

Using MapRun at MDOC NSL events

(1) **BEFORE** the event (at home or somewhere with reliable internet!)

(a) Download and Set Up MapRun on your phone

(b) Download MapRunG on your Garmin watch (if you have a suitable model (see below) and intend to use it instead of a phone)

The MapRun App

Download the MapRun app to your phone.

Add the requested personal details, and then change an important app-wide setting.

Select 'Options and Settings' and then 'Hide pts accrcy worse than (m)'. Set this to its lowest value, ie 20.

If you are using a phone for navigation, there are a number of phone-wide settings which are important. These are to ensure that your GPS works properly and that your app doesn't shut down in the middle of your run.

Refer to <https://maprunners.weebly.com/phone-settings.html> for details.

You can ignore this if you are planning to use MapRunG on a Garmin watch - see below.

The MapRunG App

If you have a Garmin watch which is capable of running apps, you can use the MapRunG app. It removes the need to carry a phone and is believed to be more accurate. If you go to the Garmin Connect website apps.garmin.com and search for MapRunG, it has a list of compatible devices (most newish ones except the very cheapest). You may want to download the Connect IQ app on to your phone from the App Store/Play Store in order to download the Garmin app to your watch.

For details of how to set up MapRunG on your watch, see <https://maprunners.weebly.com/maprung.html>.

Set it up **NOW**, and remember that you will still need MapRun on your phone to download the events.

Note that the event will NOT work on earlier versions of the App (MapRun6/MapRunF) which are now obsolete, and if you don't set the Apps up correctly, your run may fail to record.

(c) Download the event(s)

Two events - a demo event, and the main event - will be available for download to your phone **a couple of days before the actual event**.

You are strongly advised to download the events before arriving at the NSL event. If you leave it until you arrive in the pub you must have mobile data on your phone, or rely on the pub's Wifi (free?) or a mobile hotspot using somebody's phone (who has mobile data).

To download the demo event: in MapRun choose 'Select Event' then scroll down to UK/Manchester/NSL/ and select the demo event (eg Marple Bridge Demo PXAC)

If you're confident that your phone and watch are set up correctly, you may feel that it is unnecessary to do the demo event – that's OK, it's not mandatory.

To download the main event: in MapRun choose 'Select Event' then scroll down to UK/Manchester/NSL/ and select the appropriate event for the time (eg Marple40 /60 /75 min) you want to be out.

Note that any event you have previously downloaded will be available via the 'Access Local Events (Offline)' button at the bottom of the 'Events on MapRun Server' page – reached from 'Select Event'. So, if you want to do the demo event you should download both this and the main event so they are both available via this route on the night). As an alternative to the process described above, for some NSL events, we may provide QR codes, which can be scanned with a QR code reader (on your phone). This leads to a link which automatically opens MapRun6 and downloads your chosen event. Be sure to select the right QR code!

(2) On the night

Provided that you have downloaded the demo and main events to your phone before arriving at the NSL event venue, you can access them as follows.

On your phone - in MapRun 'Select Event' then Access Local Events (Offline), then scroll down and select the demo event. Select "Send Event to my Garmin Watch" if you have one.

Use exactly the same procedure to access the main event. On your phone - in MapRun 'Select Event' then Access Local Events (Offline), then scroll down and select the appropriate event for the time you want to be out. The number should correspond to the course time you have chosen (40 / 60 / 75). Select "Send Event to my Garmin Watch" if you have one.

When you have completed your run, if you use a phone, your result should upload automatically to the MapRun results site (when you have an internet connection). If not, you may need to upload it manually. Go to 'Results' and click on the upload link. If you have used a Garmin device, your run will first need to be uploaded to Garmin Connect. Under 'Results' on MapRun you can then select 'Upload from Garmin'.

and finally, remember

you DO NOT have to use MapRun on a phone or watch at our NSL events – you can write down your answers on the clue sheet in just the same way as we have been doing for the past 12 years.