MapRun - Hints, Tips and How-tos

1 What to do it your phone does not register a control? Try HITMO!

HITMO stands for " Hey I Think the gps Missed One" and is a function that everyone can use to claim controls that did not register.

When viewing the track tap the three-bars symbol on upper right of the screen, this opens the menu. Tap "Review Results (HITMO)".

This displays your results showing credited controls in green and near-misses in red. There is also a Tolerance setting. Tick the check-box beside a near miss that you want to claim and increase the tolerance until that control is accepted (turns green). The Gross and Net scores should increase accordingly (i.e. usually 20 points per control). Finally tap "Submit revised result" at the bottom of the screen. Take care not to do this multiple times as it is easily confused and can create erroneous scores. Both original and revised result can be seen on the leaderboard.

2 Using your GPS watch – MapRunG

If you have a Garmin GPS watch, you may be able to download additional apps (via Garmin Connect IQ), such as MapRunG. You will then be able to connect your watch to the MapRun app by going into MapRun settings. Select the 'GPS Watch Mode'. You will then need to login to Garmin connect, and insert your Garmin watch ID in the field provided.

3 Upload a GPS trace from your watch into MapRun

If your phoneis slow or doesn't register check points, it is possible to use your watch's GPS trace for MapRun instead.

Be warned, you will not get any audible or visual confirmation that you're actually at the check point: you will need to use your Orienteering skills for that!

On the upside, it does mean that you don't have to dawdle at check points waiting for a ping, you can keep running, focussed on the Orienteering, not the tech.

So, here's how I do it with my Garmin watch. If you have a different brand the approach will be the same, but you will have a different portal app:

- Print off your MapRun map as usual
- Record your run as you normally would using your gps watch
- When you get home attach your watch to your computer via its USB cable

- Open Garmin Connect app on your computer (I do this via the Garmin Express app)
- Find your run in the list, click on it, then locate and click the 'Cog' button (top RHS)
- Chose 'export to .gpx' (don't forget to check where this is saved to)
- Now open MapRun Console in your web browser and chose Upload GPS Track

- Click the Choose File button at the top and select your exported gpx file
- Choose the event (use the search function to type the first bit of the event name)

- Populate the rest of the data boxes as requested, then click Analyse Track
- You will then see a list of all the CPs you've visited.
- If you think you are missing any you can amend the 'Threshold in metres' box to a bigger number

- Remove any that you've visited twice, plus the start and finish controls, so that you are left with a list of all the controls you have done.

- (Although it's not critical to remove the start and finish controls because they have no score attached, it does seem to mess up the final results table by cropping the first CP in favour of the Finish)

- Click 'Confirm Results Table'

- On this page you see a summary of your course, point scores etc. If everything is fine, click Submit Results.

- The screenshot adjacent is an example from Tunbridge Wells event.

- You will arrive back at the MapRun Console home page. Click Results to see your effort in the results list.