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MapRun Guide – Saxons Summer Challenge 2020

During Covid-19 lockdown MapRun courses may be suitable for solo running but it is essential that everybody follows current social distancing and travel rules. Please ensure that any venue (especially a public park) is open for recreational running.

MapRun challenges are not organised events and are not registered with British Orienteering hence you are not covered by British Orienteering insurance. You do MapRun as an individual for private training and you are responsible for your own safety and the safety of others around you

MapRun is a free app that allows you to run a course without any physical infrastructure on the ground (e.g. orienteering timing units) instead your position is recorded by the phones' GPS. It can be run individually or as an organised club activity (NB we are not organising any club activities at this time). Runs are created and stored on the MapRun servers so can be used anytime.

Beforehand...Load app “MapRunF” (see logo above) on your mobile phone and follow instructions to establish identity and give permission for it to access your location data (Settings>Privacy>Location services).

Finding a run...most MapRuns are available to anyone anytime and are found by searching the MapRun app by tapping “Select event” from the main menu. Select “UK” then “Kent” or, if you are near the start, simply tap “Events near me”. MapRun times your run and the time you reach each control site. You will also need a map. For the Saxons Summer Challenge these will be mailed to members, for other MapRuns the map can be downloaded from our web-site.

About the course...almost any type of format is possible. We will mainly be using a score format (just like a KNC) where you must pass through as many of the controls points as possible, in any order, in a given time (usually 60 mins). It can be run viewing the map on the smartphone screen but is much better with a paper map. Before starting you will need:

- ◆ Printout of the map
- ◆ Location for the start/finish, usually same place, marked on map with a triangle/double circle
- ◆ Know the rules (e.g. time limit)
- ◆ Event PIN code if applicable.
- ◆ Consider safety – do your own risk assessment.

When you are ready to run...best to start a little way away from the start location. Open the app, select the event and click on “Go to start” (for some runs you may have to enter a 4 digit PIN at this stage, if so this will have been provided). The screen will show the map and your location as dot (this will usually disappear once you have started).

To Run...Using your paper map run to the start (marked with a triangle on the map). When you get there the phone will bleep and you have started (phone vibrates, beeps, then gives the incoming

message sound). Continue round the course and phone should respond whenever you enter the control circle. If it does not immediately pause a moment (5-10 secs) and it should respond (maybe longer under trees). Finally return to the finish (usually same location as start).

Afterwards... Looking at the app you can see your course, results and splits. The results will automatically upload results into a league table so you can compare with other runners.

Notes...

1) Both the map and the course were created remotely from on-line resources. We cannot vouch for the accuracy of the map (especially narrow alleyways and footpaths) or the safety of control locations or your route. **It is your responsibility to keep safe, avoid traffic and maintain social distancing.** This is just for fun – do not take risks.

2) Once you have left the start and then registered at least one control point the start location changes to the finish. Therefore do not approach this area again until you are ready to finish. This may affect your route choice.

3) Although you do not need to look at the phone during the run if you do you can see progress and last control visited. Depending on the set-up you may be able to see the map (or Google earth) and your location. This may help if you cannot find the control using the map.

4) If your phone does not beep at a control location first check that you are in exactly the right point, then wait a few moments. If still no response check the phone screen. At the bottom is a bar showing the current GPS accuracy. This should be less than 10m and the bar should be green. If GPS accuracy is >25m the bar will be red and it will not register the control, wait for the phone to properly register your position.

5) It is advisable to be well away from the start when you log-in with your phone to avoid starting before you are ready.

6) If the app stops when the phone goes to sleep then you need to change the settings.

7) If desired your route can be uploaded into Strava (tap continuation symbol-three bars- on upper right of main screen then “Strava upload”).