

MAPRUN LYDNEY 2018 DETAILS

Checkpoint Descriptions

MR Lydney 2018		
600 points		
No	Feature	Points
Start	Bridge	
10	Path junction	10
11	Path junction	10
12	Lamp post or telegraph pole	10
13	Road and path junction	10
14	Road and path junction	10
15	Bend in path	10
16	Bend in road and path junction	10
17	Lone tree	10
18	Path junction	10
19	Bend in path	10
20	Bend in path	20
21	Lamp post or telegraph pole	20
22	E path junction	20
23	Between lone trees	20
24	Lamp post or telegraph pole	20
25	Path junction	20
26	Lamp post or telegraph pole	20
27	Bend in path	20
28	Lamp post or telegraph pole	20
29	Lamp post or telegraph pole	20
30	Lamp post or telegraph pole	30
31	Path junction	30
32	Bend in path	30
33	Lamp post or telegraph pole	30
34	Lamp post or telegraph pole	30
35	Bench	30
36	Lone tree	30
37	Thicket	30
38	S end of path	30
39	Lamp post or telegraph pole	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 cross the bridge over the stream, heading towards the cricket, football and rugby grounds. 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