To run the courses you will need a smartphone and the latest **MapRun6** app which is gradually being phased in to replace the older version(F): both apps work with our courses. If you have not used MapRun before, (and to save re-inventing the wheel and your webmaster lots of time compiling more pages) please look at the advice on its use on the MapRun page of the NGOC website.

When you are ready:-

1. Start the app.

2. Tap **Select Event**. You'll need to scroll down to the **UK** folder, and then into **Dorset**. Within the Dorset folder select the course you wish to run.

3. Select the course you want to run. The course names are a bit convoluted, but look for the course name as described on the MapRun Dorset website.

4. Wait for the course and map files to download, and then tap **Go to Start.** The course is now live, and will start logging your track and time when you pass through the Start. Before you pass through and record the Start, your location and track are shown on the screen so that you can see if your GPS is working. These will disappear as you start.

   Also, in the footer of the screen is shown GPS accuracy and a button to centre the screen on the current location.
   Remember that you need to pass through the Finish to stop the timer.

   Your results should be uploaded automatically to the maprun server. If they are, you will see a prompt on the screen to allow you optionally to upload to strava. If not, you should see a prompt simply to upload results.

   Finally, you can compare your results with others on the same course, and view the route you took.

   You'll very quickly get the hang of the technology. Here are a few tips for getting the best out of your run, and maximising your points haul….

   1)Knowing how far you can run in 60 minutes and planning a route that is shorter than this!
   2) Picking a good order to visit checkpoints that is efficient and avoids running back past locations you've already been to
   3) Counting how many contours your route will cross – these mean going up or downhill and the direction of slope may not be obvious from the map.
   4) Spotting the fastest (normally the shortest) route between individual checkpoints
   5) Looking where the higher scoring checkpoints are, and if they are concentrated close together
   6) All of these will get easier with experience, and you may find you score better the second time you run a course!

Many Thanks to Pat Macleod and NGOC for these instructions.