***Instructions for Cullingworth 28/6/23 MapRun***

**General**

This race is to be run on Maprun, It is a 60 minute score event with variable scoring system

Controls numbered 1 -10 score 10 points

11-20 score 20 points

21-30 score 30 points

31-33 score 40 points

10 point penalty per minute or part of minute late.

**Actions to do preferably before leaving home OR on location**

Install the free **MapRun6** app on your smartphone. MapRun6 is the latest version and is available from Apple App Store or Android PlayStore.

Start the app

Tap NAME

Register your details including; name, sex, e-mail address, mobile number, year of birth, postal code. Club names do not appear in the results.

Read & accept the User Agreement & Privacy Policy and the Event Terms & Conditions.

Access the event via this QR code

A qr code with a green square and a blue square

Description automatically generated with low confidence

Or Tap SELECT EVENT

Scroll down and tap UK

Tap AIRE VALLEY

Scroll down and Tap 2023 EVENTS

Tap Cullingworth 280623

On the main screen you should now see this course name displayed below SELECT EVENT

**NB** – Your smartphone’s location services setting needs to allow the MapRun6 app access to your location while the app is in use.

To keep the map showing and so not have to log in repeatedly, we suggest you keep your phone display on while using the app. Go to your settings then Display & Brightness and set Auto-Lock to ‘Never’. Remember to reset to your original setting after run.

Make sure your smartphone is fully charged!

**Actions to do once on location**

Have the screen up with Cullingworth 280623 displayed below Select Event

Press Go to Start -Enter the Race PIN which will be given you on the day by the organiser.

Allow the GPS to register/find you a red dot should show your location. This dot disappears after you start. Then START

**NB –** To record your race time you MUST successfully register at BOTH the START and the FINISH. This is critical.

Your smartphone will register Start, Checkpoints and Finish using GPS. This should work within 15m of the site. It can vary a bit according to conditions including topography, buildings, tree cover and weather. Successful registration is indicated by a single ‘beep’ sound. Also, on the screen map, the colour of the start triangle, each checkpoint circle and finish circles changes from red to green indicating successful registration.

Once started, most runners stow their smartphone safely and rely on the audible ‘beep’ sound.

The background mapping for the course shown on screen is an Airienteers Orienteering map.

**NB** – Keep at least 25m well clear of the start point until you are ready to actually start! Otherwise the app will start timing you before you are ready.

If you do have a false start just end your run and start again.

**If a checkpoint fails to register but you are definitely in the right place then continue with your run**. You will not get a correct race time/position immediately on finishing the course. However, your route trace can be used to verify your position and that you made a valid visit to the control site and your score can be adjusted later.

Once you have run through the finish Your race time and current position should automatically display provided start, finish and all checkpoints that have successfully registered in the correct sequence.

If any have not correctly registered let the Organiser know so we can look to correct results.

Good luck and enjoy the course.