



MapRun Summer series details



From	Venue	Location of start
22 July	Wilton	S corner of park, near fence
29 July	Pyrland	Path by play area & tennis courts
5 Aug	Galmington	Lamp post by hedge by car park
12 Aug	Blackbrook	On path to E of shops

Getting started

Read the MapRun section on the QO website

Once you have the MapRun app installed:

Select the course, shown as event in the app. You'll need to navigate to the MR Quantock Orienteers folder within "MR UK" to find our courses.

Position yourself **near to but not at** the Start, and tap Go to Start.

Tap 'Start the GPS'. This gives your GPS time to **locate** the GPS satellites before you go through the Start.

When the app is ready, go through the Start location to **start the course timer**. You now have 45 minutes!

Once started, **do not** pass through the Finish unless you are at the end of your run!

Remember to upload your **result** afterwards

Controls

The checkpoints are **not physically marked** on the ground - the control descriptions on the map help you identify the correct point as you get near.

You should hear a bleep from your phone when you get within 10m of the control.

If you don't, it may be that the GPS signal is weak - you may need to pause to let it 'catch up' with your location.

Safety

Take care running on or across all roads, but particularly major roads.

Plan for time spent waiting to cross safely.

You run at your own risk. Take care also when running round corners or along narrow paths and alleyways.

Be aware of and courteous towards other people on your route.

Map symbols

	Wall
	High Wall
	Narrow Path (< 2m)
	Fence with Gate
	High Fence
	Earth Bank
	Earth Wall
	Building with Overhang
	Stairway, Kerb
	Play Equipment Picnic Table
	Tree (Small / large)
	Mound (small / large)
	Stream : Pond
	Open Land
	Rough Open Land
	Flower Bed
	Woodland
	Bushes
	Tarmac
	Soft Surface
	Out of Bounds