



1 Introduction

The App 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.

Once the event has been set up, the checkpoint information can be shared with the participant and that provides them with the crucial information of how far to the next checkpoint, when will I reach it, what facilities does it have and, if there is a cut-off, how much time to I have before the cut-off is reached.

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 predication algorithm an estimated arrival time is highlighted to show ahead, on track or behind expected time. This is based on the elevation gain and lost, 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.

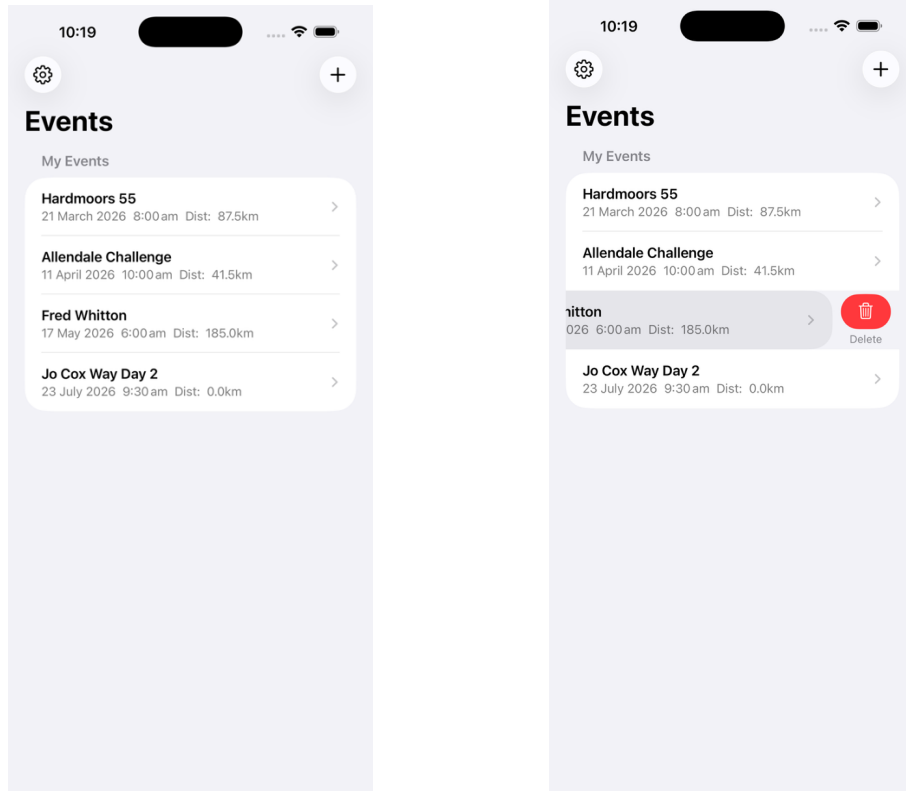
A subscription service is available, and this provides the following features:

- Creation of more than one Event,
- Loading of GPX files to provide:
 - A view the course on a map,
 - Selection of Checkpoints from the map
 - Accurate profile of the elevation
 - Increased accuracy for predicted arrival and finish time
- 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



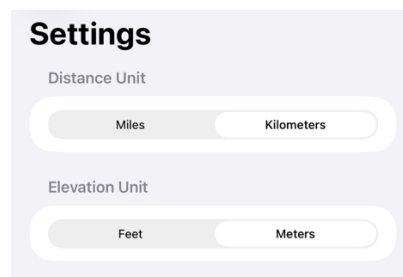
2 Home Screen

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.

10:21

Save Cancel

User Details

Your Details

Name: Ben Dobson

Email: [Redacted]

Mobile: [Redacted]

User Id: [Redacted]

Profile Visible for Sharing

Visible ☒

Subscription

Status: Pro User

10:21

Mobile: 07857133670

Save Cancel

User Details

User Id: [Redacted]

Profile Visible for Sharing

Visible ☒

Subscription

Status: Pro User

Plan: AnnualRenewal

Renews on: 10 Apr 2026

Delete Account

Sign Out



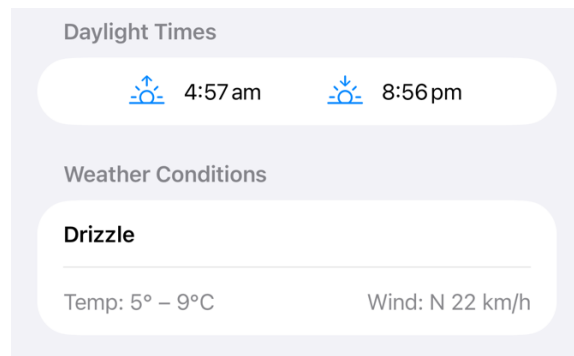
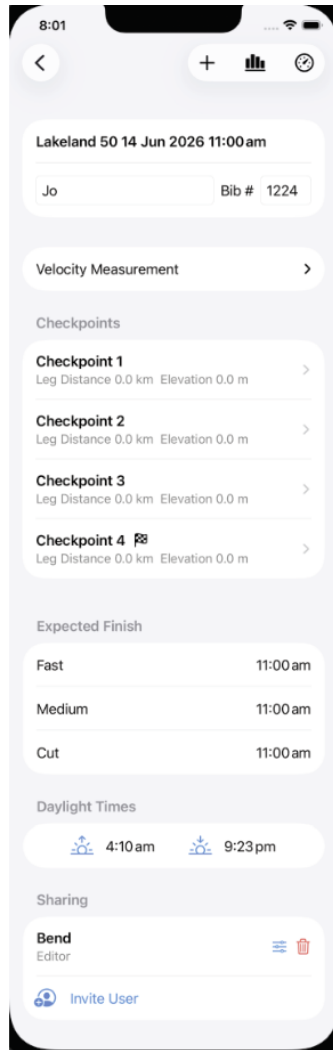
3 Create a New Event

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.

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

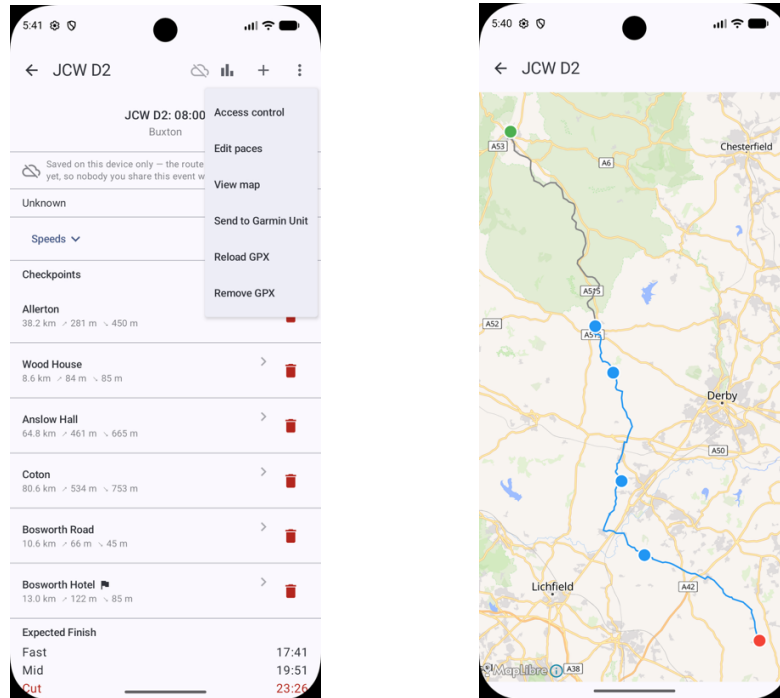
Event Default Speeds	
Fast	25 kph
Mid	20 kph
Cut	16 kph

4.2 Load the GPX Event File

For subscribers, there is the ability to load a GPX file of the Event. With this loaded the route and checkpoints can be visualised. Having a loaded GPX, with the checkpoints recorded against it provides greater accuracy in the Predicted Arrival Time for Each Checkpoint.



Event Support Tracker User Guide



4.3 Send Checkpoint Details to Garmin Unit

For subscribers, users are able to send Checkpoint Details to compatible Garmin devices. See Garmin DataField (Section 7)

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,
- 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 individually 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**



Event Support Tracker User Guide

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.

For subscription users, the checkpoint location can be selected from the map of the GPX file. With the location selected from the map the distance, elevation lost and gained between checkpoints is automatically calculated. And subsequently the Predicted Arrival Time can be estimated more accurately. A What 3 Words location is generated and can be used to navigate to the checkpoint.

3:02pm, Fri 14 Aug, 100% battery

Black Hill

Leg

Distance: 16.43 km

Ascent: 467 m

Descent: 322 m

From GPX file

Timings

	Fast	Mid	Cut
Duration	2:44	3:17	4:06
Arrive Time	1:34pm	2:07pm	2:56pm

Rest Time: 10 mins

Adjust on Map

Leg Overrides (min/km)

Hard cutoff: ☒

Hard stop: ☒

Cut time: 15 Aug 2026 2:40pm

Actual Times

Arrive Time: 15 Aug 2026 1:45pm

Depart: 15 Aug 2026 1:50pm

Actual pace: 10:38 min/km

Previous Next

Leg

Distance: 8 km

Elevation: 80 m

Timings

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

Predicted Time: 8:36pm

Rest Time: 10 mins

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 10:15am

Depart: 14 May 2026 10:20am

Actual pace: 6:00 min/km

Condition: OK

Very Weak Very Strong

12:07pm, Wed 8 Apr, 100% battery

Osmotherley

Cut time: 21 Mar 2026 5:30pm

Actual Times

Arrive: 21 Mar 2026 3:45pm

Depart: 21 Mar 2026 3:55pm

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

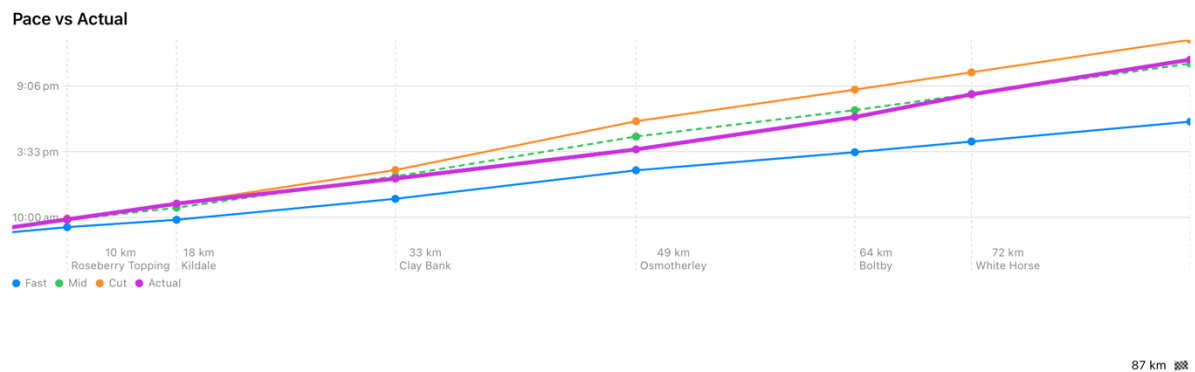
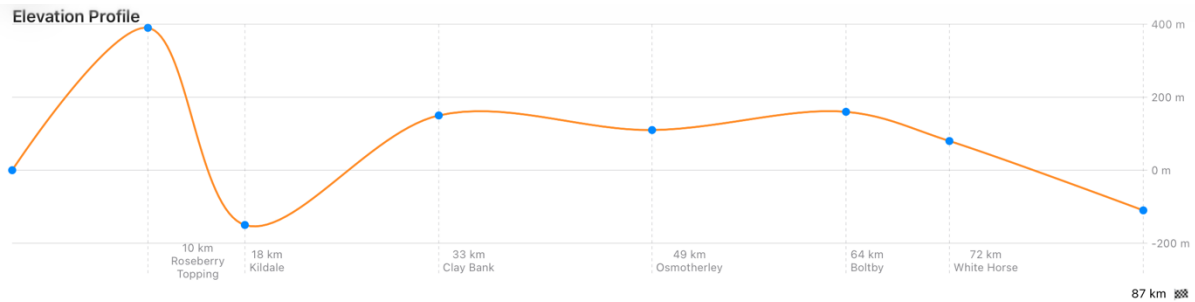
Open in Google Maps

Previous Next

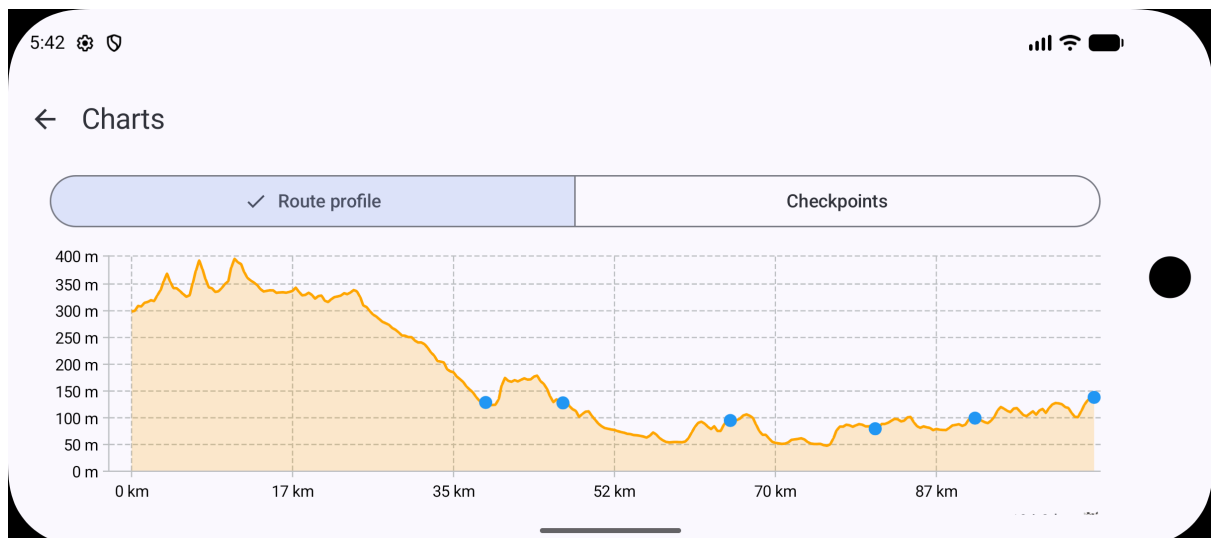


6 Charts

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.



With GPX file loaded, that contains elevation data the Charts provide greater clarity as to the profile and pace/speed





7 Garmin DataField

Once a Checkpoint has location information, and additional information, such as facilities and a cut-off time limit, this can be sent to a compatible Garmin Device (See [Garmin ClIQ Event Checkpoint](#) for details). With the DataField installed and set to the activity (such as Cycling), the DataField can display, for the next checkpoint, the:

- ⇒ Distance. Note this is straight-line distance
- ⇒ Estimated time. Calculated by a weighted algorithm of previous pace/speed and current pace/speed
- ⇒ Facilities available and any notes made
- ⇒ Duration until the cut-off, or the next checkpoint/finish that has a cut-off



Once checkpoint information has been sent to the Garmin device, the DataField operates and calculates times and distances independently of the App.

8 About

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