

MapRun6



Smartphone App

MapRun6 is a free App. This is how it works: the chosen course, which includes the map and the location of the Start, Finish and Controls is downloaded to the App which then uses the smartphone's GPS to time and track the progress around the course.

The App can be set to display the user's whereabouts on the screen which is often a help to the inexperienced.

More usually this particular feature is switched off but within the App the track itself is always recorded. At the end of a run it can either be viewed on the smartphone or uploaded to the MapRun webpages where it will be displayed against the tracks and times of the other people who completed the course. Perfect for analysing what went right and what went wrong.

How to find the App

Use [Google Play \(Android\)](#) or the [App Store \(Apple\)](#) and search for "MapRun6 developed by FNE Enterprises. Download the App. It is free.

How to use the App and download this course

When you open the App there are six headings

Name

Use this menu to provide the App with your details: these will include your surname and first name, gender, email address, year of birth and post code.

Events Near Me

This will find MapRun Events that are close to you

Select Event

Use this to find events from all over the world. But for the M60 O-Ringen choose a Leg from:

UK>Manchester>Navvies>M60 O-Ringen

Note that all the legs are "Scatter" courses. You must find your way from the Start to the Finish via 12 of the 15 controls on offer.

Options and Settings

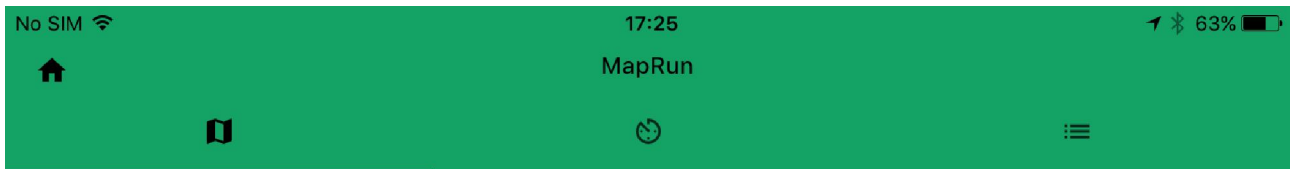
If you want the App to show your location and/or your track as you run then scroll down to "Event Display Options" and use the "Display present location" and "Display track" toggles BEFORE you start.

Go to Start

Using this causes the App begin to look for your your location. To save the battery do not use this until just before you want to start.

Show Results

This allows you to see the details of all the courses you have completed on your smartphone and provides the link to the MapRun webpages that display everyone else's results too.



The display screen

Once you “Go to Start” the next screen is controlled by four icons:

- The top left icon looks like a small hut and allows you return to the home page.
- The icon with two black and one green columns displays the map.
- The stopwatch displays the time you have spent and the number of controls visited.
- The three bulleted lines displays data about your whereabouts.

MapRun6 Tips

MapRun6 works on most types of smartphone but some are more configurable than others. Some of the DO's and DONT's may not apply to your 'phone but please check them out.

DOs and DON'Ts

Do give MapRun6 access to location services.

Do allow MapRun6 to send notifications. It will then beep and put a message on the screen to confirm each visit made to a control. Some phones may vibrate too.

Do have the notification sound level at its maximum.

Do charge your smartphone battery before your run.

Do NOT run with your smartphone in mute mode.

Also

MapRun6 will run quite happily in the background. i.e. the map will disappear and the screen will go blank until a control is visited which will trigger the beep, message (and vibration).

However, a few 'phones have an energy saving/security feature that causes the 'phone to shut down after a period of time - typically 5 minutes. If your 'phone has this feature then either disable it or set it to 90 or so minutes.

MapRunG

MapRun on a Garmin watch is to experience the very best in GPS orienteering

One off preparation

- Check that your Garmin watch supports MapRunG [here](#)

On your smartphone

- Check that you have the latest MapRun6. Download the latest version if necessary. It is free.
- Download the Garmin apps Connect and ConnectIQ from Google Play or the App Store
- Pair your smartphone to your Garmin watch using Garmin Connect
- Download the MapRunG app from ConnectIQ and install it on your watch. It is free.
- Use MapRun6>Settings>GPS Watch Mode to provide MapRun6 with the link to of your watch.
- Login to your Garmin account to give MapRun permission to access your event data.



For each event

Download and run

- Select and download an event to MapRun6
- Pair the phone and watch and 'Send Event to my Garmin Watch'
- Start the MapRunG App on the watch, check you have the correct course and it offers 'Go to Start'.
- Leave the smartphone somewhere safe. Get ready to run
- Use the Start/Stop button on your watch (or, on some models, tap the screen) and run the event. Your watch will beep and vibrate at each control.

Obtain the results

- After punching the Finish, tap Start/Stop on your watch to select "Finish"
- Recover your smartphone from its safe place. It will automatically pair with your watch and sync your track to Garmin Connect.
- Transfer the track into 6from Garmin Connect by selecting 'Show Results > Get track from Garmin'. Your results will treated just as if you had run using your phone