



# Facilitation of simple orienteering experiences using the MapRun smartphone app

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# Why Orienteering?

- Train basic navigation skill set
- Confidence building
- Developing independence and self-reliance
- Team work opportunities
- Developing fitness - speed, strength and endurance
- Can appeal to “different” people
- FUN!



# Barriers to delivering orienteering

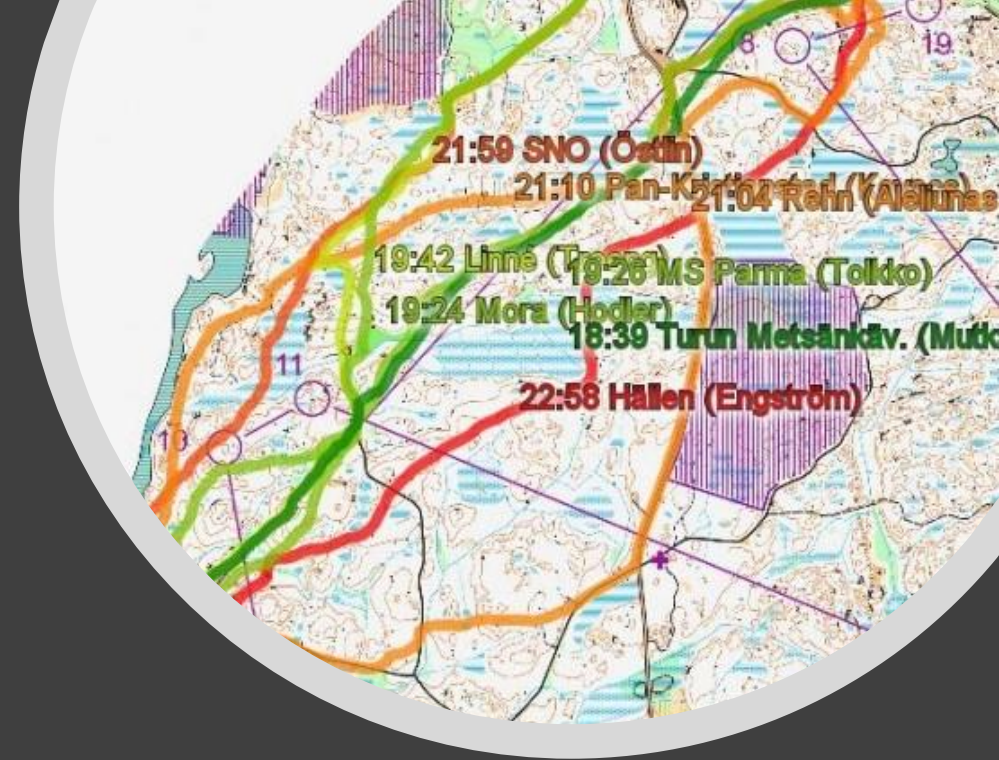
- Set up time
  - Inexperience / lack of training of instructors
  - Permanent course “boredom”
  - Out of date maps
- All of which can lead to poor experiences by participants





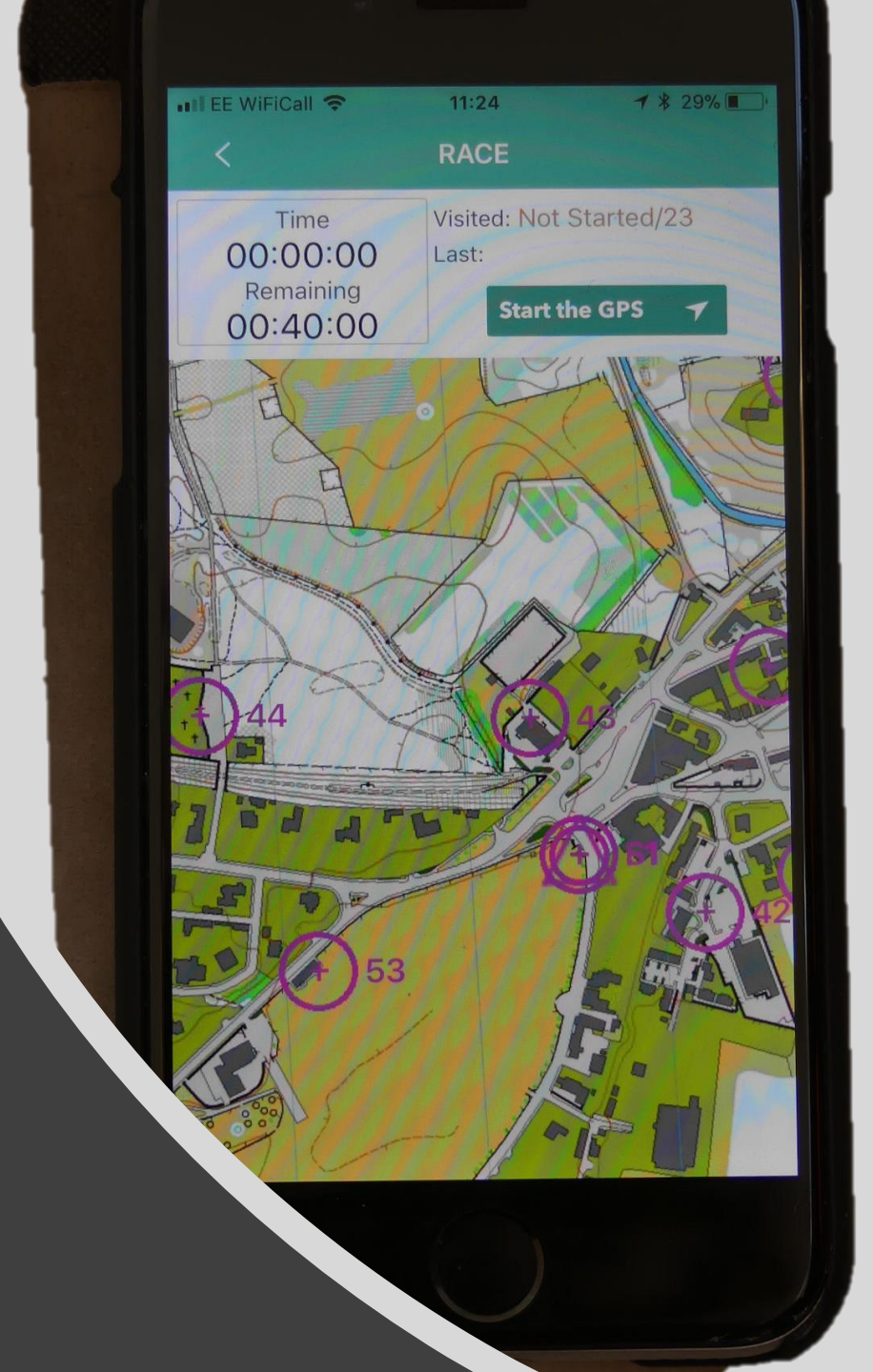
# Opportunities arising from technology

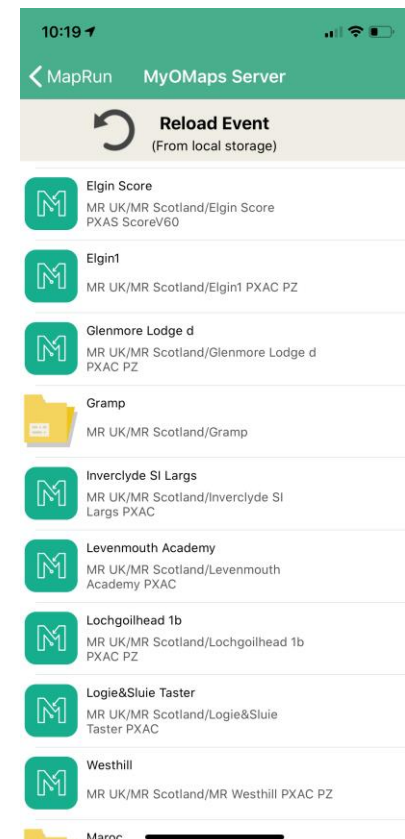
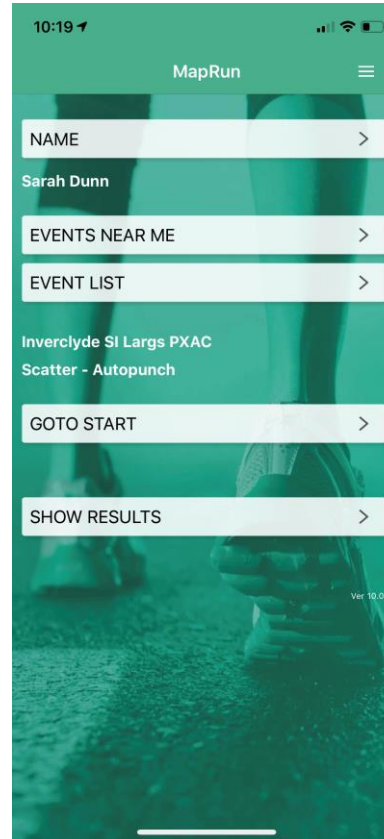
- Participant “tracking” and analysis
- Even more fun (for big kids and little kids)
- Participate whenever you like
- Run courses without any physical controls
- Courses there “forever”



# MapRun

- Free smartphone app (iPhone or Android)
- Permanent courses without visible markers
- Uses gps to match runner location with control points
- Emits an audible beep at correct locations
- Records split times and track of route
- Maintains ongoing results table for course
- Optional upload to Strava

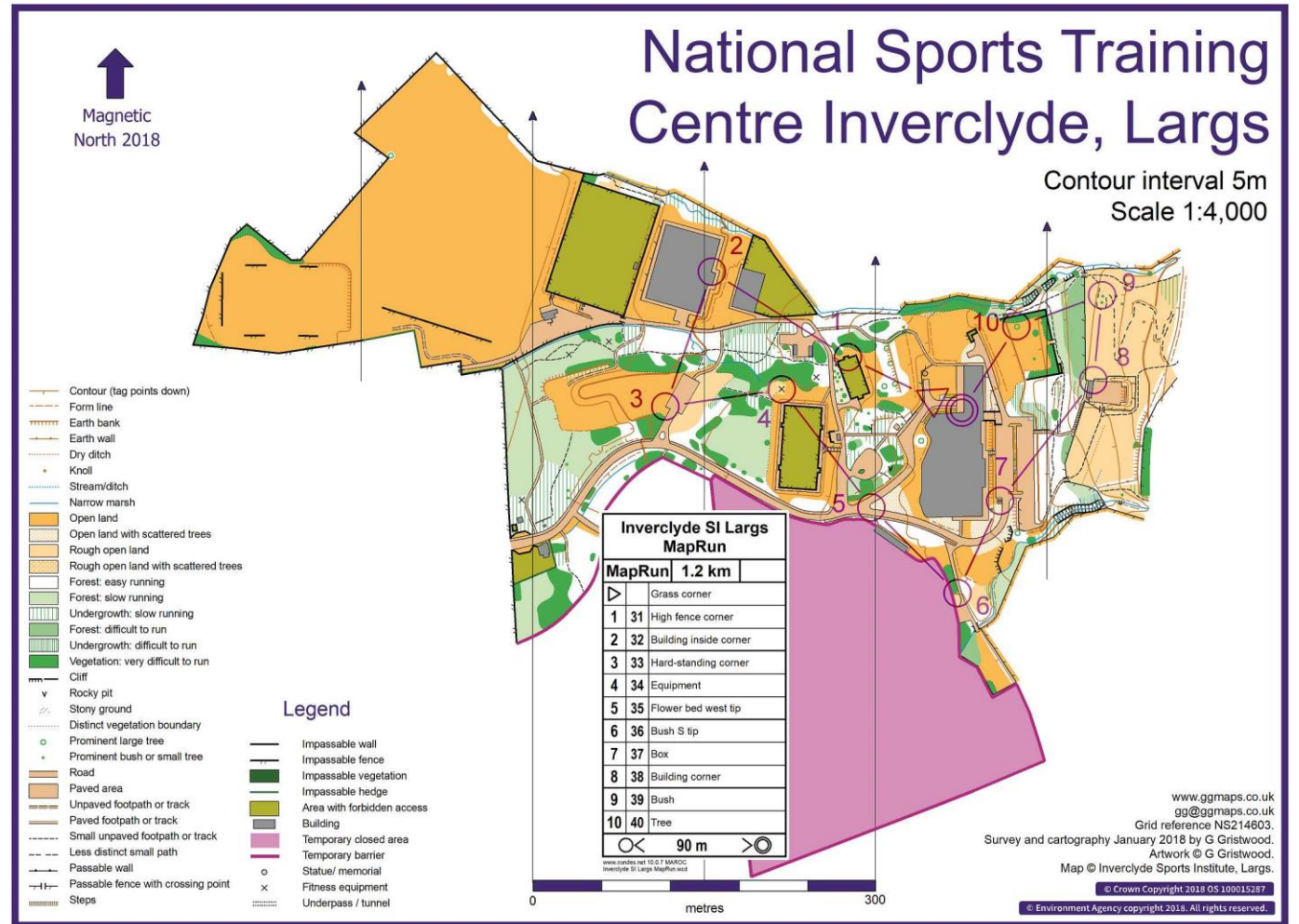




# Setting Up MapRun

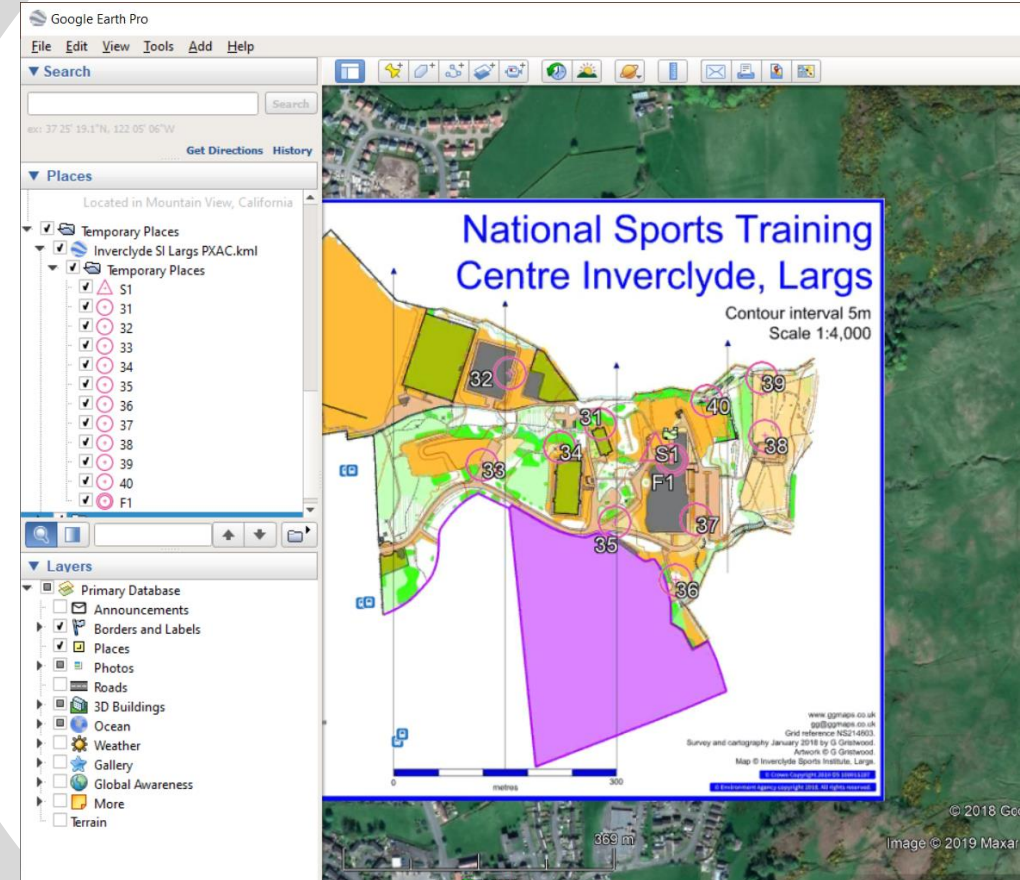


# MapRun Course



# Setting up your own MapRun course

1. Need a geo-referenced map file
  - Ocad
  - OpenOrienteeringMap <http://oomap.co.uk>
  - OpenOrienteeringMapper <http://openorienteering.org>
  - Anything else you can fit to the real world!
2. Create a course file using Google Earth
  - Check control locations against “real world”
3. Upload to server
  - Contact [sarah@scottish-orienteeing.org](mailto:sarah@scottish-orienteeing.org)
4. Detailed information at <http://maprunners.weebly.com/>





# More information

- SOA website - MapRun information coming soon!
  - <https://www.scottish-orienteering.org/>
- MapRun workshop Edinburgh area - date tbc
- RDOs
  - Fran Loots - west area  
[fran.loots@scottish-orienteering.org](mailto:fran.loots@scottish-orienteering.org)
  - Judy Bell - east area  
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