

MAPRUNF LOC USER GUIDE

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How to Use MapRunF

Section 1 and 4 you will need access to wifi. You do not need any mobile signal or wi-fi access whilst taking part.

1 *Before You Leave Home*

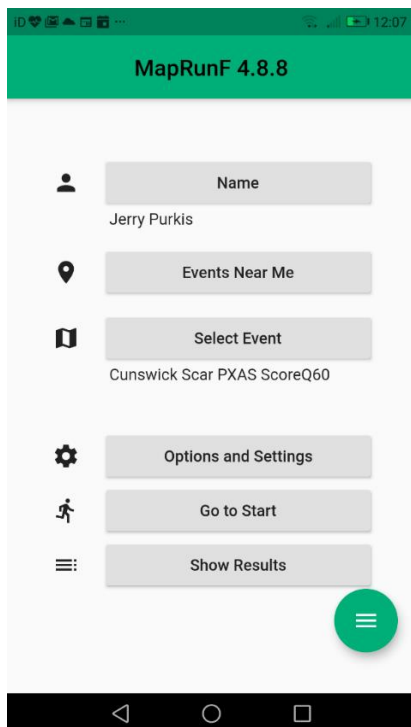
2 *Ready to Run*

3 *After You Finish*

4 *Results*

1 *Before You Leave Home* You will need access to wifi

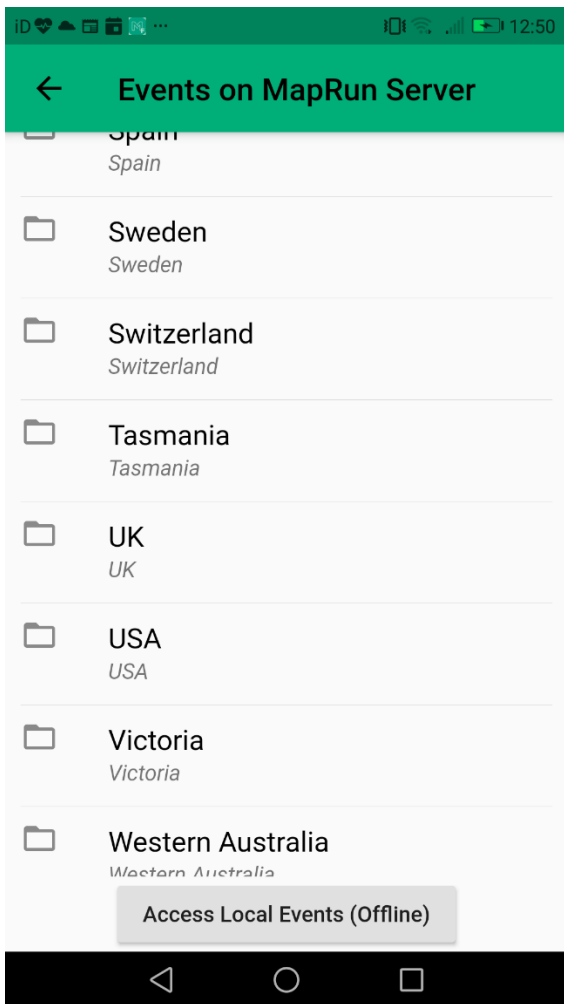
1. Find the MapRunF App in your phone's App Store (free). (Not Maprun, which is the old version)
2. Download and install it onto your phone
3. Open the App



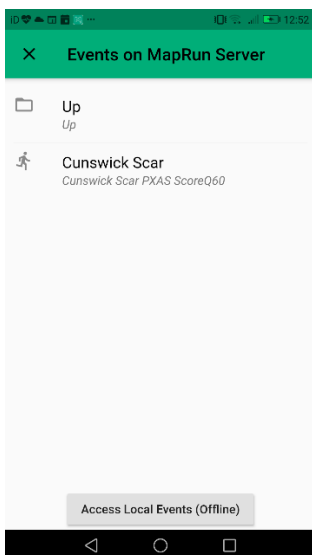
4. The first time you use it, you will need to enter your name, gender, email address, year of birth and Post Code. You are now ready to use the App.

5. You now need to Select an Event by clicking on Select Event.

- A list of folders will appear on the screen. Scroll down until you find UK.



- Then Select Cumbria , and then South to get the LOC events.



MapRunF naming convention requires

PXAC for line courses

PXAS for Score, followed by SCOREQ and duration of event in minutes.

ScoreQ60 will give 30 or 40 points per control, then subtract 30 points for every minute over 60.

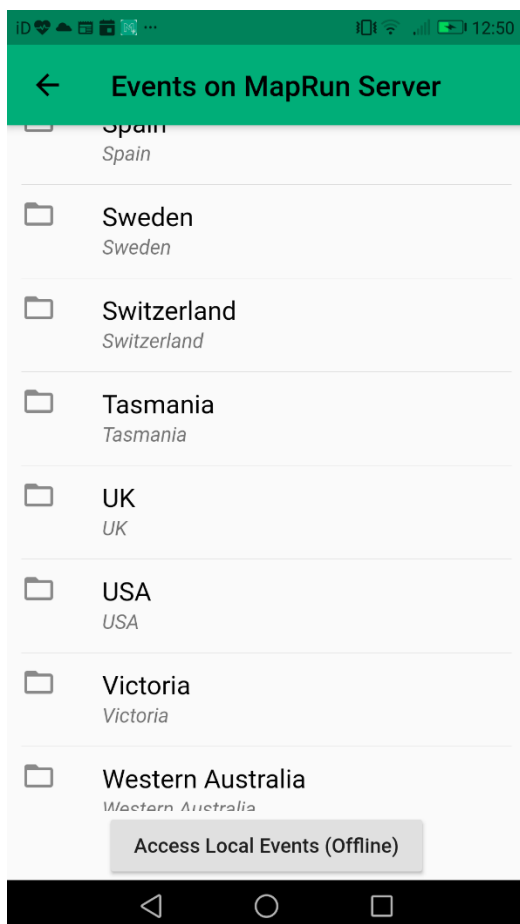
ScoreV60 will give 20 points per control, then subtract 10 points for every minute over 60.

Select the course you want to run.

6. The screen will return to the front page of the app with your event now selected

If you have downloaded multiple events, you can toggle the selected event by going into select events, and then at the bottom, access local events.

Extra events can be deleted by swiping left.



7. "bleep distance" for events in "test" mode.

When a MapRunF course has significant coverage of trees, which affects the GPS signal, eg at Bethacar Forest, the "bleep distance" can be adjusted from the home screen in MapRunF.

After selecting an event, press Options and Settings,
scroll down to Event, punch tolerance
It is set by default to 15 (which gives a circle of radius 5m)

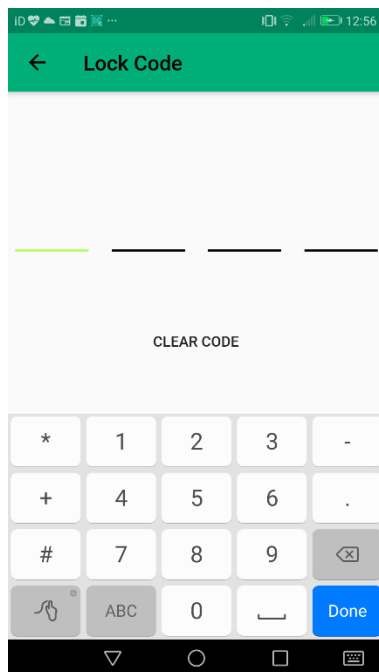
At 15 it will beep approx 5m away
At 25 it will beep approx 10m away
at 8 it will beep approx 2m away.

MapRunF suggests increasing punch tolerance when under trees.
It will be set for the duration of the event

2 Ready to Run

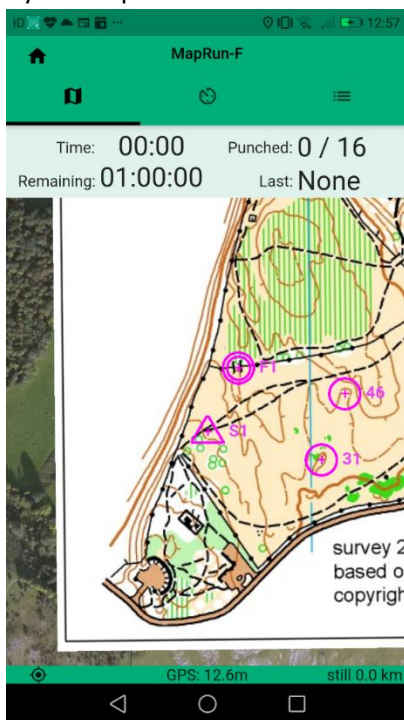
- To view the course, or when you are close by the event start location and ready to go, select **GOTO START.**

- For all LOC courses made live in the Cumbria South folder, you will be requested for a 4 digit pin code. Details of who to contact will be on the LOC website.



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- On receipt of the pin code, you will also be sent a pdf copy of the map. It is preferable, especially on terrain ground, rather than parkland or urban, to use the map to navigate, and keep your phone safe, and dry in your pocket. You will hear the phone beep as it reaches each control.
- Also a compass bearing will be affected by the metal in your phone, so always take a bearing from your map.



- Your track to the start will be shown in red. You can zoom in or out of the map to change the magnification. When you are ready to start, move towards the precise start point and the phone will beep to confirm that it has registered the start point. The clock will now start timing. The red track will disappear.
- As you reach each control, the phone will beep, and the control on the phone will go green.
- The accuracy of the beep will depend on GPS coverage, and the accuracy of the map. Tree coverage, and tall buildings affect the signal, so if it does not beep straight away, continue on for a few metres, or run round in a small circle.
- The screen will show the number of the last control you visited and the number of controls you have visited. If you are on a linear course you may sometimes pass close enough to a different control point to register it out of order. This is ok as long as you still visit the controls in the correct order. Take care to ensure you have registered the correct points.

Set mobile data to on. Some phones will also require phone permissions for the MapRunF app set to access location data to “all the time” to stop the app going to sleep. Do this in Settings>Apps>MapRun>Permissions>Location>Allow all the time. Most phones have the Location either ON or OFF.

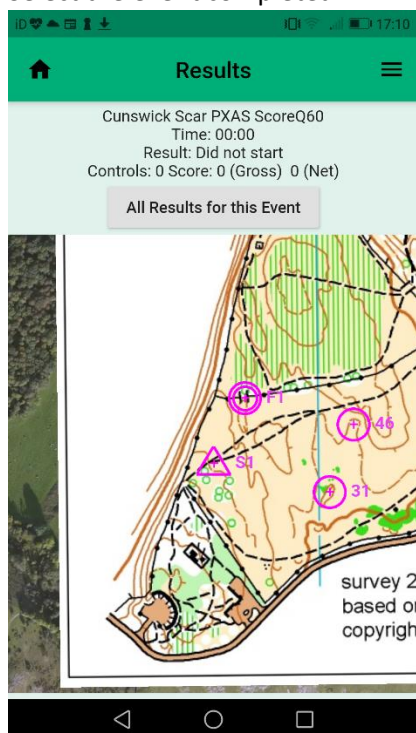
- Once you have completed the course, return to the Finish and the phone will beep and the clock stop timing.

3 After You Finish

- On reaching the finish your track will then appear as a red line.
- After the finish the app may automatically save your results if you have access to data, otherwise you can upload them later.

4 Results You will need access to wifi

- Press show results from the home page
- Select the event completed



- Select *all results for this event* to see the results to date

You can sort the results by column

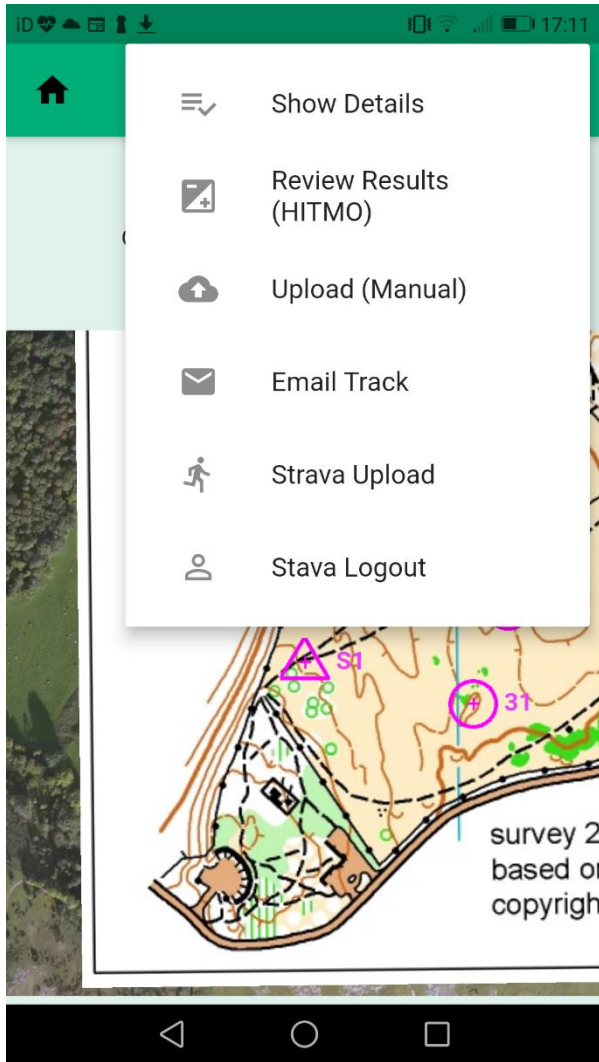
Results for Event

ScoreResults_Cunswick Scar P

Columns are

| Pos | Name | Controls Visited Count: List | Track | Time |
|-----|-------------------------------|--|-----------------------|------|
| 1 | Loz Colyer | 16: 31, 32, 33, 35, 36, 37, 38, 39, 40, 41, 42, 43, 34, 44, 45, 46 | Track | 37:1 |
| 2 | Rachel Powell | 16: 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46 | Track | 40:1 |
| 3 | Martin Powell | 16: 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46 | Track | 44:4 |

- To upload your own results, select the 3 horizontal bars on top right,
- Select *Upload (Manual)*



Credit to Scottish Orienteering Association.