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How to find the App

Use Google Play (Android) or the App Store (Apple) and search for "MapRunF' developed by FNE Enterprises. The MapRunF icon looks like a green M. Download the App. It is free.

Print the PoyntonMap pdf

Open "maprun settings for android and iPhone" (pdf attached) and follow the instructions in there

Open the maprunf app

Name

Use this menu to provide your details: these will include your surname and first name, gender, email address, year of birth and post code.

Options and settings

Scroll down to punch tolerance

Set to 30 This is the distance that you can be from the control site that the app should pick up

Back from settings

Select event

Scroll down to UK Scroll down to Manchester Scroll down to CSS

There are then 4 possible score course options

PoyntonCSS60 PoyntonCSS90

These 2, for either a 60 or 90 minute time, use the normal CSS scoring of the same points value for every control, regardless of the control number. 20 points per control with a 10 pint penalty for each minute/part minute late

PoyntonCSS60N PoyntonCSS90N

These 2 use a similar system to the Night Street League with points depending on the control number – controls 1-10 score 10 points, 11-20 20 points and so on....

Also with a 10 point penalty for each minute/part minute late

The idea of offering this option is to test its appeal and we will be seeking opinions

Go to start

The map and course will appear on the screen. Your elapsed time and the remaining time will appear in the top left hand corner together with the total number of controls visited and the control number of the last visited

Once the App locates you at the start it will beep to indicate your race has begun. As you visit each control the App will beep again and the appropriate control circle will turn from purple to green. Make sure you don't pass through the finish until you intend to finish (it won't record a finish until you have done at least one control

Your result should automatically be uploaded to the MapRun server which shows the **Leader Board**;

Visit <u>http://maprunners.weebly.com/results.html</u> for additional information. There are three views for analysis: firstly the **Leader Board**; secondly **Time Splits** which takes you to SplitsBrowser; and finally **Runners Routes** which is powered by RouteGadget.

Some points to bear in mind

The map has been prepared by taking a section of an OS map and georeferencing it to Google Earth. Google Earth is the accurate representation of the terrain but the OS map has been produced by surveying without GPS. The map is then overlaid onto Google Earth and stretched/compressed to get the best fit.

Think of it as a sheet of rubber which can be distorted. Thus the fit will not be absolutely spot on. That's why we're setting the punch tolerance at 30 metres.

However the controls are actually positioned on Google Earth so it should be the case that some will actually appear mis-sited on the map. If, however, you are on the correct feature (path, track, road) the control will register