

# 18-19 WINTER 2 STROUD DETAILS

## Checkpoint Descriptions

18-19 Winter 2 Stroud		
600 points		
No	Feature	Points
Start:	Co-op car park	
1	Road/Path Junction	10
2	Path Junction	10
3	Road/Path crossing	10
4	Lamp post or telegraph pole	10
5	Path	10
6	Road/Path Junction	10
7	Road bend	10
8	Lamp post or telegraph pole	10
9	Road Junction	10
10	Lamp post or telegraph pole	10
11	Path Junction	20
12	Path bend	20
13	Lamp post or telegraph pole	20
14	Path bend	20
15	Lamp post or telegraph pole	20
16	Lamp post or telegraph pole	20
17	Path Junction	20
18	Lamp post or telegraph pole	20
19	Lamp post or telegraph pole	20
20	Lamp post or telegraph pole	20
21	Lamp post or telegraph pole	30
22	Fence, SW. Corner (outside)	30
23	Lamp post or telegraph pole	30
24	Path bend	30
25	Lamp post or telegraph pole	30
26	Road/Path Junction	30
27	Lamp post or telegraph pole	30
28	Lamp post or telegraph pole	30
29	Lamp post or telegraph pole	30
30	Path Junction	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](http://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: 1-10 score 10 points each, 11-19 score 20 each, 21-30 score 30 each. If you run out of time, the penalty accumulates fast - you lose 10 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 run through the hatched area in the car park just to the left of the Co-op doors. Don't park too close to it, or you may inadvertently 'start' before you are ready. 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