

Thinking Thursdays

For the remaining Thursday evening summer series events, GB orienteer Charlotte Watson, will be planning and organising a training course. Using the existing short and long courses there will be modifications added to the map in some way to add a bit of extra challenge and give a specific focus. If this sounds like something that might interest you then please read on. Specific information for each training session will be posted on the website under the corresponding event.

Who is the training course for?

Intermediate orienteers and upwards. If you're happily navigating your way around the short course then come along and put yourself to the test.

When?

The remaining events in the summer series from Thursday 19th June.

How do I enter?

Enter the course you would like to run as normal.

What time?

Maps will be at the start. Start your course as normal within the event start times.

Weekly info

Thursday 19th July - Graystones

- **Corridor orienteering** - some legs have had some of the map blocked out on either side, giving you only a thin corridor to follow to each control.
- **Aim** - practice running on the red line. To do this you will need to combine your compass skills and contour interpretation. Compass will help you get your direction. Contours will help you judge your height. How far do I need to drop down? Am I going up, down or across the slope?
Come to briefing at 18.00 for more info.

- **Analysis** - Did I manage to stay in the corridor? What information did I feel I was missing in the corridor sections? What information did I use instead? What did I do well? What am I going to try and improve next time?

Thursday 26th July - Knock Murton

- **Donut training** - so called as there is a “donut” of blank map surrounding the control. There are also some “normal legs” in the middle of both courses.
- **Aim** - This training emphasises the idea of an attackpoint. To find the control cleanly it will be important for you to find a feature close to the edge of the donut so you know where you are entering the circle. From here using your compass to get direction and the small amount of information in the control circle; will help you build a picture of what you are looking for. As the terrain is open fell and you can see a long way, in most cases you are able to take information from the terrain and use the information on the map to fill in the gaps thus helping to expand your picture of the control circle.
- **Analysis** - Ask yourself these questions for each control with a tick or a cross. 1. Did I know where I was entering the donut? 2. Did I use a compass bearing? 3. Did I have a picture of what I was going to see in the circle? Pick two that went well (all ticks) and two that didn't go so well (some crosses). Why were they good/bad? Compare the two sets of controls and see if you can find any similarities or differences? What are you going to do to improve next time?
- This kind of analysis is a binary analysis and can be useful when you want to be ruthless in finding out if you executed specific skills or an aim during a training. If you analyse in this way regularly it can also be helpful in seeing patterns and tracking your progress over time.

Thursday 9th August - Threlkeld Knotts

Thursday 16th August - Longlands

- **Contour only map** - a truly contour only map. All features apart from the contours have been removed from the map. This includes north lines, control numbers, control descriptions and any other text have been removed from the map. Therefore you will have to rely primarily on the contours (don't worry there are a lot of them!) to keep the map orientated and find the controls.
- **What skills am I practicing here** - Contours provide a good handrails which can sometimes be missed due to being hidden below other features. For example spurs, reentrants, running on a contour line can all be used as a line feature. One of Thierry's famous sayings is “A contour line can be like a motorway”. During this training you will have no option but to look for those line features within in the contours.
- **Analysis** - highlight on your map which contour shapes you used as line features. Did you find them easy or difficult to pick out from the terrain or the map? How am I going to use contour features better in future?

Thursday 23rd August - Hawse End

- **Mass start** - With lots of people running in different directions and racing against people you can sometimes get ahead of yourself or not take the time to check something when you need to.
- **Aims** - Recognising alarm bells. So when things don't seem as expected or quite right for example the map doesn't seem to fit the ground or you don't know where you're going. In this training the learning will come from the analysis afterwards. Run the training however you want and read on for some analysis ideas.
- **Analysis** - mark a cross on the map when you were feeling anxious or unsure of where you were going. Mark another cross (in a different colour pen) where you stopped and did something about it. Why did you feel unsure? What was it that made you stop? Did you stop as soon as you felt unsure? What did you do when you stopped? What would be the optimal way for you to react to something unexpected when orienteering? How are you going to put this into practice.

- It is important to recognise alarm bells in order to solve the problem as quickly as possible. It is almost even more important to be aware of how we react when things aren't going to plan. Often a small mistake which could be easily corrected can be exacerbated due to panicking or not thinking through what we have done logically. Developing a routine to get you back on track can help with minimising the impact of your mistakes.

Thursday 30th August - Whinlatter