

## ***Instructions for Golden Acre MapRun***

### **General**

This race is to be run on Maprun, 45 minute score event.  
There will be 30 controls worth between 20 and 40 points. 30 point penalty for each one minute (or part) late back to finish.

Controls numbered 20-29 score 20 points

Controls numbered 30-39 score 30 points

Controls numbered 40-49 score 40 points

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Score event with two sets of controls (ie of different “parity” - odd numbered and even numbered) on the same map.

- Runners can run either evens or odds first and then the other.
- The runner’s first block is determined by whether two odds or two evens are punched before two of the other (or stated another way, of the first three non-duplicated controls visited, two are even or two are odd).
- The flip to the second block is signalled by visiting two controls in the second block in succession. (ie two odds after an initial block of evens or vice versa)
- Runners don’t need to visit all evens or all odds and could just visit one block of controls.
- Controls of the wrong parity in a block (ie odds visited in an even block and vice versa) do not count towards the points score but can be visited in the correct block for points.

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

Install the free **MapRun** app on your smartphone. MapRun (version 7) 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



Or Tap SELECT EVENT

Scroll down and tap UK

Tap AIRE VALLEY

Scroll down and Tap 2024 EVENTS

Tap Golden Acre

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 MapRun 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 Golden Acre 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 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.