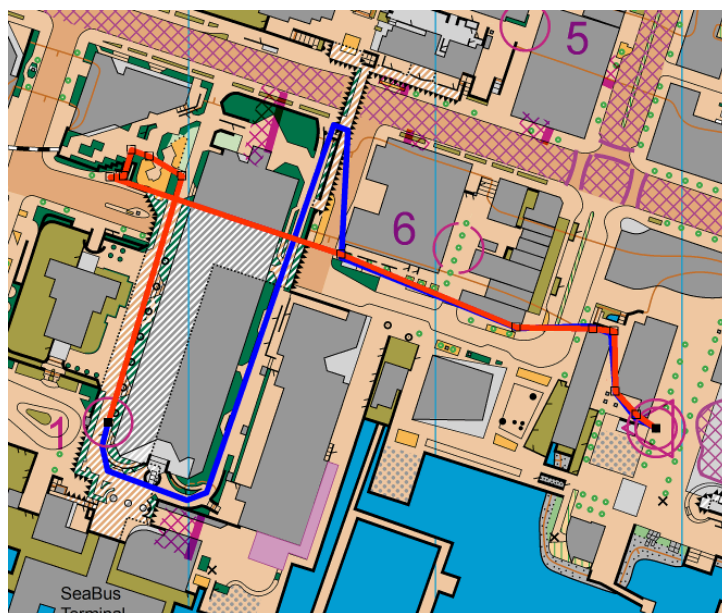
In this case the control description mentioned a fence, controls must be placed on mapped features, fences can only be mapped on the upper level => the control must be on the upper level. Sometimes course planners will use the "upper" or "lower" symbol in the control descriptions to help in ambiguous cases, but it's not super common.

If the description mentions canopy/tunnel/wall/stairs then you may need to do more analysis to figure out which level it's on. Same applies if the control circle is right on the edge of the white stripes. Otherwise it's most likely going to be on the upper level.

## Lonsdale - 1 to 2 on loop 2

Red: 480m
Blue: 500m
Green: 468m
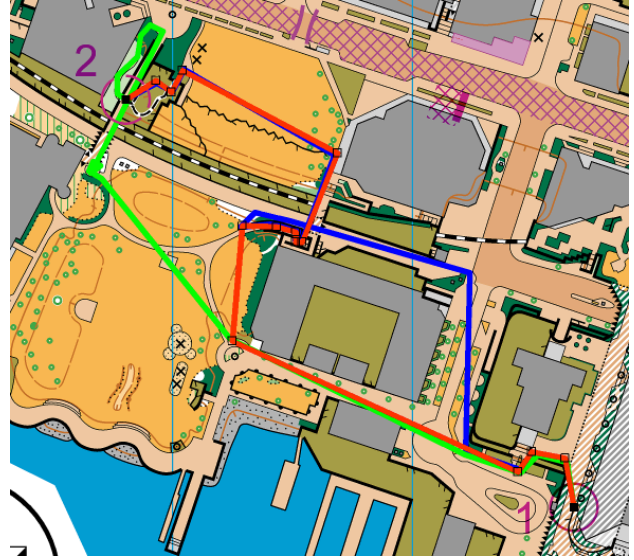
Lonsdale - 3 to 4 on loop 2

Red: 381m
Blue: 397m

If you wanted to execute blue, did you understand that you couldn't leave the parking lot in the NE corner?

A useful trick (if your map is compliant with ISSprOM mapping standards) is that if you enter a lower level via a "shark tooth" triangle, you also have to LEAVE the area via a triangle. You enter the parking lot via a triangle that's in the control circle at #3, but there are no triangles in the NE - only the NW and SE. So you have to leave via one of those two options. The fences in the NE apply to the upper level - remember that there is never any detail drawn for the lower level.
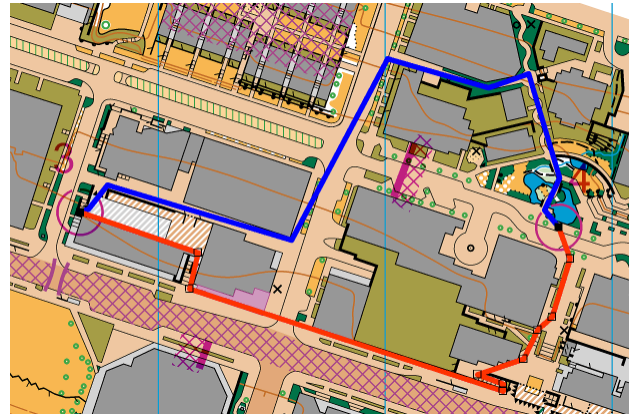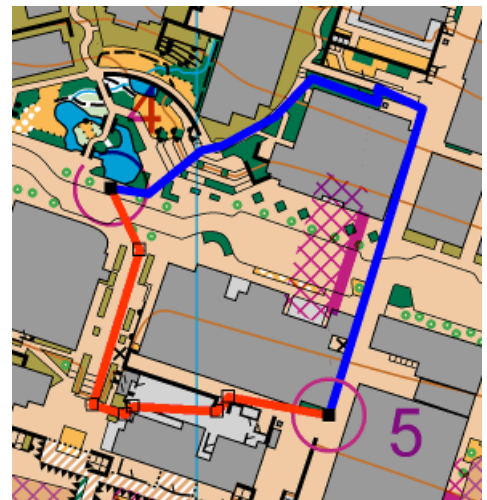

Lonsdale - 4 to 5 on loop 2

Red: 158m
Blue: 230m

The trick here is to spot the way through the covered parking lot. If you don't see it, you're going quite a bit further. It's understandable if you didn't spot it - there's a lot of black lines in the area, and the staircase is quite narrow.

Lonsdale - 5 to 6 on loop 2

Red: 262m
Blue: 272m
Green: 268m

I didn't even spot that green was a valid option until discussing the route with others!

The bridge is passable at both levels. If it was only passable on the upper level it would be mapped like this instead:

The little artificial wall NE of the bridge only applies to the "open air" bit of the sidewalk - there's a way to sneak through like the green route does by running on the bit that's covered!
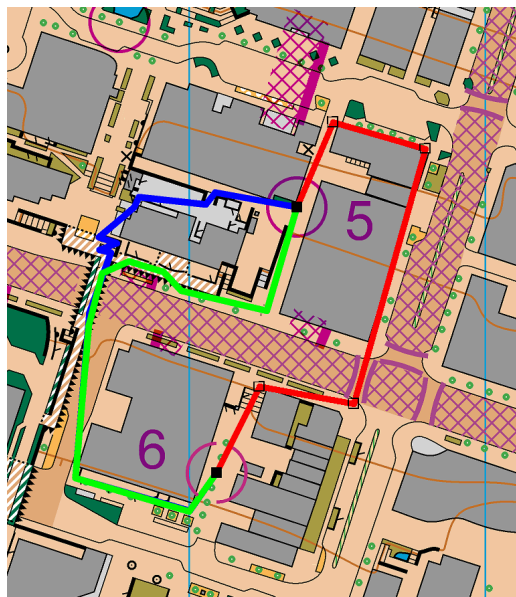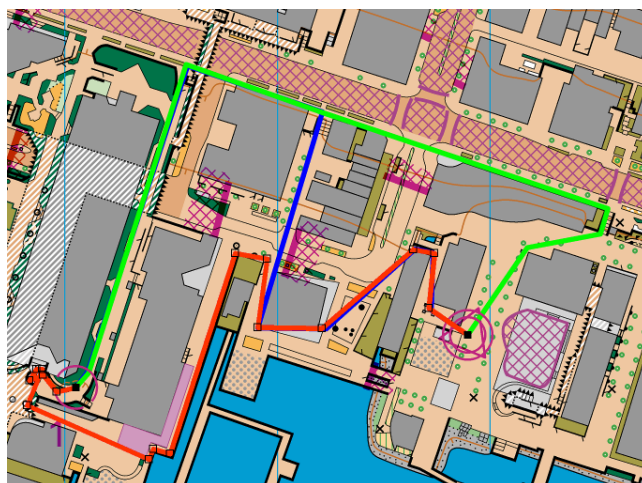

Lonsdale - start to 1 on loop 3

Red: 490m
Blue: 573m
Green: 573m

If you take blue/green, don't forget you take the ramp up to the upper level rather than the stairs up to the bridge!
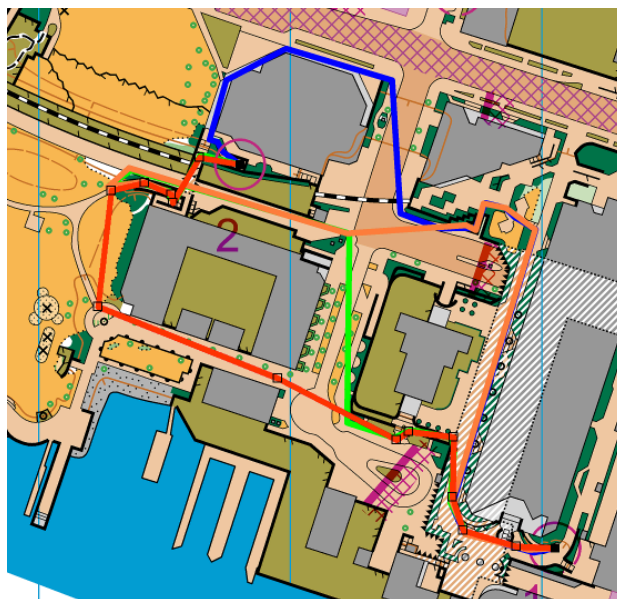
In hindsight I should have moved #1 further north so that the "backwards start" route choice was shortest. Lots of people spotted the wiggly red route, but not many even considered the green one.

Lonsdale - 1 to 2 on loop 3
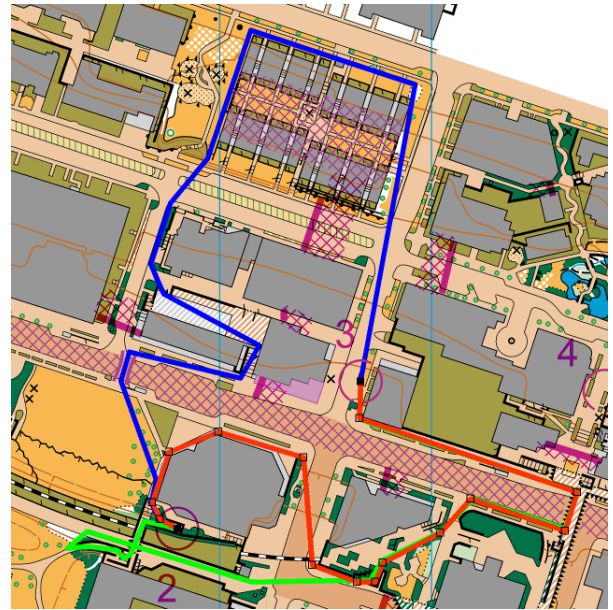
Red: 409m
Blue: 472m
Green: 433m
Orange: 503m

Lonsdale - 2 to 3 on loop 3

Red: 535m
Blue: 692m
Green: 561m

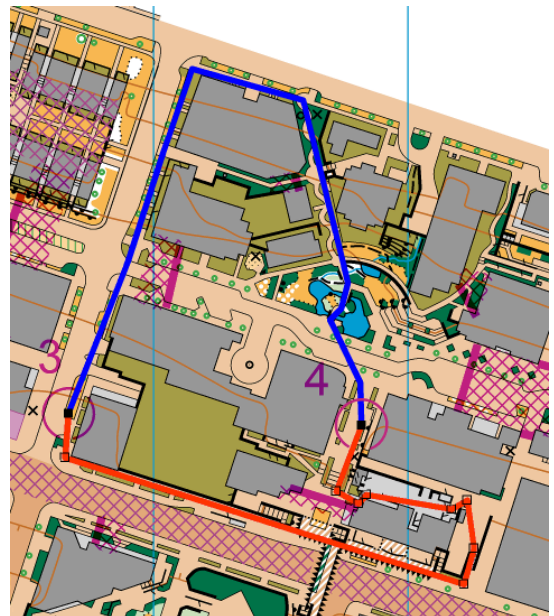If you don't spot the route over the bridge you're getting punished severely!
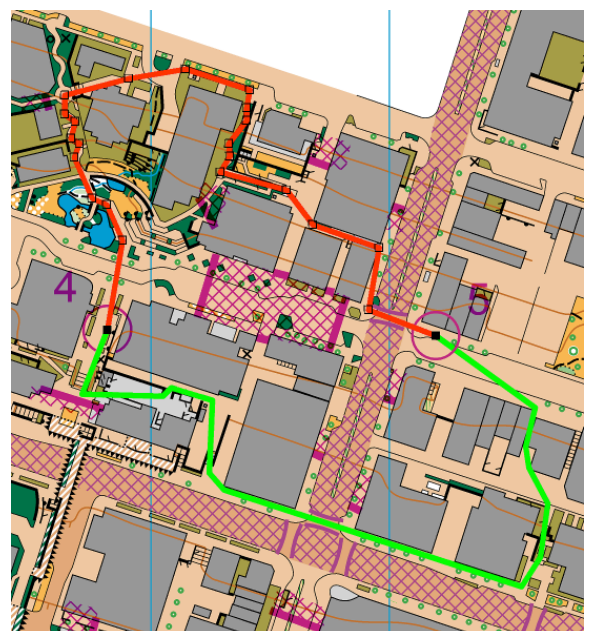

Lonsdale - 3 to 4 on loop 3

Red: 360m
Blue: 389m

Blue also has 8m more climb than red, but it's really fun to run full-speed down that bendy path!
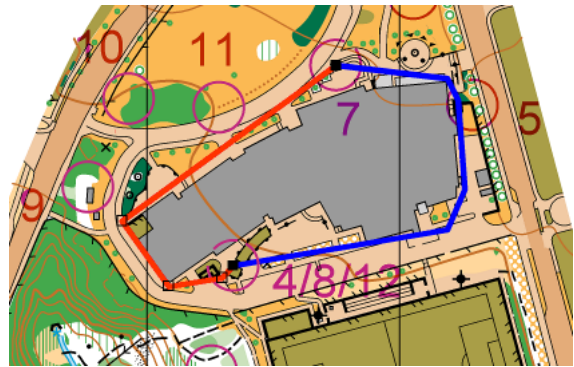

Lonsdale - 4 to 5 on loop 3

Red: 435m
Green: 466m

## Mahon - leg in butterfly loop on both courses

Red: 197m
Blue: 231m

Mahon - leg to the go control on both courses

Red: 610m / 34m
Blue: 763m / 22m
Green: 840m / 44m

Most of these courses were just about clean execution of fairly simple legs, hoping that you'd find time to read ahead for this big decision.

Personally I think it's worth dropping down into the valley and dealing with the extra climb - 150m is a big difference in distance! But it really depends on how gassed you are and whether you think you can push hard on the long slow drag back up the hill.

Note that **hopping the fence** by the playground is **NOT A VALID OPTION**! I was shocked when I heard that some people were doing this. Rule #1 of sprint orienteering is that features mapped with **thick black lines are uncrossable**. It doesn't matter whether you think you can get over it - if it's mapped as uncrossable, you can't cross it. This can be for many reasons - safety, permit requirements, or increasing route choice challenges.
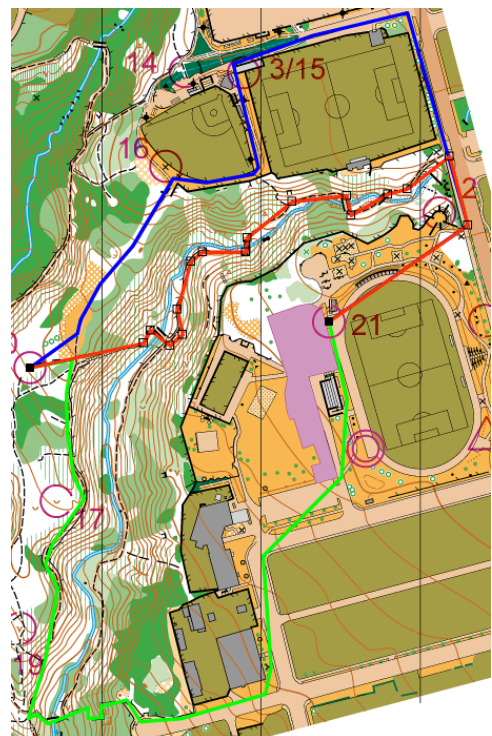
Some of the bigger city races in Europe have had issues getting permits renewed due to the behaviour of a small fraction of competitors (cutting through out-of-bounds areas, hopping uncrossable features, being rude to pedestrians who "got in their way" etc). I'm not saying this infraction is as bad as that, but in different circumstances it could be very detrimental to future use of an area to ignore restrictions that are shown on the map.

So don't cross olive green areas, purple areas, thick black lines or buildings! The full list from IOF rule 17.2 is here:

17.2   Out-of-bounds or dangerous areas, forbidden routes, line features that must not be crossed, etc. must be marked on the map. Where they are not obvious to the competitor, they must also be marked on the ground. Competitors must not enter, follow or cross areas, routes or features drawn with the following symbols:

Forest
ISOM 520 Area that shall not be entered
ISOM 708 Out-of-bounds boundary
ISOM 709 Out-of-bounds area
ISOM 711 Out-of-bounds route (Competitors are allowed to cross directly over an Out-of-bounds route)

Sprint
ISSprOM 201 Uncrossable cliff
ISSprOM 301 Uncrossable body of water
ISSprOM 307 Uncrossable marsh
ISSprOM 411 Uncrossable vegetation
ISSprOM 512.1 Bridge or tunnel entrance (Competitors may only pass under this feature)
ISSprOM 515 Uncrossable wall
ISSprOM 518 Uncrossable fence or railing
ISSprOM 520 Area that shall not be entered
ISSprOM 521 Building
ISSprOM 529 Prominent uncrossable line feature
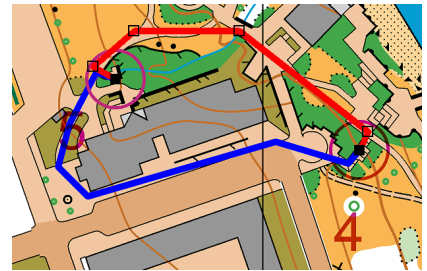ISSprOM 708 Out-of-bounds boundary
ISSprOM 709 Out-of-bounds area
ISSprOM 714 Temporary construction or closed area.
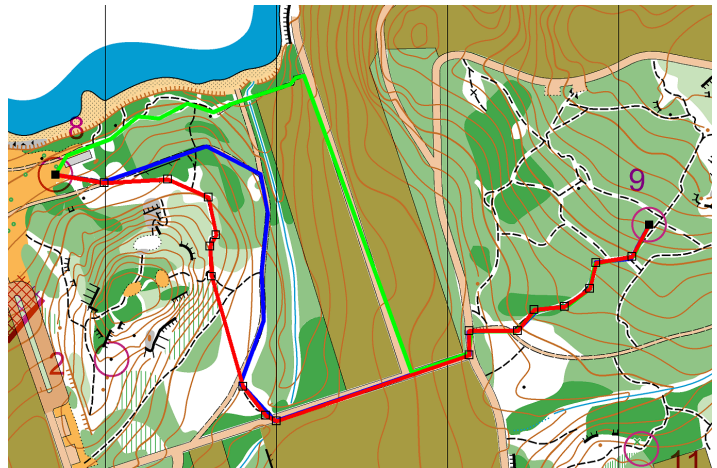
Deep Cove Setup - 4 to 5 on both courses

Red: 152m
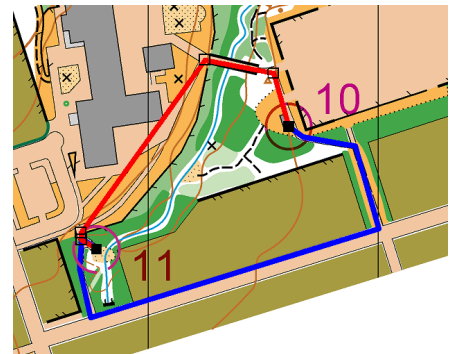Blue: 187m and some stairs

Deep Cove Setup - 8 to 9 on elite

Red: 608m
Blue: 666m
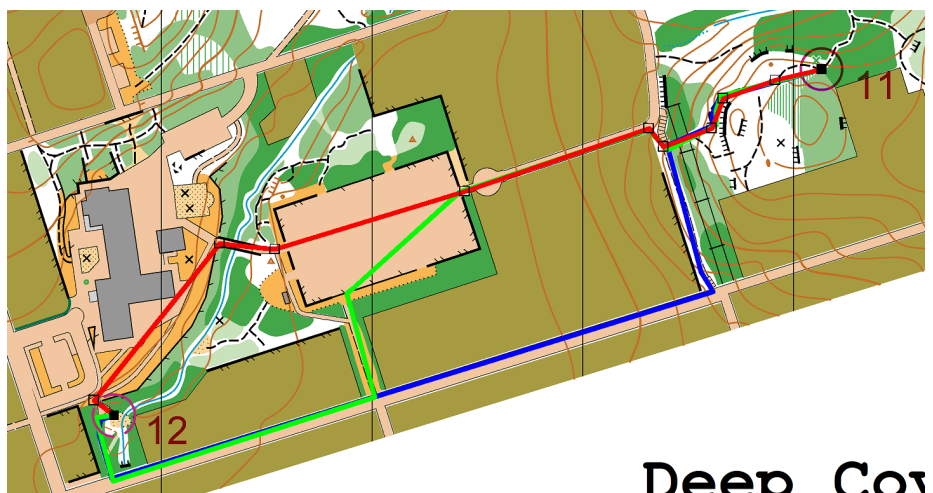Green: 644m

Deep Cove Setup - 10 to 11 on expert

Red: 189m
Blue: 290m

Deep Cove Setup - 11 to 12 on elite

Red: 504m
Blue: 594m
Green: 588m

Deep Cov

Deep Cove Chase

There weren't any huge route choice decisions to make here - just navigate cleanly, run fast and forget about the misplaced control (is it too late to say that this was intentional and was designed to test your ability to re-focus???).