

MAPRUN ABBEYDALE 2018 DETAILS

Checkpoint Descriptions

MR Abbeydale 2018		
600 points		
No	Feature	Points
Start	Path junction	
10	Path junction	10
11	Road and path junction	10
12	Lamp post	10
13	Belisha beacon	10
14	E end of hedge	10
15	Path junction	10
16	Lamp post	10
17	Lamp post	10
18	Bridge	10
19	Lamp post	10
20	N end of path	20
21	NE outside corner of building	20
22	S end of path	20
23	Gate	20
24	Lamp post	20
25	Bend in hedge	20
26	Lamp post	20
27	Path junction	20
28	Bend in path	20
29	Gate	20
30	Lamp post	30
31	Lamp post	30
32	Path junction	30
33	N edge of Group of trees	30
34	Lamp post	30
35	S end of hedge	30
36	Lone tree	30
37	Lone tree	30
38	Lamp post	30
39	Lamp post	30

Safety

Take care running on or across all roads, but particularly major roads. Plan for time spent waiting to cross safely or run via a subway or controlled crossing. 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.

More Information

Visit www.ngocweb.com/maprun



Course Details

You have 60 minutes to visit the checkpoints and collect as many points as you can and return – by any route. Checkpoints have different points values based on their number: 10-19 score 10 points each, 20-29 score 20 each, 30-39 score 30 each. If you run out of time, the penalty accumulates fast - you lose 30 points for every part minute you are beyond the hour!

Checkpoints are not physically marked on the ground - the table to the left is to help you identify the correct point as you get near.

Getting Started

If you have not yet downloaded the app, go to the Apple App Store or Google Play, search for it and download it to your phone. Start the app, and you will be asked to provide some basic registration details. Once done, you are ready to go:

1. Select a course, shown as event in the app, and wait for the two parts of the course – maps and checkpoints - to download. You'll need to navigate to the MR UK folder to find our courses.
2. Position yourself near to but not at the start, and tap Go to Start.
3. 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 60 minutes!
4. Make sure you go through the Finish at the end of your run to stop the time.

Note for Android 8 users: In an effort to reduce power consumption, Android 8.0 (API level 26) limits how frequently background apps can retrieve the user's current location. Apps can receive location updates only a few times each hour. This means that if maprun is running in the background, and you are using a paper map, your course will not be plotted, nor will checkpoints register. If you are using the map on the phone, you'll be OK. If not, you need to keep the app open as a foreground app during your run.

Start and Finish

The clock will start as you pass the path junction just past the Community Centre towards the stream. The finish is in the same place. Once started, do not pass through the finish unless you are at the end of your run!

Map Symbols

	Main Road		Open area
	Minor Road		Paved area
	Footpath		Woodland
	Railway		Hedge
	Underpass		Wall
	Forbidden route		Start
	Out of Bounds		Finish