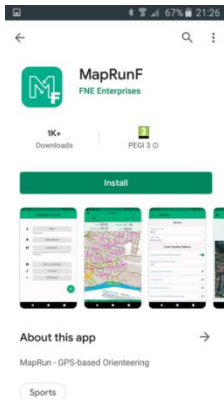
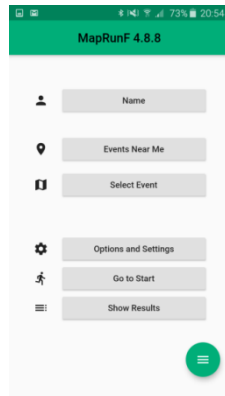


Conquering Cammo with MapRunF

Steps 1 to 4 require a wi-fi connection and can be done in advance of the event. You do not need wi-fi access during the event.



1. Download the MapRunF app and install it on your phone



2. Open the App



3. Before using it for the 1st time, you will need to select “Name” and input your details

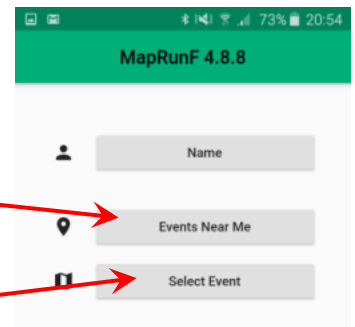
You are now ready to use the App.

4. You now need to Select an Event. In this example we wish to run the event **Cammo Challenge**. This can be done either:-

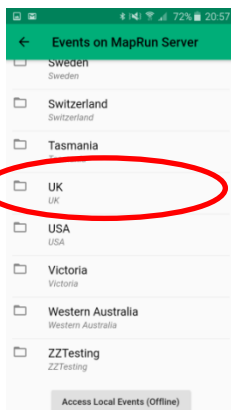
- If you are close to the event location, Select **EVENTS NEAR ME** if it shows the event you want (**Cammo Challenge**) then you can select it here.

OR

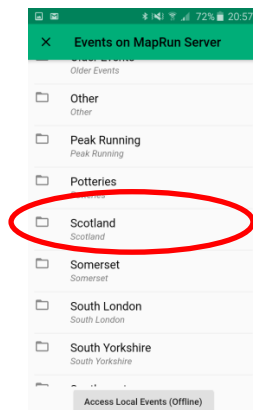
- If the event is not shown, select **SELECT EVENT**. A list of folders will appear on the screen



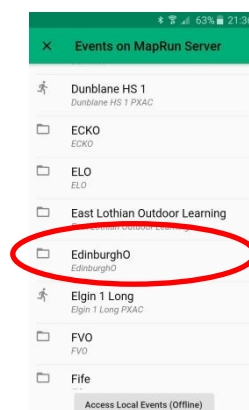
Scroll down until you find **UK**



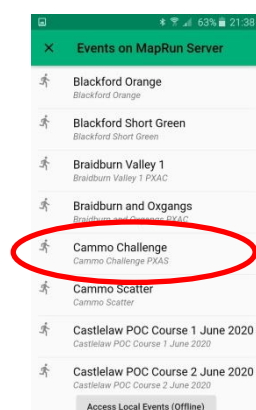
Then Select **Scotland**



Then Select **EdinburghO**



Then select the course you want to run (**Cammo Challenge**)



The screen will then show that you have an event loaded. In this case **Cammo Challenge** with a scatter punch (visit all the controls in any order)

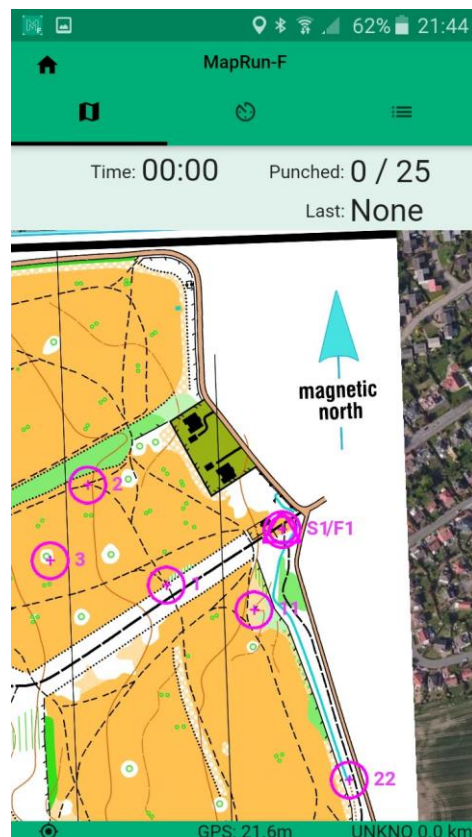


AT THE EVENT

When you are ready to Start, select **GOTO START**.

The screen will then show the map, which you can zoom in and out and move around on the screen

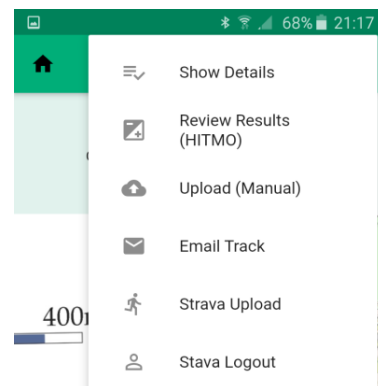
- This event will start timing you when you get to any control (or the start shown).
- When you are at the control, the phone will detect this and **beep** to confirm that you are at the start and start the clock.
- It is generally easier to race using a paper copy of the map and just listen for the “beeps” from the phone to confirm that you are at the control. However if you wish to check, the screen will show the number of the last control you visited and the number of controls you have visited.
- If you visit the same control more than once, it will detect it again - so although there are 25 controls - it is possible for it to show you have visited more than 25!
- Controls you have visited will be shown with green circles and controls you still need to visit will be shown in purple.
- When you wish to Finish - return to the control you started at. The phone will **beep** and stop tracking your route
- Note you do not need to visit all the controls - it will record the number you have visited.



AFTER YOU FINISH

When you finish, you will be given options to Save and Upload your Run.

If you don't have Data you can wait till you return somewhere with wi-fi to then do this by selecting **Upload(Manual)**. You can also get options to upload to Strava.



RESULTS

Select “SHOW RESULTS” from the main screen. You can then view results for the event.

If you select “Track” you can view the route you took - and the routes taken by others.

Controls Visited	Track	Time	Distance (km)
20: 42, 33, 32, 41, 31, 38, 39, 50, 34, 49, 35, 37, 44, 36, 46, 47, 48, 43, 40, 52	Track	31:59	7.233
19: 42, 40, 43, 48, 47, 46, 44, 36, 37, 35, 49, 34, 39, 38, 50, 32, 33, 41, 31	Track	37:33	7.030
19: 42, 48, 43, 49, 32, 41, 21			

For more information see

<https://www.scottish-orienteering.org/get-involved/pocs/#MapRun-info-jump>