



Mole Valley Orienteering Club have published on the club's website some maps of our previous street events, 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 location is also detailed on the website.

The event format is a score event. This means that you have one hour to run the course and score as many points as possible. You do this by visiting the locations (control sites) marked on the map. Different sites are worth different point scores based on their number e.g. controls 10-19 are worth 10 points each and controls 20-29 are worth 20 points each.

Your score will be reduced by 30 points for each minute or part minute your total time is over the hour. You should therefore manage your time to ensure you are not late. **Please note that this is a different penalty regime than when the event was originally run.**

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



The app is called MapRunF 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.

It 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 the 'Events near Me' tab or click the 'Select Event' tab and navigate to the 'UK' > 'Mole Valley' > 'Start Anywhere' folder and select the event. The course should be downloaded when you have internet access.

Once you have selected your event and are near your chosen start point, click the 'Go to Start' tab and 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 normally the start triangle but can be any control. Once you arrive there your phone will beep, and the timer will start. **Please note that if on the way to your chosen start control you run past another control this will prematurely start your timed run, so be careful.** 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, that GPS is turned on and that the volume is turned up to the maximum. You will need to set it so that it does not lock (it needs to stay on all the time). You do not need internet access or mobile data to run the course.

As you visit each control the phone will beep, and the control circle will turn green to confirm your visit. On some you may need to linger before it registers.

You could run the course just using the map on your phone, but we would advise you to 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!

For the actual event that these courses were taken from you would navigate to a particular feature (post box, lamp post, hydrant etc.) and write down the answer to a clue shown on the control descriptions. For the purposes of running with the app, you navigate to the circle on your map and listen for the beep of your phone.

Of course, you can choose to run with the sound off and find the feature, run up to it and then move on. When you finish the course, you can then see if the app logged you visiting the control.

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.

You should ensure that as your hour runs out, you navigate to the control that you started from. To finish the course and when you next have a data connection, upload your results. **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 GPS track, results and splits for all controls, 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. 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 download the map and control descriptions and run the course without your phone, either spotting the control from its description or noting down the answer to the description clue. Whilst you will not be able to verify your results, you can tot it up for yourself.

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. They are designed to be run individually and as it is not a race, please be courteous to others.

These courses are not official events. All 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 MapRunF course. By downloading a Mole Valley Orienteering Club map either on paper or via the app you accept this responsibility.

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 MapRunF course.

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

Justin Farhall (May 2020)