

Grappenhall Heys Training

It ended up as a bit of a games night! I declare Anna and Edie joint first in the O-Twister competition following Adam McC's disqualification for barging in a desperate lunge for a crag. In the pictorial control descriptions W60 Home International competition, I have given the win to Liz (CYM) in a photo finish over Sara (ENG) 😊. Biased? ... Moi?!

Yellow Training Exercises – Recognising map symbols

- There are lots of features and symbols on a map you may not have experienced on the Yellow courses.
- Learn new symbols in a fun way playing O-twister. 16 features to choose from.



- Take home message ... Learn new map symbols so you can identify new features when you are running.

Advanced training exercise

- 50 m or 100 m pace counting exercise on flat grass.
- How do you judge distance during an event?
- Run the pace-counting exercise before the sprints, after the first sprint and after the second sprint.
- Did your pace count change as you got more tired? How do you compensate for hills, terrain, exhaustion and adrenaline?! *This was empirically tested for >10*

competitors last night and there was surprisingly little change in paces / 100 m for all of them. I could show you the stats, but I doubt you'd be bothered!

- Three ways to estimate distance as you progress through terrain:
 - Using features on the map as you pass them.
 - Can use your standard pace / 100m. Requires maths and compensation! You can reduce the maths by adding a personalised pace strip to your compass, as below (20, 40 and 80 paces marked for a 1:4000 map for JH);



- Can use relative distance and pace (e.g. pace to a feature halfway and then double it). Requires less maths and takes into account tiredness etc better. Example below; pace count to the path junction halfway and then run those paces again beyond it before turning right.

