

MAPRUN LONGLEVENS 2018 DETAILS

Checkpoint Descriptions

| MR Longlevens 2018 | | |
|--------------------|-----------------------------|--------|
| 600 points | | |
| No | Feature | Points |
| Start | NW outside corner of fence | |
| 10 | SE end of path | 10 |
| 11 | Path junction | 10 |
| 12 | Lamp post or telegraph pole | 10 |
| 13 | Bridge | 10 |
| 14 | Lamp post or telegraph pole | 10 |
| 15 | Bend in path | 10 |
| 16 | Lamp post or telegraph pole | 10 |
| 17 | Bend in path | 10 |
| 18 | Lamp post or telegraph pole | 10 |
| 19 | Path | 10 |
| 20 | Path junction | 20 |
| 21 | Lamp post or telegraph pole | 20 |
| 22 | Bend in path | 20 |
| 23 | Bend in path | 20 |
| 24 | Lamp post or telegraph pole | 20 |
| 25 | Lamp post or telegraph pole | 20 |
| 26 | Lamp post or telegraph pole | 20 |
| 27 | Bollards | 20 |
| 28 | Bend in path | 20 |
| 29 | N end of pipeline | 20 |
| 30 | Bollards | 30 |
| 31 | Lone tree | 30 |
| 32 | Lamp post or telegraph pole | 30 |
| 33 | Bend in path | 30 |
| 34 | Path junction | 30 |
| 35 | Lamp post or telegraph pole | 30 |
| 36 | SW outside corner of fence | 30 |
| 37 | Lamp post or telegraph pole | 30 |
| 38 | Path | 30 |
| 39 | Path | 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 Start and Finish are at the far left(North West) corner of the fence around the play area beside the club house, just beside the mound with a couple of trees on it. You need to run through this point to start the clock, and again to stop it at the end of your run. Once started, don't go through it again before finishing!

Map Symbols

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