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.
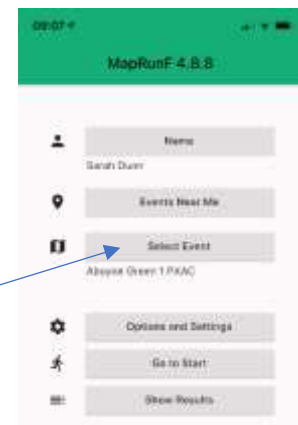
Before You Leave Home

1. Download the MapRun App from your phone's App Store – **the latest version is MapRun6.**
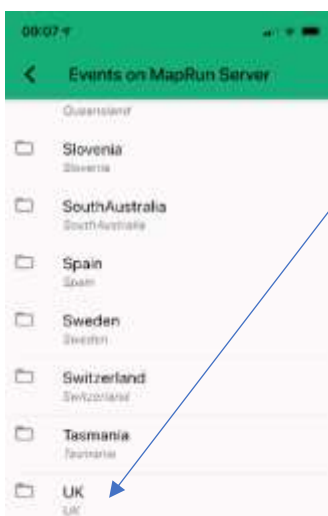
2. Download and install it onto your phone

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 your local area in most cases they are by county e.g. Gloucestershire

● Select the event/course near you that you wish to run

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

6. You may prefer to have a paper map in your hand whilst out on the course and stow your phone. Clubs often have pdfs of the MapRun courses on their websites for you to download and print

Ready To Run

- When you are close by the event start location and ready to go, select GOTO START. If it is a private or closed event you will be asked for a pin number

- The screen will then show something like the image below. If necessary, you can zoom in or out of the map to change the level of detail. 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.

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

After You Finish

- After the finish the app may automatically attempt to save your results if you have access to data, otherwise you can upload them later. Go to SHOW RESULTS. You will see a list of all the events that you have completed and will be given the option to save any missing results.

- 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 RESULTS.