

## World Schools Championships 2019 Estonia– Coaches Notes

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These notes are largely based on input from Rachel Rothman and Oli Johnson who ran in the European Orienteering Championships in Estonia in 2006 on the same areas as this year's World Schools.

I've not included notes on the Friendship Relay as it's not part of the main competition – I may add some later.

### World Schools Locations

#### *Long Distance*

The unhatched part of this map shows the embargoed area

[http://www.cognitocoaching.com/maps/WSCO2019/Long\\_Embargo.jpg](http://www.cognitocoaching.com/maps/WSCO2019/Long_Embargo.jpg)

I would expect the 'arena' with assembly and finish to be in the north-west part of the map as it's got lots of infrastructure, parking and open fields. The start may well be some way from the arena to make best use of the area.

Here are some Street View images from the roads – note that the vegetation is usually denser at the edge of the forest and the photos are probably taken in summer:

Long Distance from the South <https://goo.gl/maps/TZ522QWec6M2>

Long Distance from North West <https://goo.gl/maps/2C29Ya6in6u>

#### *Middle Distance*

The unhatched part of this map shows the embargoed area

[http://www.cognitocoaching.com/maps/WSCO2019/Middle\\_Embargo.jpg](http://www.cognitocoaching.com/maps/WSCO2019/Middle_Embargo.jpg)

The parking may be in the same area as the Long event but I expect the race will be the other side of the road. There's another small road running through the area and I expect the majority of the course will be West of this but the arena with the finish etc. may be in one of the fields to the East. They may close the roads during the event.

Middle Distance from the smaller road <https://goo.gl/maps/XjtrAEoFz192>

### Terrain Descriptions from World Schools Bulletin 2

#### *The Middle distance:*

The area has mixed forest with small hills. Between the hills there are marshes of varying size. The biggest hill is 50 metres high. The runability varies from good in the coniferous areas to poor in the deciduous areas. There are many different footpaths, cross-country ski trails and MTB tracks. These trails and tracks can vary in size. There are some areas of cleared forest land and some fields.

#### *The Long Distance:*

The terrain consists of mixed forest. The runability of the forest varies from good in the coniferous areas to poor in the areas with deciduous trees. The forest has many small hills, which have steep slopes. Some of the hills are up to 70 metres high. The total height difference between the highest point on the map and the lowest point on the map is 90 metres. Between the hills there are marshes of varying size. There are many areas of cleared forest land and there are many fields. There are a few small roads and there are lots of different footpaths, cross-country ski trails and MTB tracks.

## European Orienteering Championships 2006

The web site from EOC2006 including results, maps, routes etc. is here

<http://www.okilves.ee/eoc2006/> It was one week later in the year than World Schools so similar weather and vegetation growth.

Here are some scanned copies of Rachel's maps from EOC2006 which are a better quality than the examples provided in the WSCO bulletins.

EOC Long Distance Final (same area as World Schools Long Distance)

[http://www.cognitocoaching.com/maps/estonia/EOC2006\\_Long\\_W.jpg](http://www.cognitocoaching.com/maps/estonia/EOC2006_Long_W.jpg)

EOC Relay (same area as World Schools Middle Distance) - 2 parts to the course

[http://www.cognitocoaching.com/maps/estonia/EOC2006\\_Relay\\_W\(1\).jpg](http://www.cognitocoaching.com/maps/estonia/EOC2006_Relay_W(1).jpg)

[http://www.cognitocoaching.com/maps/estonia/EOC2006\\_Relay\\_W\(2\).jpg](http://www.cognitocoaching.com/maps/estonia/EOC2006_Relay_W(2).jpg)

EOC Sprint Qualifier (same area as World Schools Friendship Relay)

[http://www.cognitocoaching.com/maps/estonia/EOC2006\\_Sprint\\_Q\\_W.jpg](http://www.cognitocoaching.com/maps/estonia/EOC2006_Sprint_Q_W.jpg)



## Terrain Notes

The terrain was relatively fast for fit/strong elite runners – winning times at EOC2006 ranged from 5mins/km for men's relay to 7mins/km for women's long distance. Juniors will find it much tougher in parts although there are some tracks, fields and areas of runnable forest where you can run fast and much of it is flattish with just a few small hills.

Here are some notes based largely on Oli and Rachael's advice.....

- The forest is mostly deciduous with young leaf cover at that time of year
- White forest is mostly runnable, some very fast, but some areas of brushings and fallen trees
- Light green – younger trees, low visibility, branches in your face, some brushings and fallen trees
- Green stripes - brushings and fallen trees rather than undergrowth (not brambles, bracken like UK)
- Dark green and double green stripes – avoid!
- Open fields may be ploughed or long grass – may be faster at edges.
- Rough open areas – usually felled – probably faster than green forest
  
- Marshes generally wet and quite slow – OK around the edges.
- Seasonal marshes dryer and a bit faster
- Open marshes – very distinct – good navigation feature

- Boundaries between white/green/dark green/marshes difficult to see
- Mapped vegetation boundaries OK
- Paths – some a bit sandy but still faster than forest (often cross country ski tracks)
- Mapped paths fairly distinctive for navigation
- Rides are indistinct (look up left/right to see when crossing ) and not necessarily runnable
- Streams/gorges crossable – steep slopes may be slippery

### Technical Tips

- Elite were generally running quite straight – picking best lines through the terrain.
- Path routes round were sometimes faster where available but not large deviations (e.g. more than about 30% off line).
- Juniors may not be as strong or confident so longer path routes may be appropriate especially if easier to attack control
- Tend to use night orienteering techniques due to vague terrain, often low visibility and hard to run in straight line.
  - Take safer routes to more distinct features - particularly when attacking the control
  - Look for places where you can push hard (tracks, fields, big collecting features)
  - Use accurate compass and distant judgement when necessary (bearings / pacing)
- Don't rely on vegetation changes for navigation unless mapped vegetation boundary
- Where possible plan to run along edges of marshes rather than through middle - usually faster and gives option to run in or out of marsh depending which faster (similarly with fields, rough open and veg boundaries)