**MAPRUN user Notes**

**What is MapRun?**

MapRun is an app, that when downloaded to your smartphone, is used to participate in an orienteering event. The app will show a map on your screen with the orienteering course marked on it. As you navigate around the course the app will record your gps track and which controls you visit. When you finish your course the app will produce your result which is usually a combination of time taken and points scored for the controls that you visited. The app will also produce a results list so that you can compare how you did with other participants. Navigating using the map on the phone screen can be a bit tricky, especially if you are running, so it is often better to print the maps on A4 size paper to make navigation easier.

**Downloading and using the MapRun App**

Visit: www.maprunners.weebly.com and download the MapRun App to your smart phone. The 'Quick Guide' section gives some simple instructions on how to get started. Please see the 'User Agreement' section for terms and conditions. The 'Technical Section' has some info about phone settings.

The latest version of the software is MapRun6, which includes various functionality improvements over previous versions. Please use MapRun6, and update your application to this version if you have an older version installed on your SmartPhone.

MapRunG can also be used with certain Garmin watches. This allows you to partake in the activity without needing to carry your SmartPhone with you. Please follow the instructions on the MapRun website to download and set up MapRun G before running.

**MapRun Activities**

To do a MapRun activity, print a map of the course from the HAVOC website and load the MapRun App.

1)    Before you leave home  
   
• Click on Select Event, choose UK, and then the geographical folder specified in the instructions to download the event you want to run.

• Some events are protected by a PIN number. If this is the case, the organiser will give you this before you start.

• Check it now shows under Select Event on the front screen of the App.  
  
•    Click on Go to Start, check that the map appears and that you can see where the Start and Finish are.   
  
•    Exit the App  
  
Following the above steps means that you are able to use the App even if the MapRun server is undergoing maintenance at the time you want to run.

2) Before starting the event:

* Before heading to the event ensure that your phone is fully charged.
* Close other Apps
* Turn off notifications (otherwise you may get bleeps at the wrong time)
* Make sure your 'Location Services' is turned on for when using the App. To do this on iphone go to 'Settings' then 'Privacy' where you will find 'Location Services' (Android phones may be slightly different).
* Turn up your volume so that you can hear the phone beep. The phone does not need to be held in the hand; it can be strapped to your arm. It can also be kept out of sight e.g. in a bumbag but having the phone tucked away close to your body will reduce the ability to pick up GPS signals which could delay you at controls whilst GPS catches up with you.
* Switch off 'Auto-lock' for your screen. To do this on iphone go to 'Settings' then 'Display & Brightness' then switch 'Auto-Lock' to 'Never' (Android phones may be slightly different). For security reasons make sure you remember to change this back to your usual setting after the event!

3) During the event  
  
•    When you are ready to go, proceed to the start. When you click on Go to Start, the App should automatically pick up your Start when you get within range of the start control. Your time will have commenced.   
  
•    The same will happen at every control. You will get a bleep/vibration to tell you that you have successfully collected the control. The App shows you what your last control number was so you can always check that your visit has been registered.  
  
•    If you are in the right place but do not get the bleep, pause for a few moments to allow the GPS signal to catch up with you   
  
•    If you get a Low Battery Charge message, do not accept the Low Power Mode option as GPS may then be turned off to conserve the remaining battery.  
  
•    You must go to the Finish at the end of your run. This is usually in the same location as the start, so will normally show as a triangle on the map. When your finish presence is recognised, the phone will “beep”, and your result will be automatically uploaded to the Results website if you have WiFi access. If this does not happen, click on the menu top right in the App and select Upload (Manual). This should work but see below if you still do not appear in the results.  
  
  
4) After you have finished  
  
**Missing controls where you know you went close?**  
  
Occasionally you may find that the App does not record your visit to one or more controls. The results can be corrected by tapping the three-bars symbol on upper right of the screen, this opens the menu. Tap "Review Results (HITMO)” which means Hey I Think the GPS Missed One! This displays your results showing credited controls in green and near-misses in red. There is also a Tolerance setting; the default setting for this function is 30m. Tick the check-box beside a near miss that you want to claim and increase the tolerance to 40 or 50m until that control is accepted (turns green). For a Score event, the Gross and Net score after any time penalty should increase accordingly. Tap "Submit revised result" at the bottom of the screen. The original result remains visible along with the Revised result which has Rev against it and the tolerance level that you set.   
  
**Can’t upload your results**

We are aware of some instances where the Results cannot be uploaded because there is no recognised Start or Finish punch. All is not lost! If you have a GPS trace from your watch, download this in the computer portal that your watch uses to create a .gpx file. Go to the MapRun Console App on your computer and use the Search facility at the top to type in the first few letters of the event to locate it. Follow the rest of the questions adding your name, email, year of birth, gender and then click to upload your track. The App should calculate the points correctly. Check you appear in the results.

**Useful links:**

MapRun website: <https://maprunners.weebly.com/> Has user guides and other information. Links to downloads for the software.

MapRun UK website: <https://maprun.uk/> Has a search facility for events near a postcode

MapRun results: <https://www.p.fne.com.au/rg/cgi-bin/SelectResultFileForSplitsBrowserFiltered.cgi?HideCombinedResults=yes>

Any questions, then let me know:

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