# East Craigs Orienteering Challenge

Explore your local area in a different way – using Smartphone Orienteering.

## Virtual Controls

When we are orienteering, we are normally looking for a control positioned on the ground which matches the location marked on the map – these may be permanent controls or orienteering kites placed for an event. This enables us to check that we have gone to the correct location – and by recording codes or timestamps for others to check that we really did go to the correct place. Smartphone orienteering allows us to place "virtual controls" that are detected by the GPS on your phone and means that we don't need physical controls to be placed.

## MapRunF

MapRunF is a free app which you can download and install on your phone. You can select an orienteering course to undertake and your phone will "beep" when you get to the correct location of each control. It will also record information about the route you took and the time taken.
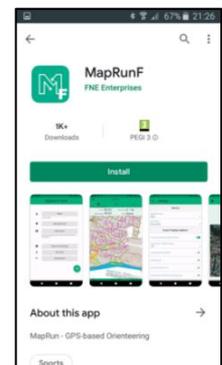
## Using MapRunF

The easiest way to use MapRunF is to also have a paper copy of the map with the course shown. PDF copies of the maps can be downloaded from https://www.scottish-orienteering.org/get-involved/pocs/. The app will beep and record your locations, but you can use the paper copy of the map to navigate from, as this is much easier. You can then carry your phone safely in a pocket and just listen for the "beep" when you are at the control site. The app does show which control you have just visited if you are not sure, but it does not show where you are – you need to do the navigation and orienteering for yourself!

## Installing and Setting Up MapRunF

Step 1: Download MapRunF from your app store and install it on your phone. It works on Apple or Android devices

Step 2: Open the app. The 1$^{st}$ time you use it you are required to complete your personal details. Click on the "NAME" and you will then be prompted to enter your details. It will save this information.

## Selecting a Course

You will need a wifi connection or access to Data to download the map and course for the event you wish to undertake. However, this can be downloaded at home before you set off. When you are actually completing the course no wifi access/data is required.
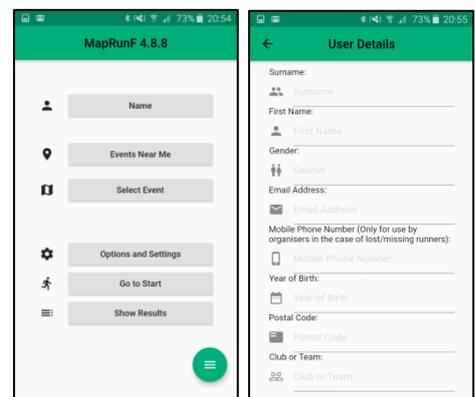
The easiest way to select a local course is to select "EVENTS NEAR ME". It will then display all the events within a radius of a couple of kilometres from your current position. You can then

select the course you wish to run – in this case East Craigs Long or East Craigs Short.

Once you have selected an event – this will be shown on the home screen of the app. *(In this example East Craigs Long)*

## Starting your Course

When you are ready to begin, you simply need to select "GO TO START".

The map will then appear on your screen (overlaid over the satellite imagery) with the course shown. You can move around and zoom in and out of the map.

When you are physically at the location shown as the Start on the map (Start Triangle) the phone's GPS will detect this and the app will "beep" to acknowledge you are at the start – the screen will also show that the last control "punched" is S1 – the Start.

The start triangle will now be shown in green rather than purple to indicate that it has been visited.

You can then start your course – at any pace you want – visiting each control in any order you wish.  When you have successfully visited the control site, the phone will beep and the number of the last control you have visited will be shown. The controls you have already visited will be shown in green.

It will also show the elapsed time since you started your course.

You will continue until you have visited all the marked controls. You then need to go the Finish(◎). When the phone detects that you are at the finish, it will stop the clock, and stop tracking your route. It will indicate if you have completed the course correctly and the time taken.

## Results

3Once you have completed your course, it will then upload your results to the server. If you do not have wifi/data, it will give an error message saying it couldn't upload but it will then allow you to upload once you do have internet access.

You can then select to view all the results for the event and even seen the GPS track showing the actual route which you took.

## Accuracy and GPS

Sometimes you may notice that the phone beeps before you are exactly at the location of the control shown on the map – or you may need to go past the location. The accuracy of system is related to the accuracy of the GPS and the environment will affect this – for example in steep valleys, or beside tall buildings or with dense tree cover the satellite signal for the GPS may not work as well. The signal is also affected by external factors, such as the number of overhead satellites at that time and weather and atmospheric conditions.

Normally you should expect the phone to detect the control and beep if you are somewhere within the control circle drawn on the map (somewhere within a radius of about 10m from the location of the feature.)

## The Courses – East Craigs Long or East Craigs Short

- As suggested by the names the long course covers a greater distance.
- For your attempt to be valid for the Long Course you must visit at least 10 controls and for the Short you must visit at least 8 controls.
- You can visit the controls in order you wish.
- The Start and Finish for both courses are outside East Craigs Primary School.
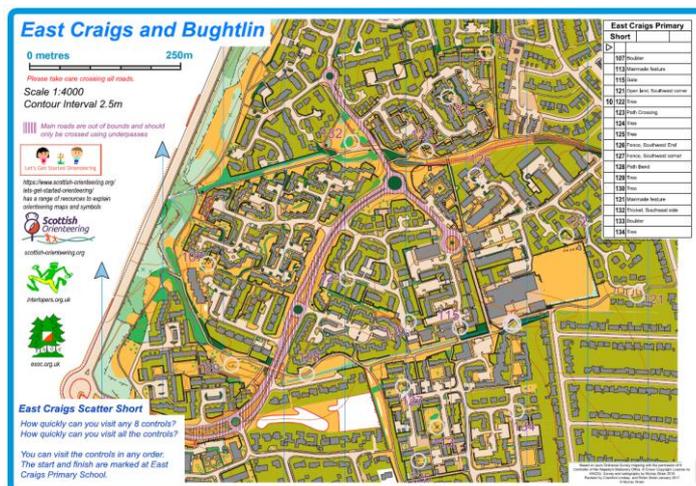


## More Information about Orienteering

If you are new to orienteering, the Lets Get Started resources from Scottish Orienteering are an ideal introduction to maps and orienteering and will explain all the map symbols and setting your map. These can be accessed at



https://www.scottish-orienteering.org/lets-get-started-orienteering/

## More Courses

If you enjoyed this challenge there are more courses in your local area:-

Cammo Scatter is within the Cammo Estate starting at the Visitor Lodge and is again a scatter course where you can visit the controls in any order.

Sprintelope Bughtlin (Long and Short) are courses where you need to visit the controls in the specified order as shown on the map.

As well as lots of other courses all over Edinburgh (and Scotland!). The maps can all be accessed from the Scottish Orienteering website at https://www.scottish-orienteering.org/get-involved/pocs and there is a searchable map of available courses.

## Local Clubs

If you enjoyed this and would like to try more orienteering, there are 2 local clubs.





Edinburgh Southern Orienteering Club (ESOC)
esoc.org.uk

Interlopers (INT)
interlopers.org.uk

## *Have Fun!!*