



Mole Valley Orienteering Club have published a series of maps on the club's website that you can use for individual training at a time of your choosing.

This is meant as a useful training exercise (both physical and for map reading) and as a bit of fun. You can also compare your run to others who run the course for further analysis.

The link on the website will allow you to download a PDF of the map and control descriptions that you can print off and allow you to run the course.

The start and finish locations are also detailed on the website.

All of the courses you can see on the website are available to complete using an app on a GPS smartphone which automatically logs the controls you have visited and works out your time when you finish, including time penalties.

The app is called MapRun and can be downloaded from the Apple App Store or on Android via Google Play. You do not need the latest phone for this to work. It should work on older phones. The latest version is called MapRun6.



The app will give an audible 'beep' when you visit a control, so there is no need to record anything yourself to show you have visited the control.

Once you have downloaded and set up your details on the app you are ready to select the course. On the main screen either select the event from 'Select Event' tab and navigate to the **UK > Mole Valley > Course** folders and select the event. Choose from Street Orienteering Courses, Permanent Orienteering Courses or SmartRun Courses. Or once you are near the area, select the 'Events near Me' tab assuming you have a good phone signal.

Once you have selected your event and are near your chosen start point, click the 'Go to Start' tab and the app will prompt you for a password. The organiser will email you the password. The map will appear on your phone showing the course. Your current location will be shown as a red dot and you will need to get to your selected start location. This is the start triangle. Once you arrive there your phone will beep, and the timer will start. Whilst you are running your current GPS location will not show on the map.

When running, you will need to ensure your phone is fully charged and that GPS is turned on. You do not need internet access or mobile data to run the course.

As you visit each control the app will beep, and the control circle will turn green to confirm your visit. On some you may need to linger before it registers. If you want to hear the beeps, ensure that the volume on your phone is turned up to the maximum and you will need to set your phone up so that the screen does not lock (it needs to stay on all the time).

You should navigate by the map you will have printed off. That way you can put your phone safe in your pocket, to avoid the possibility of damaging your phone or inviting it to be stolen!

The app is not 100% accurate and you may find that it does not log your visit to a control. This may be due to inaccuracies in the GPS signal (especially in forest or tunnels etc.) or because the map itself is not 100% accurate. Of course, it could be because you are in the wrong place and when you view your run after you finish you can see where the problem is. If you think you are in the right place and your phone does not beep, move on to the next control.

When you finish the course your results should upload automatically. If they do not you can manually upload once you have a good internet connection. **Please note that if on the way to another control you run past the start/finish this may prematurely end your timed run, so be careful.**

Once you have finished, you can see your score, GPS track, results and splits for all controls (you will need the PIN again), as well as the results for all other runners so that you can compare routes etc. with a view to improving for future events. You can run the course as many times as you like and try different routes to see if you can improve your score but only your first attempt will count in the results. The map and results will stay on the MapRunF database, so hopefully over time more results will appear.

If you do not want to use the app you can simply use the map and control descriptions and run the course without your phone, either spotting the control from its description or (in the case of StreetO courses) noting down the answer to the description clue. If you would like your results to be logged, you can email the organiser your GPX track from your GPS enabled device after you run, or email your written answers and total time taken.

IMPORTANT NOTES: You should only do these training runs if you can do so whilst adhering to the current government guidance e.g. observing social distancing and travel restrictions. They are designed to be run individually or in family groups, please be courteous to others.

These courses are not official events. All StreetO courses involve running on and across potentially busy roads. You are wholly and solely responsible for your own safety and conduct whilst using the map and/or running a MapRun course. By downloading a Mole Valley Orienteering Club map either on paper or via the app you accept this responsibility.

The StreetO Courses available on this website have been designed and published using maps extracted from Open Street Map, via the Open Orienteering Map website. We cannot vouch for or warrant the accuracy of the background map, nor that a route shown on the map is a legitimate right of way for the purposes of running a MapRun course.

If you have any questions, please contact me on clerk@mvoc.org

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