Introduction to MetrO for MapRunF

MapRunF is an Australian-developed phone app (iOS and Android) which gives Orienteering a different approach. Your phone is used for timing and control checking, and can also provide the map and course (you can also use a paper map in conjunction with MapRunF, if preferred).

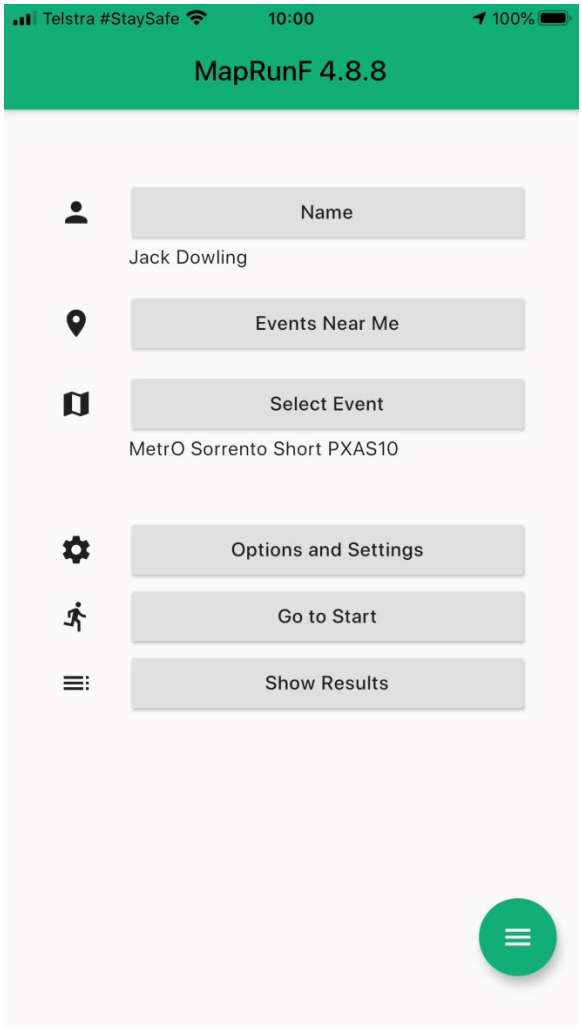
The controls are located by GPS coordinates stored in the App – there are no markers or timing devices on the ground. Your phone's Location services must be on in the app.

Your phone is used to display the map and course and to identify when you have reached the control. The phone makes a sound, your time and progress are recorded and the colour of the control circle on your screen changes.

Getting Started

Download and install the app.

When the app is on your phone, enter your user details (only used for emergency contacts) and accept the user agreement. Your screen should now look like this:



Tap on Select Event, scroll down to Western Australia and bring up the event list. Choose your event, then choose your course (Long, Medium or Short). The course name includes a the number of controls that you need to collect.

Tap on Options and Settings. Two options that you might want to check are Display present location and Display track – they are on by default but you can turn them off if you want the additional challenge.

You can also print out a copy of the map to take with you so that you can see the big picture. See the MetrO on MapRunF event on Eventor.

At the Event

A separate list is on Eventor, giving the event names and the suburb / street location of the designated Start / Finish. You can run a course at any time, with due consideration to other members of the public who are using the area.

When you arrive at the event and are ready to go, tap on Go to Start and the course map will appear. Make sure your phone's gps is on, and has picked up satellites – there's a coloured bar at the bottom of the screen giving your gps' current accuracy.

You can start at the designated Start or at any control. Make sure you finish at the designated Finish or at the same control you started at.

Timing will start when you are at the Start, or your starting control, and your phone beeps. For this reason, don't get too close to your starting point until you are really ready to go. Likewise, don't run past your Finish point during your course - your timing will stopped and your course finished prematurely.

When you reach a control, your phone will beep, and the control will change colour on your screen. Controls are set to a tolerance of 15m, so don't be surprised if your 'punch' happens before you actually arrive at the control site.

When you finish your course, the phone should beep again and your result will be available.

Here is a Quick Guide to MapRun: http://maprunners.weebly.com/quick-guide.html

REMEMBER TO MAINTAIN SOCIAL DISTANCING!