

Southdowns Adventure Running Club

How to win at One Hour Score Events – 10 Tips

1. Use the size of your hand to determine the approximate area that you might be able to cover in one hour of a 1:10,000 scale map. Eg a fast adult might cover the area under their hand with their fingers outstretched. A junior might achieve coverage equivalent to the size of a clenched fist. Have an initial plan based on this area.
2. Look for clusters of controls
3. Beware of controls at dead-ends
4. Determine a route out from the start, and a route back in to the finish
5. Make the last few controls flexible i.e. give room to visit extra controls or visit fewer controls, depending on the time
6. A figure of eight route will always be further to run than the best loop around the same controls
7. After 15 minutes, visualise that you have covered the first side of a square
8. After 30 minutes you have the best idea of how far you can travel in the particular terrain
9. Practice makes ~~perfect~~ you a bit better over time
10. Consider carefully the risk of trying to get an extra control at the end. For example, it's 53 minutes into the race, and you can't decide whether to collect another control that looks like approximately 7 minutes of running. You already have 10 controls. If you finish now, your results will be 10 controls in 55:00 minutes. If you are lucky with the 11th control you will finish in 59:50, if you are unlucky 60:10.

The first option makes you the fastest runner with 10 controls. The second option makes you the slowest runner with 11 controls (i.e. the same finish position as the first option). The third option makes you the slowest runner with 10 controls (far worse than the first two options).