

## 2023 Dorset Summer MapRun League

Wessex Orienteering Club & Wimborne Orienteers are pleased to announce a 2023 Dorset Summer MapRun League that will run from the start of April to the end of September using 12 different areas across Dorset & BCP including some completely new areas/maps.

To keep things simple, the rules will mirror our previous MapRun leagues. However, as we now have to pay BOF & SWOA levies, Seniors (M/W21+) will need to enter the League using Racesignup and pay £20 to cover their participation in the 12 events. Entry for Juniors (M/W20-) will be free (no action required to enter) but competitors under 16 need to be accompanied for safety reasons. WSX & WIM have agreed to pay the balance of levies due i.e. the League will be run at a financial loss to encourage participation. For Seniors, if you run in an event but have not entered the League by the time the event closes, you will not appear in the League results/league tables for that event and we will not re-issue results retrospectively for those who enter the League later.

The pertinent dates and locations for the League events are detailed below. All the courses are a 60 min score format. Please ensure you load the correct course which will be detailed on 2023 Dorset Summer MapRun League pages on both WIM & WSX websites as some areas have a number of different MapRun courses. Please also read any pertinent courses notes re car parking, missing control features etc that can be also be found on the 2023 Dorset Summer MapRun League web pages where you can also download and print out your maps. Please see WIM website for guidance on MapRun if you have not yet used it. Also, on the WIM MapRun page are links to helpful advice and guidance on all things MapRun including recommended phone settings etc. We have also added guidance based on experience from the previous leagues at the end of this note.

You have circa two weeks to run each event. The highest score for the event will be awarded 50 points, the second highest score 49 points etc with equal scores being ranked on time taken. Your result will be as recorded by the MapRun App. We will publish results on a weekly basis including a cumulative league table. Your highest 8 scores out of the 12 events will count towards your final league position.

When a physical event (designed for beginners) is scheduled within a particular two-week event period, all League participants who choose to undertake their League run during the event (i.e. between 1100 - 1400 on the day of the physical event) will be awarded an additional 5 points to their League score for that event. This is to encourage club orienteers to come along and support such physical events and interact with beginners. The additional 5 points will be awarded to those League competitors who sign in at the physical event and undertake their League run on the day in question but please remember that no maps will be available at the physical events for League competitors. Organisers of physical events will be awarded 49 points plus 5 additional points for the League but only for one event in the League. The pertinent dates and locations for the physical events are detailed below.

Rules i.e. the playing fair bit: You may run the course more than once during the event period but only your first run will count for the League. The maps will not be PIN protected so you can print out your map, study it and plan your route beforehand however please do not look at any routes used by other competitors during the event period before you have undertaken your run. Please also refrain from running the course and, if possible, running on the event area ahead of the event period

Any questions or queries, please feel free to contact me [robmills372@gmail.com](mailto:robmills372@gmail.com)

### **Dates & Locations for 2023 Dorset Summer MapRun League:**

**Saturday 1<sup>st</sup> April until Saturday 15<sup>th</sup> April - Blandford Milldown (WIM)**

**Sunday 16<sup>th</sup> April until Sunday 30<sup>th</sup> April - Ferndown Forest West (WIM) - New Map**

**Monday 1<sup>st</sup> May until Monday 15<sup>th</sup> May - Broadstone (WSX)**

**Tuesday 16<sup>th</sup> May until Wednesday 31<sup>st</sup> May - Corfe Castle (WSX) - New Map**

**Thursday 1<sup>st</sup> June until Thursday 15<sup>th</sup> June - Sherborne (WIM)**

**Friday 16<sup>th</sup> June until Friday 30<sup>th</sup> June - Verwood North East (WIM)**

**Saturday 1<sup>st</sup> July until Saturday 15<sup>th</sup> July - Upton Country Park (WSX)**

**Sunday 16<sup>th</sup> July until Monday 31<sup>st</sup> July - Canford Heath (WSX)**

**Tuesday 1<sup>st</sup> August until Tuesday 15<sup>th</sup> August - Durlston Country Park (WIM)**

**Wednesday 16<sup>th</sup> August until Thursday 31<sup>st</sup> August - West Moors (WIM)**

**Friday 1<sup>st</sup> September until Friday 15<sup>th</sup> September - King's Park, Boscombe (WSX)**

**Saturday 16<sup>th</sup> September until Saturday 30<sup>th</sup> September - Christchurch (WSX)**

## **Dates of Physical Events:**

**April Event:** Saturday 1<sup>st</sup> April - Blandford Milldown (WIM) - DT11 7SH, Milldown car park

**May Event:** Saturday 13<sup>th</sup> May - Broadstone (WSX) - BH18 8AX, Broadstone Scout Group & Broadstone Wessex Bowling Club car park, Dunyeats Road, Broadstone

**June Event:** Saturday 10<sup>th</sup> June - Sherborne (WIM) - DT9 3AA, Sherborne Library car park, Hound St, Sherborne

**July Event:** Saturday 8<sup>th</sup> July - Upton Country Park (WSX) - BH17 7BJ, Poole Rd, Upton

**August Event:** Saturday 12<sup>th</sup> August - Durlston Country Park, Swanage (WIM) - BH19 2JL, Durlston Country Park car park, Lighthouse Rd, Swanage

**September Event:** Saturday 9<sup>th</sup> September - King's Park, Boscombe (WSX) - BH11 4NN, King's Park car park, Boscombe, Bournemouth

## MapRun Guidance based on recent experience

### Before you run:

1. It is recommended that once you have downloaded the course that you turn off both WiFi and Cellular Data before you start. Although counter-intuitive (or at least to me), this apparently improves the accuracy of your GPS tracking on your device. You will need to switch your data etc back on after your run to download your result.
2. It is believed that how and where you carry your device impacts the accuracy of GPS tracking on your device. It is preferable to carry your device using a running arm band vs in a bum bag if possible.
3. It is likely that the age of your device (and hence the vintage of the GPS chip in it) may be a significant factor - newer devices are likely be more accurate than older models. Bit extreme to buy a new phone based on this but perhaps the excuse you have just been looking for!

### When you are running:

1. Whilst we all like to hear the reassuring ping of a control being recorded, we strongly recommend that on reaching a control site and if your device does not ping, after ensuring you are in the correct location, you move on immediately as you can manually amend your result after your run (see "After you have run" section below)
2. Unfortunately, the above guidance does not work if the Finish does not record - sorry! The best advice in such circumstances is to run 20m or so through the Finish and then run back. If still no luck, only hope is the headless chicken routine, heading out in different directions from the Finish and back until the Finish registers. You need to get the Finish to record to save your run.
3. If you have a Garmin device, it is possible to download your run from Garmin into MapRun and from past experience, the GPS tracking is much more accurate using your Garmin - see instructions in "After you have run" section below.

### After you have run:

1. If your MapRun initial result has not recorded all the controls you have visited you need to do the following: Press on the 3 horizontal bars on the top right of the screen which shows you your completed route. On the menu that appears select "Review Results (HITMO)". If you do this, you will see a tolerance on the left that you can alter (essentially how far from the control you have to be to get it to register). Start with this on 30 and scroll down the controls listed on the right. Any control that has registered is in green. Any control that has not registered is in red with a box beside it. If this is the control that you are missing, click on the box and a tick will appear in the box. Continue down to get all the controls you are missing then press "Submit a Revised Result". You only need to click on the controls you are missing as

otherwise you end up with a lot of duplicate controls. If you are not offered a control you visited, increase the tolerance and repeat. The system obviously works on trust so please ensure you only “claim” controls that you are confident you actually visited

2. To download your run from a Garmin device onto MapRun you need to do the following:

First of all, you have to have the ability to download your Garmin device onto a laptop/computer. Plug your Garmin device into your computer using the charger lead and log on to Garmin Connect. Find your MapRun activity and open the activity. Now click on the little cog symbol on the right and you will access a menu will offer an option to “Export to GPX”

Select this option and it will generate a GPX file – this is likely to appear in your Downloads folder on your computer.

Now you need go to the MapRun website – the link is <http://www.p.fne.com.au/#/fne>

Click on the “GPS Track Upload” option on left hand side and then fill in the requested details. You will need to choose the GPX file you have just created and select the event i.e. MapRun course you read using the search function. Select “Start and Finish times determined automatically from the GPS Track (Appropriate Timings)”.

Then click “Analyse Track” and it will upload controls – you then need to check sequence and if necessary, tick or untick any as necessary

Now click “Confirm Results Table”. Calculate and enter your net score i.e. after any time penalties.

Then click “Submit Results” and it should then appear in MapRun results for that event/course.

3. If you are still struggling on any of the above or have a different issue, please do not hesitate to contact Rob Mills at the e-mail above and we will endeavour to help you get your individual result properly reflected in the overall results