

MapRun Guide

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. Events are created and stored on the MapRun servers so can be used anytime.

Beforehand...Load app "MapRun" on your mobile phone and follow instructions to establish identity and give permission for it to access your location data (Settings>Privacy>Location services).

Types of event... events are found by searching the MapRun app by tapping "Select event" from the main menu. Select UK > Kent > or UK > Find Your Way > FYW Kent, or simply tap "Events near me".

About the course...Line and Score courses are available. Line courses require you to visit the start and then all checkpoints in number order before going to the finish. Alternatively there is a score format where you must pass through as many of the checkpoints 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:

- ◆ Choose the course you want to do in MapRun, and download it on to your phone
- ◆ Printout of the map
- ◆ Check location for the start/finish, usually same place, marked on map with a triangle/double circle
- ◆ Know the rules (e.g. time limit)
- ◆ Consider safety – do your own risk assessment.

When you are ready to run...open app, navigate to the event and click on "Go to start".

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.

Important... Unless part of a Saxons-organised event registered with British Orienteering you do MapRun as an individual and you are responsible for your own safety and the safety of others around you hence you are not covered by British Orienteering insurance.

Notes...

1) Once you have left the start and then registered at least one checkpoint 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.

2) Although you do not need to look at the phone during the run if you do you can see progress and last control visited. This may help if you cannot find the control using the map.

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

4) Make sure the app is set to run in the background as otherwise it could stop working when your phone goes to sleep.

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