Maprun Instructions – First Event

At Home
- Download MaprunF from the App Store or Play Store.
- Open the App and click the Name button. Add your details.
- Go to the NOR Maprun web page - http://www.norfolkoc.co.uk/maprun-courses/
- Decide on your course and have a look at the PDF map.
- Plan your route.
- If you plan to use a PDF map, print it ready. Else you can use the map within the MaprunF App on your phone.

Ready To Run
- Click on the Select Event button.
- Find the 'UK > Norfolk > NOR OC' folder and select the correct course.
- On the Home screen, check that the course name now appears under the Select Event button.
- Make sure your phone is charged and ready for your run.
- Make sure the phone has sounds enabled and is off Silent Mode.
- Before you begin, make sure you are not too close (within 50m) of the start. When you are ready, click Go to Start. Allow notifications and use of GPS etc. The map will appear and a GPS accuracy will show at the bottom.
- As you walk to the first (start) control, make sure that your GPS signal is ok. A track will show you where you are, but this will disappear once you start the course.
- When you reach the first (start) control the phone will beep, the control will turn green and the timer will start. The tracking line will disappear.

Run The Course
- It sometimes takes a few seconds for the GPS to catch you at a control. Be patient and get your breath. This can be more noticeable where there is tree cover.
- Remember that you must finish at the control you started from.
- When you finish, the result will upload so long as you have signal.

Stay Alert
- Don't drop your phone.
- Watch for traffic.
- Remain socially distant.
- Enjoy the course!

If you need any pointers, please contact Ben Bethell on 01603 715095 or at brbethell@hotmail.com