

In previous newsletters I've explained the importance of Leg Analysis and Route Choice; and detailed the basic skills of Orienting the Map, Thumbing the Map, Attack Points, Contouring, Aiming Off, and Relocation that are used to find your way to the control. On this page we'll look at some more 'armchair orienteering' to help practice your Leg Analysis technique.

Traffic Light Orienteering.

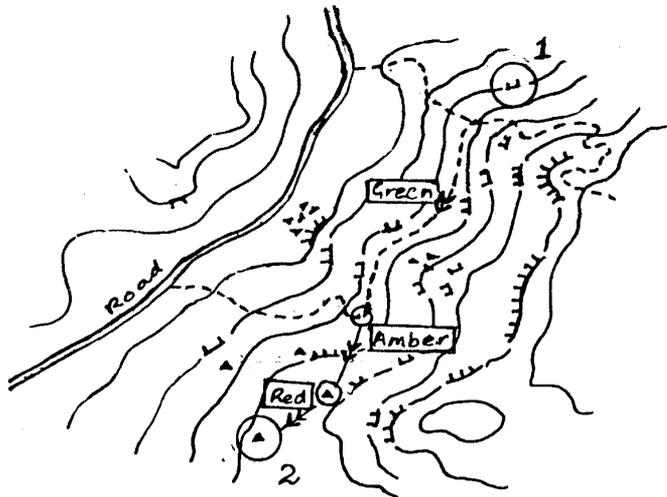
Orienteers often move at the wrong speed— either taking their time when they could be running faster or running too fast when they are close to the control or in an area which requires more careful navigation. Traffic Light Orienteering is the method that we can use to break down a leg into three sections, and try to match speed with the navigational difficulty, whilst still keeping in contact with the map.

GREEN— indicates rough orienteering normally early in the leg where you can run fast in the required direction, to a large catching feature. The navigation would be relatively straight forward so you can afford to run quickly without danger of losing map contact.

AMBER— indicates slowing down; taking more care; moving from the catching feature to the "attack point". The navigation here needs to be more precise so a slower speed is necessary.

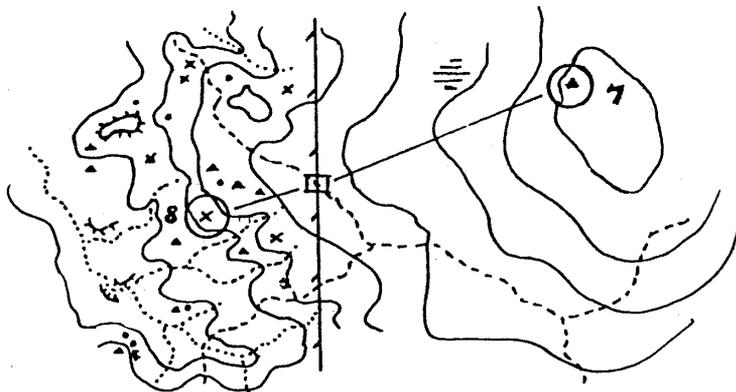
RED— indicates very careful fine navigation from the attack point into the control, often stopping and walking.

Here is an example:



Green along track
Amber track bend to higher boulder cluster near cliff
Red downhill to control last 100m.

You don't have to have a track to run along for the **GREEN** part. The principle can be followed by simplifying the first part of the leg where rough orienteering is to be used so that only the relevant features are considered. In the next example we would see the navigation as rough bearing to where the fence crosses the track (GREEN), the other details don't matter. Then careful navigation to the boulder clusters, keeping the watercourse on the left (AMBER); then fine navigation (including distance estimation) on to the control (RED).



Don't forget the second of the coaching days on Sunday 22nd June at Hawke Mount; and is developed for orienteers at Orange and Red level. The practice activities will be set in short loops to maximise feedback. People wishing to attend need to contact me (49585920) in advance so that maps can be prepared. There will be no easier courses set.

The activities will follow briefing at 10:00 am.

- Geoff Todkill