

## **About Maprun**

Maprun is a free app you can download to your smartphone and use with a map of an area to run a time trial rather than a race.

Maprun enables you to run to virtual controls using a simplified street map and your phone's GPS to record your route and the controls visited. At the end, it can upload your result so you can compare your performance against others attending the same event.

You can run any course any time you want, so you can return and try a different route to optimise your route.

It has no infrastructure on the ground,

## **Getting started.**

The first thing to do is to download and install the maprun app. The quickest way is via Googleplay or the Appstore. Note that there are two versions of Maprun. It is recommended to download MaprunF which is the newest application – the older Maprun is expected to be withdrawn.

Once installed you need to enter a small amount of personal information to identify yourself in the results system.

You should also check that your phone is correctly set up for maprun.

## **Before the event**

It is advisable to download the event file to your phone before the event, ideally when using WiFi.

1. Start the MaprunF app
2. Tap 'Select event',
3. Scroll down to the MR UK folder, then MR West Midlands, then HOC Night Street League 2020
4. Select the Malvern event
5. Wait for the course and map files to download.

## **At the event**

6. Start the MaprunF app If you haven't done so already then download the eventfile using steps 2-5 above
7. Tap Go to start.
8. The organiser will announce a 4-digit code for you to enter before the official start time. This will display the map with controls.
9. To begin your run (start the timer), press 'Start GPS' and go to the start triangle.
10. At the end of your run, pass through the finish to stop the timer.
11. Upload your results
12. View details of your run