



Lympstone MapRun!

Organiser & Planner: Matt Atkins

(please email me at ma.atkins@blueyonder.co.uk to let me know you are coming so that I know how many maps to print)



Sunday 11th August

Location: The Swan Inn, The Strand, Lympstone EX8 5ET

The Swan Inn are kindly letting us use a couple of their tables, perhaps consider staying on for a drink afterwards or even booking lunch. Their website:

<http://www.theswaninn-lympstone.co.uk/>

Parking in Underhill pay & display car park EX8 5HH
or on residential streets (please park considerately)

Lympstone is on the Exeter to Exmouth cycle route so perhaps consider cycling instead of driving. There is also a train station and buses, lots of transport options!

1 hour score activity around the quiet streets of Lympstone village.

Choose between 2 courses:

Odds & Evens Score: Start with the Odd numbered controls and find as many as you can before switching to the Even numbered controls. You can switch over at any time but once you have switched you cannot go back to Odds again. 1 hour time limit.

Simple Score: Find as many of the 28 controls in any order you like in an hour.

As the course uses public roads U16's must be accompanied by an adult.

Entry fee: £3 per person (or £3 per pair or small group if going round together + £1 for each extra map required)

Registration from 9.15am / Start: 9.30 - 10.30am.

Courses close 11.30am.

Please come along to this activity to try out smartphone orienteering!

You will need to download the Maprunners app to your phone before you come along. Please see below for instructions on how to do this and more detail of how MapRun works.

MapRun Instructions



MapRun doesn't need kites, control units or permanent course posts- just a smartphone app.

How does it work?

Basically, MapRun relies on GPS readings (pinpointed from Google Earth) of locations of **street furniture**, typically lamp posts, post boxes signs etc. Quite a few in the club will already be familiar with urban score events using street furniture where you take a note of say a lamp post number to prove you've visited the site.

With the new method, your control 'punches' are registered via a smartphone, which vibrates or buzzes when you're within about **five metres** of the control.

You prepare by downloading the event onto the free MapRun app. Some events are protected by a PIN code, especially in advance of meets scheduled for certain dates. Once you've loaded up the event, you would activate your run via a PIN code obtained from the organiser.

Traditionalists can be reassured, despite all this technology, paper maps are still being used!

Preparation

You will need a smartphone (obviously).

Download the MapRun **app** onto your smartphone.

To do this visit: <http://maprunners.weebly.com/>

Note: if you do a Google search for 'Maprunners' or 'MapRun' you will find similar named websites and apps, some aimed at runners and some aimed at orienteers. Make sure you download the app with this symbol:



You will have the option to either download the app from the Apple App Store (iphones) or from Google Play (Android phones e.g. Samsung Galaxy etc).

You will then need to register your details.

Thats it, you're ready to go!

Lympstone MapRun specifics

Before you arrive at Lympstone please make sure you have downloaded the MapRun app as above. Open the app and select 'Event List', scroll down and select 'UK', scroll down and select 'Quantock Orienteers' select 'Devon OC' select 'Lympstone 1A' for the Odds & Evens Course or 'Lympstone 1B' for the Simple Score course.

The activity is currently pin protected, this will be removed before the start.

Before you start you will need to make sure your gps function on your phone is enabled. For iphones go to 'Settings' then 'Privacy' and make sure 'Location Services' is switched on (android phones might be slightly different).

You may also want to temporarily alter your Display setting so that your phone doesn't switch to Autolock during your run (this is not essential as MapRun will still run in the background even if the screen goes to Autolock). For iphones go to 'Settings' then 'Display & Brightness' then 'Autolock' and select 'Never'. **If you do change this setting remember to change it back again after your run.**

During your run you will want to keep your phone somewhere. An armband is good or a bum bag etc.

Although your phone screen will display the map you will also be given a paper map. In this case we will be using Roger Green's Ocad map which we last used nearly 10 years ago for the Xmas novelty event. Roger has only had to make a few minor updates.

Once you have activated the GPS, loaded the event, and started the event on your phone you are ready to go to the Start. As at all control points, your phone will recognise the Start location when you get within a few metres of it and you will hear a buzz from it.

Sometimes the app registers you as starting before you've even reached the Start. Try to let the GPS 'settle down' i.e. give it a chance to locate the satellites accurately before going near the Start. If you have a false start, just end your run and try again.

Don't go near the Finish till you actually want to finish, otherwise your run will automatically end!

Safety

The area is a mixture of residential streets, country lanes, footpaths, bridleways and parkland.

Please be careful when crossing all roads. Look out for cars and also cyclists.

You may encounter horse riders on the bridleways so please look out for them.

Dog walkers and other pedestrians frequent this area, please be courteous.

One of the controls is at the end of a jetty out into the River Exe, please be extra careful when visiting this control.

U16's must be accompanied by an adult whilst running their course.

A Risk Assessment has been completed for this activity.