

# Every second counts!

Until I began orienteering over 30 years ago I had never taken part in any sport, but I enjoyed walking and map reading. So I came rather late to RUNNING! And I try my best to get around a course as quickly as possible. This is so important in a sprint event when competitors' times can be close, even a matter of seconds.

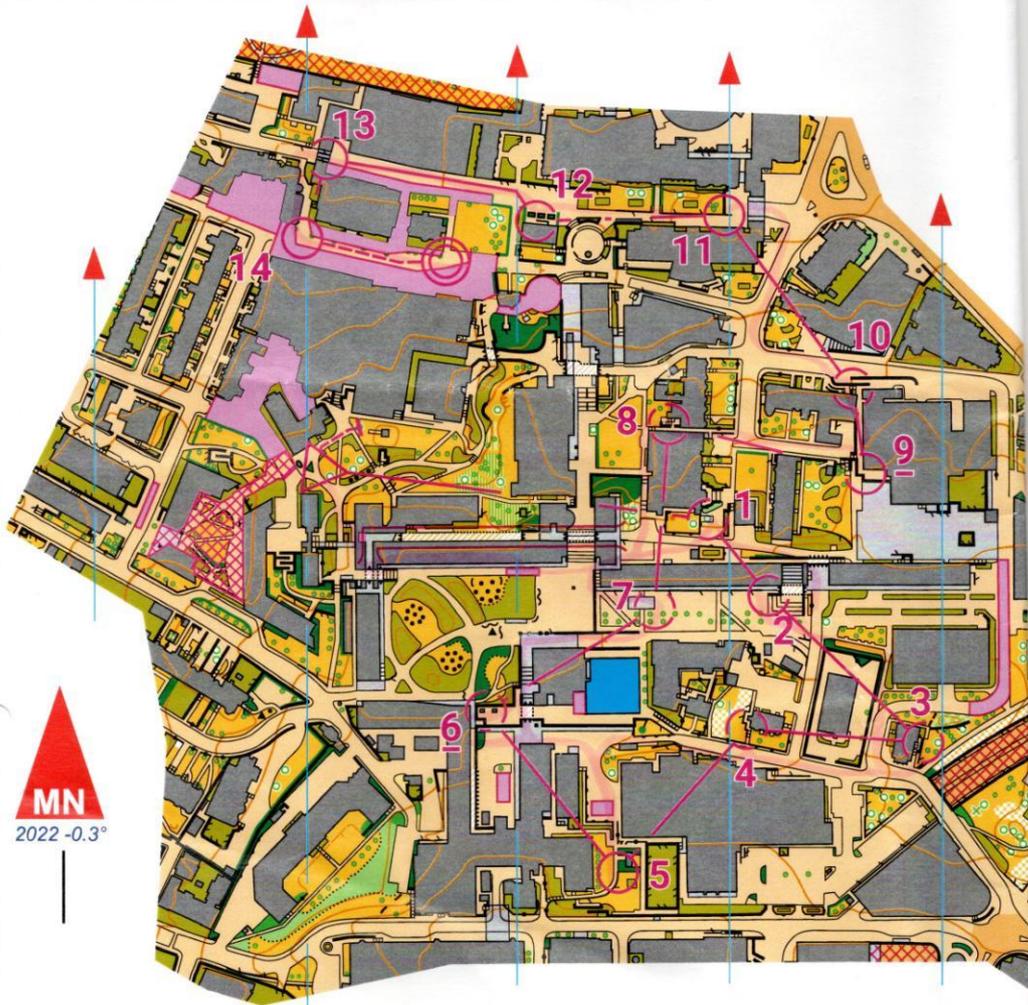
So last weekend I took part in the British Sprint Championships. Since failing to make the first control at the middle distance event at the JK due to a strained calf injury, I hadn't done any exercising except walking.

The courses were all set around Leeds University, which had lots of canopies, steps and even a tunnel. In the heats each age class had two competitors starting off at the same time, running similar courses. Then those with the fastest times went into the A final and the slower ones into the B final. I was a bit rusty at the beginning and left my first control in the wrong direction but quickly re-orientated and was doing quite well, I thought, until I messed up when turning the map over at control 9. (I have drawn my routes on Routegadget). After getting back on course I had no further problems. As a consequence of the time I took I was in the B final.

So... the final. We were given start times with the slowest person from the heats going first and the fastest (of the slow ones) going last. I think I had two faster runners starting after me. There was 1 minute between each starter. At the start I needed to take time to gauge where the start was on the map and how to get to control 1. Once that was sorted I was off, passing the lady who started 1 minute before me when I was halfway to control 1. (I have also drawn this on Routegadget). This leg was the same on the A final course and, on comparing splits, I was 3rd fastest, only being slower than Helen Gardner (champion) and Sarah Brown (highly ranked), and beating the likes of several others who are in the top 15 ranked in my age group. I thought I coped really well with the steps, covered walkways and level changes and, as the last part of the map overlapped with the course from the heats, I had little navigating to do for the last couple of controls.

# University of Leeds

Scale 1:3000 2.5m Contours



**MN**  
2022 -0.3°

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Event Number 75277  
Grid ref: SE293345 (Students Union)  
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scale in metres  
0 60 120

A	B	C
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Just the run in to go...

Now this is where every second counts. I won the B final by 2 seconds. Comparing my splits with Gill Ross who I beat makes interesting reading.

Name	Rosie					Gill				
Control	Time	Position	Overall time	Overall position	Difference	Time	Position	Overall time	Overall position	
1	3.14	1	3.14	1	45 sec	4.09	2	4.09	2	
2	2	6	5.14	1	27 sec	1.32	4	5.41	2	
3	1.35	1	6.49	1	35 sec	1.43	3	7.24	2	
4	1.14	3	8.03	1	33 sec	1.12	1	8.36	2	
5	1.33	1	9.36	1	38 sec	1.38	3	10.14	2	
6	2.09	2	11.45	1	16 sec	1.47	1	12.01	2	
7	1.36	3	3.21	1	5 sec	1.25	1	13.26	2	
8	2.04	1	15.25	1	12 sec	2.11	2	15.37	2	
9	1.26	3	16.51	1	4 sec	1.18	1	16.55	2	
10	0.33	2	17.24	1	1 sec	0.3	1	17.25	2	
11	1.45	3	19.09	2	6 sec	1.38	1	19.03	1	
12	1.04	2	20.13	2	9 sec	1.01	1	20.04	1	
13	0.59	1	21.12	2	6 sec	1.03	2	21.06	1	
14	0.27	1	21.39	2	4 sec	0.29	2	21.35	1	
Finish	0.29	2	22.08	1	2 sec	0.35	3	22.1	2	

This is not the only time that I have won a race by a small margin.

In 2018 I came 3rd in the Girona City Race by 1 second and as a result of that positioning I won a sausage!

So, the motto of this is “Do your best especially, in the run in.”

*Rosie Shaw*