

Redditch Urban MapRun course

Course 9 . the easy access course . has been set up on the MapRun app. This enables the course to be run without having to physically punch the controls.

How Does It Work?

- Use your iPhone or Android phone.
- Install the free App (MapRun)
- Start the App
 - Tap %Name+and fill in your personal details
 - Check the app is setup correctly on your phone. Background App Refresh = ON, Location = While using the app
- Go to the Start (same start as for all other courses)
 - On the App, in the %Event List+navigate to . UK . West Midlands . Redditch Easy Access Course 042019 (or Reload Event if you've already downloaded the Event)
 - Choose %Go to Start+
- Advise the start team that you are using MapRun
 - Input the PIN provided by the start team
 - Pick up a hard copy map (if required, can be done just using the app)
 - Choose %Start GPS+
 - Please punch the start box (this is for safety only)
- When you pass through the start triangle the phone will vibrate/beep and your time will start
- Navigate round the course
 - At each control the App vibrates/beeps
- When you reach the finish the App will vibrate/beep for the final time. Please punch the finish box so we know you have finished. You can then upload your results and compare with others. Results will be available on the app and also online at the Harlequins website.

GPS accuracy

The app should pick up the controls within 10m of the point on the map. This will be dependent on the GPS accuracy of your phone but the testing we have done so far has worked within the 10m radius.

Carrying your phone

There are at least 3 easy ways to carry your phone whilst Orienteering, in addition to simply running with it in your hand. MapRun continues to function, when the phone is put into suspend mode (blanked screen and non-responsive to screen touch). MapRun continues to record the track and detect (and vibrate/beep) at control locations.

1. On your forearm - This is useful where you want to look at the electronic map;
2. On your upper arm - As is the common position for carrying a phone whilst walking or jogging, using a standard sports case for a smartphone can be effective, particularly if you are not needing to interact with the device (eg in competition mode).
3. Around your waist (front or back) - This position is NOT recommended as it reduces the effectiveness of the GPS tracking. It has been found in practice that the quality of the GPS track recorded is much lower than having the phone in your hand or on your upper body.