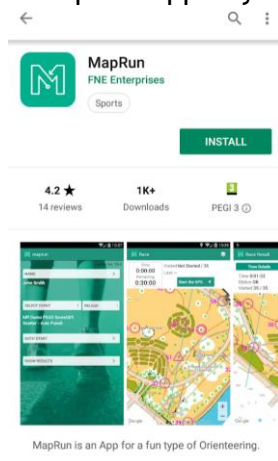# How to Use MapRun

Steps 1 to 6 require a wi-fi connection or access to mobile data for download and can be done in advance of your participation. You do not need any mobile signal, data or wi-fi access whilst taking part.
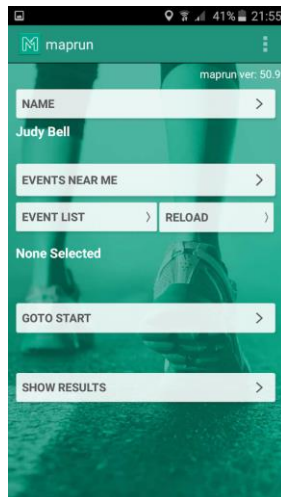
Before You Leave Home

1. Find the MapRun App in your phone's App Store.
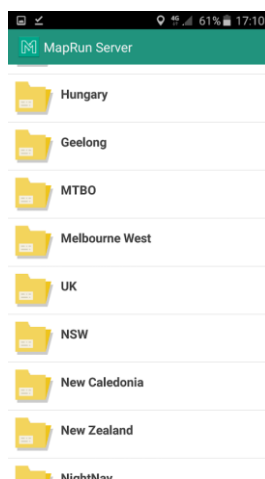

2. Download and install it onto your phone
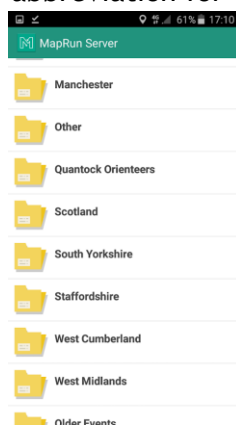
3. Open the App

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.

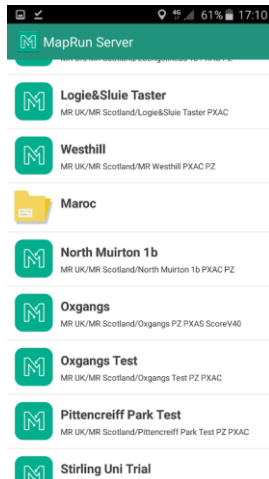5. You now need to Select an Event by clicking on Event List

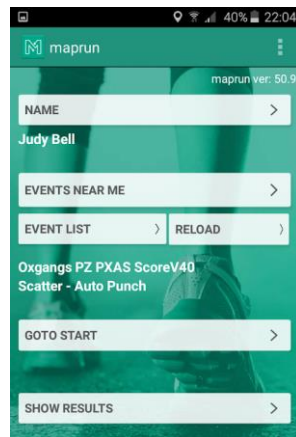- A list of folders will appear on the screen. Scroll down until you find UK

- Then Select Scotland and then in some cases the folder with the club abbreviation for the event you are looking for
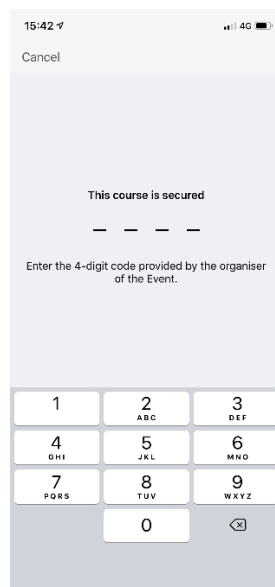
- Then select the event that you wish to run

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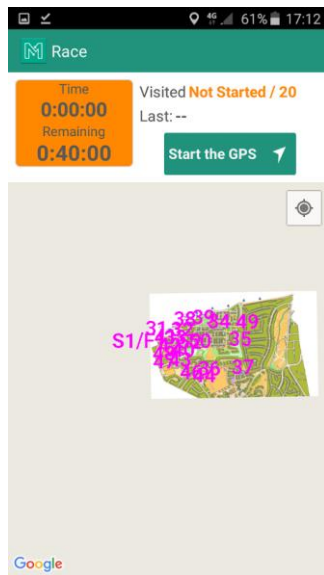

Ready To Run

- When you are close by the event start location and ready to go, select GOTO START. Depending on the event, you may be asked for a pin. This code is available from the event information table on the SOA page.

- The screen will then show something like the following
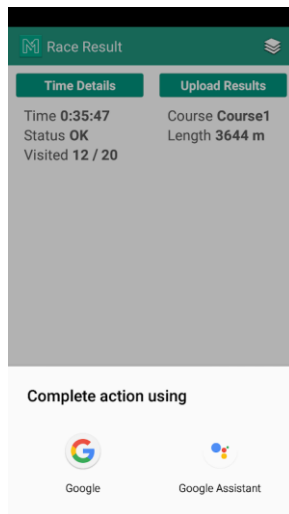

- You can zoom into the map to see the detail

- When you are ready to start and are close to the start location, select START THE GPS, 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.

- It is generally easier to run using a paper copy of the map and just listen for the "beeps" from the phone to confirm that you are at the control. However if you wish to check, 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.

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

After You Finish

- After the finish the app will automatically attempt to save your results if you have access to data, otherwise you can upload them later. Go to SHOW RESULTS. Select MY RESULTS. Then click on UPLOAD RESULTS to complete this operation.

- If you have a "Strava" account you can also synchronise your trace to Strava
- Once the session has been saved you will be able to view both your own results (and split times) and those of other people that have run the course.

- To view the table of results for the course. Select ALL SCORE RESULTS or ALL SPLITS RESULTS. You then need to find and select the relevant Event and a table of results will be shown.

Select Event for Results Display

ter

OxgangsS

OK

ScoreResults_OxgangsS PZ PXAS Sco

Columns are now sortable!

Pos	Name	Controls Visited Count: List	Track	Time	Distance (km)
1	Judy Bell	*12:* 41, 31, 38, 39, 32, 33, 52, 50, 40, 43, 48, 42	--	35:47	3.644