

MapRun Guidance based on recent experience

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Before you run:

1. It is recommended that once you have downloaded the course that you turn off both WiFi and Cellular Data before you start. Although counter-intuitive (or at least to me), this apparently improves the accuracy of your GPS tracking on your device. You will need to switch your data etc back on after your run to download your result.
2. It is believed that how and where you carry your device impacts the accuracy of GPS tracking on your device. It is preferable to carry your device using a running arm band vs in a bum bag if possible.
3. It is likely that the age of your device (and hence the vintage of the GPS chip in it) may be a significant factor – newer devices are likely be more accurate than older models. Bit extreme to buy a new phone based on this but perhaps the excuse you have just been looking for!

When you are running:

1. Whilst we all like to hear the reassuring ping of a control being recorded, we strongly recommend that on reaching a control site and if your device does not ping, after ensuring you are in the correct location, you move on immediately as you can manual amend your result after your run (see “After you have run” section below)
2. Unfortunately, the above guidance does not work if the Finish does not record – sorry! The best advice in such circumstances is to run 20m or so through the Finish and then run back. If still no luck, only hope is the headless chicken routine, heading out in different directions from the Finish and back until the Finish registers. You need to get the Finish to record to save your run.
3. If you have a Garmin device, it is possible to download your run from Garmin into MapRun and from past experience, the GPS tracking is much more accurate using your Garmin – see instructions in “After you have run” section below.

After you have run:

1. If your MapRun initial result has not recorded all the controls you have visited you need to do the following: Press on the 3 horizontal bars on the top right of the screen which shows you your completed route. On the menu that appears select “Review Results (HITMO)”. If you do this, you will see a tolerance on the left that you can alter (essentially how far from the control you have to be to get it to register). Start with this on 30 and scroll down the controls listed on the right. Any control that has registered is in green. Any control that has not registered is in red with a box beside it. If this is the control that you are missing, click on the box and a tick will appear in the box. Continue down to get all the controls you are missing then press “Submit a Revised Result”. You only need to click on the controls you are missing as otherwise you end up with a lot of duplicate controls. If you are not offered a control you visited, increase the tolerance and repeat. The system obviously works on trust so please ensure you only “claim” controls that you are confident you actually visited
2. To download your run from a Garmin device onto MapRun you need to do the following:

First of all, you have to have the ability to download your Garmin device onto a laptop/computer. Plug your Garmin device into your computer using the charger lead and log on to Garmin Connect. Find your MapRun activity and open the activity. Now click on the little cog symbol on the right and you will access a menu will offer an option to “Export to GPX”

Select this option and it will generate a GPX file – this is likely to appear in your Downloads folder on your computer.

Now you need go to the MapRun website – the link is <http://www.p.fne.com.au/#fne>

Click on the “GPS Track Upload” option on left hand side and then fill in the requested details. You will need to choose the GPX file you have just created and select the event i.e. MapRun course you read using the search function. Select “Start and Finish times determined automatically from the GPS Track (Appropriate Timings)”.

Then click “Analyse Track” and it will upload controls – you then need to check sequence and if necessary, tick or untick any as necessary

Now click “Confirm Results Table”. Calculate and enter your net score i.e. after any time penalties.

Then click “Submit Results” and it should then appear in MapRun results for that event/course.

3. If you are still struggling on any of the above or have a different issue, please do not hesitate to contact Rob Mills at the e-mail above and we will endeavour to help you get your individual result properly reflected overall