



1 Introduction

Thank you for downloading and trying the app. The purpose is to provide a tool that makes it easy for support teams (normally the devoted partner!) of someone taking part in, or training for, long distance/time events, to predict arrivals at checkpoints and a finish time. To aid this support, checkpoints or stops, that may have facilities can be highlighted and any other requirements, such as cutoffs, identified.

The all important timings, and contingencies, take into account the drive time between checkpoints and the expected athlete's rest time at any of these stops. For each leg, the paces can be overwritten to take account for terrain (easier or harder) and environmental conditions, such as nighttime or weather. Actual arrival and depart times can be recorded to give a better accuracy of future timings. Using a smart algorithm a predicted arrival time is highlighted to show ahead, on track or behind expected time. This is based on the elevation gain, performance and condition of the athlete. If the athlete is predicted to miss a time cut at either a checkpoint or finish, then arrival times are highlighted in red.

A chart is provided to highlight the altitude gained or lost between checkpoints. To provide clarity on how the athlete is actually faring against predicted timings a graph shows the spread of expected arrival times compared to the actual arrival times.

A subscription service is available, and this provides the following features:

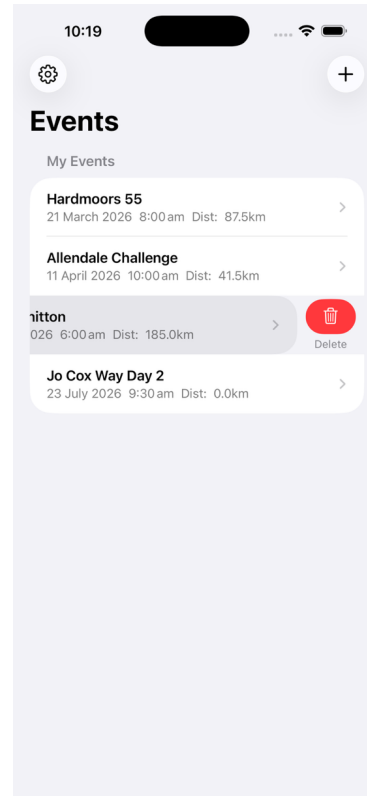
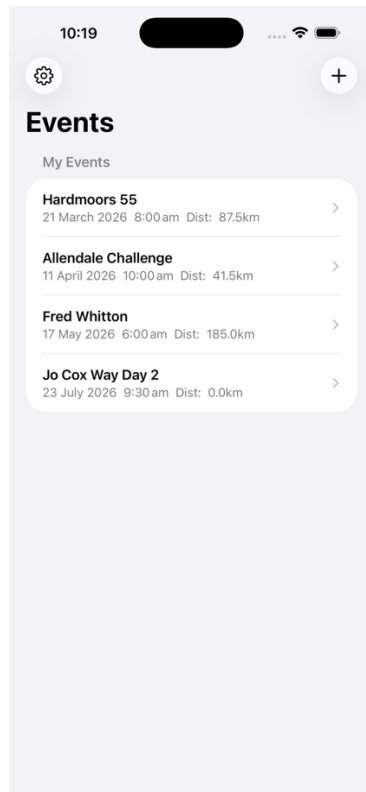
- Creation of more than one Event,
- Events can be shared across different users. The ability to share the athletes progress allows in real time, allows for additional support teams to get update to date timings and see additional requirements as the athlete's performance needs change.
- Detailed navigation to checkpoints using What 3 Words
- Weather Forecast for the Event Day, from 5 days in advance of the event

We hope you enjoy using the app and we welcome any feedback, areas on improvement or new features.



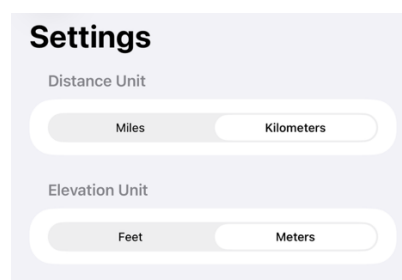
2 Home Screen

The home screen lists all the events and the user can add a new event, delete events and personalise the app and user's settings.



2.1 Settings

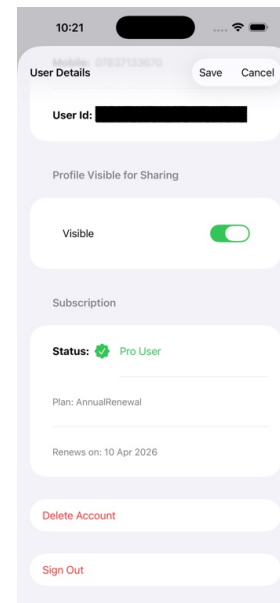
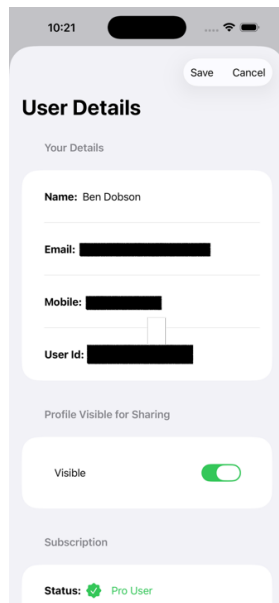
The user can select how distance and elevation is displayed in either imperial or metric and configure their user details.





2.2 User Registration

User registration is required to allow for the event to be shared with other users. User visibility can be switched on to allow their User Id to be seen by other users, for the ability to share events with. The default visibility setting is off.



3 Create a New Event

An event can be created from the Event List (Home). By adding the Start Location and Date, the sunrise and sunset is calculated. It should be noted that the Measurement: Pace or Speed, or the Category Type cannot be changed once the event has been created.



10:23

Cancel Save

New Event

Event Info

Event Name

Start Date & Time
10 Apr 2026 10:20am

Start Location

Checkpoints: 1 - +

Competitor Information

Competitor Competitor's Name

Bib # Bib Number

Measurement

Pace Speed

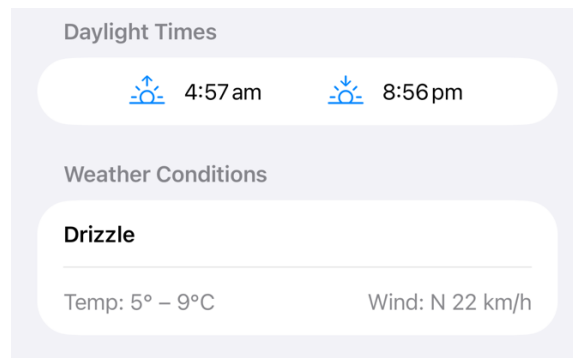
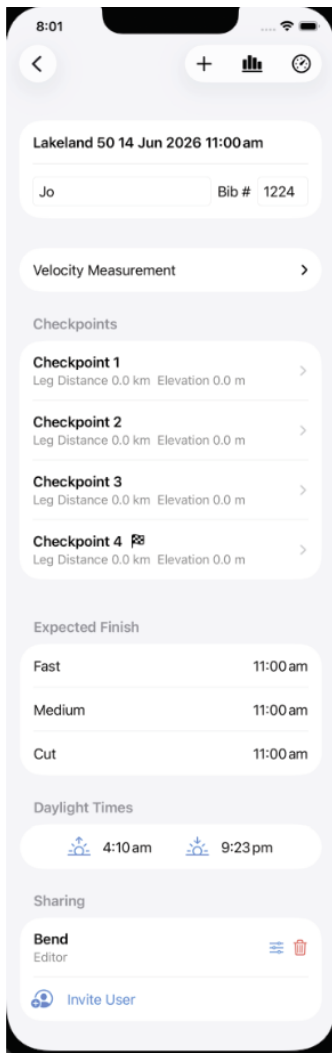
Event Category

Running Cycling Swimming

4 View / Edit the Event Details

For each event there is an overview of the event and various fields can be set and edited.

- The participants name and bib number can be set/edited.
- The event pace can be viewed and edited.
- Additional Checkpoints can be added. They are defaulted as the last Checkpoint (the Finish).
- Additional users can be invited to the event. The idea being that if other supports are at another checkpoint they will be able to see updates (Subscription required)
- Weather Forecast from 5 days in advance of the Event (Subscription required)



4.1 Set / Edit the Event Pace

Event Default Paces	
Fast	06:45 min/km
Mid	10:15 min/km
Cut	11:00 min/km

Event Default Speeds	
Fast	25 kph
Mid	20 kph
Cut	16 kph

5 Set / Edit the Individual Checkpoint Details

This is the main 'long' screen to define, set and edit each checkpoint.

- Drive Distance is used as an aid for awareness.
- Drive Time is used to calculate the arrival time at the checkpoint and the contingency between the support crew and the athlete arrival times.



Event Support Tracker User Guide

- Leg Distance is used to calculate the arrival times: fastest, mid and slowest of the athlete.
- Leg Elevation provides a basis of the predicted arrival
- That Leg's Paces/Speed can be amended to allow for specific terrain or predicted environmental conditions, such as nighttime, rain, cold, heat or terrain. They initially default to the event's pace/speed.
- The Actual Arrival and Departure Times can be set once the athlete has arrived and departed a checkpoint, along with their condition. Once these timings are set then all subsequent timings are updated. That leg's actual pace/speed is also calculated and displayed, and coloured to show ahead or behind expected time/pace/speed
- If the Checkpoint has a 'Hard Stop' or cut-off then this can be set, and any predicted arrival times that are outside that are **Highlighted Red**

The Checkpoints Facilities can be identified, and any additional notes can be made, such as the athlete's nutritional intake, or a change of socks or shoes, etc. If a W3W is used, then user can select to navigate to it.

By using a What 3 Words location, navigation to the checkpoint can be used (Subscription required).

10:24 am Fri 10 Apr 100%

Osmotherley

Drive Details

Drive distance 25 km

Drive time 25 mins

Arrive at: 1:49pm Contingency: 03:22

Leg

Distance 16.5 km

Elevation 110 m

	Fast	Mid	Cut
Duration	1:51	2:49	3:01
Arrive	3:15pm	4:13pm	4:25pm

Rest Time 10 mins

Leg Overrides (min/km)

Hard cutoff

Hard stop

Cut time 21 Mar 2026 5:30pm

Actual Times

Previous 21 Mar 2026 3:45 pm Next

Leg Overrides (min/km)

- Fast 05:00 min/km
- Mid 08:15 min/km
- Cut 10:00 min/km

Hard cutoff

Hard stop

Cut time 14 May 2026 1:25pm

Actual Times

Arrive Time 14 May 2026 10:15 am

Depart 14 May 2026 10:20 am

Actual pace : 6:00 min/km

Condition OK

Very Weak Very Strong



Event Support Tracker User Guide

12:07 pm Wed 8 Apr Osmotherley 21 Mar 2026 5:30 pm

Cut time

Actual Times

Arrive 21 Mar 2026 3:45 pm

Depart 21 Mar 2026 3:55 pm

Actual pace : 8:32 min/km

Checkpoint Details

- Control point
- Toilets
- Water
- Food
- Bag Drop
- Other Facilities

Additional Notes

Refresh Gels
Check for rubs and blisters
Tick check

Navigation

touches.deodorant.curve

[Open in Apple Maps](#)

[Open in Google Maps](#)

Previous Next

Leg

Distance 8 km

Elevation + - 80 m

Timings

	Fast	Mid	Cut
Duration	0:54	1:22	1:28
Arrive Time	4:24 pm	8:26 pm	10:16 pm

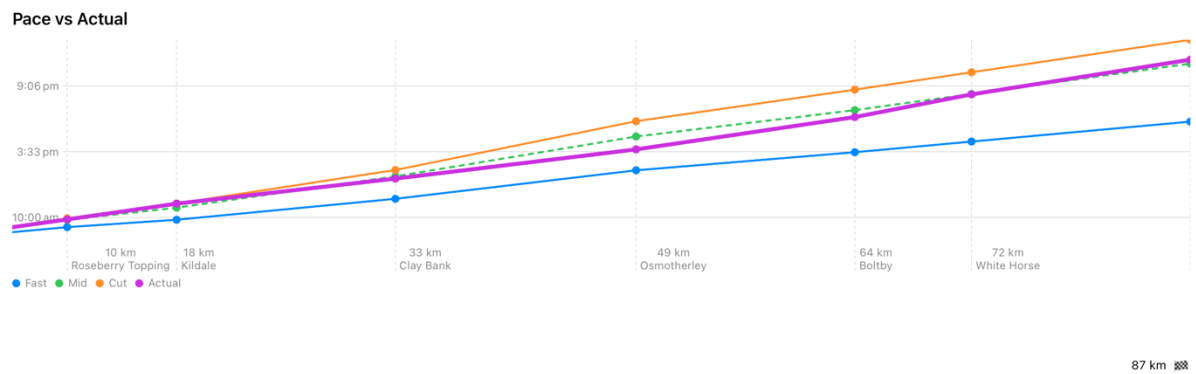
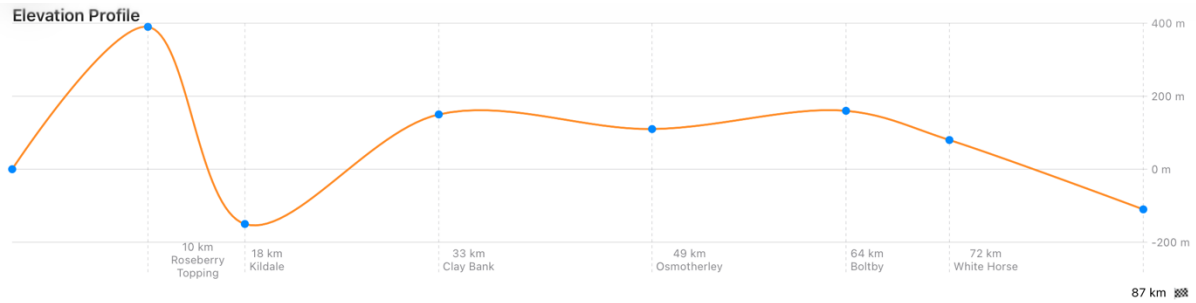
Predicted Time 8:36 pm

Rest Time 10 mins



6 Charts

Once the leg distances, elevation profile and pace/speed have been entered the Elevation and Timing Charts can be viewed. These provide an easier visual assistance as to the athlete's predicted versus actual performance.



7 About

On the About Screen you can get in touch, raise an issue. Please report your app version when reporting a bug.