



Concerns about battery use are generally more in relation to poor phone signal in areas that we require GPS tracking for safety; however we recommend running the App and seeing how it performs on your phone. Our own personal experience is that an iPhone14 doesn't drop below 50% in a 14 hour period in normal phone reception areas. You must still carry a spare battery as per the mandatory gear requirements.

GPSWOX Basic Setup Instructions

We are now using the rebranded tracker system **GPSWOX**, the same reliable platform we've successfully used under the Tractalis name in previous events.

This is a change for our team and we are learning it too but recent tests are great 😊. These are **abbreviated setup instructions** to help you get started quickly.

If you need assistance, **call Brett directly on 0418 557 052**, I'm always happy to help, note I don't have an Android so difficult to direct you to specific settings.

Step 1: Find and Install the App



Track My Phone
GPSWOX

Search for “**Mobile Phone GPS Tracker**” in your app store, or use the direct links below:

Android:

👉 <https://play.google.com/store/apps/details?id=org.mobilegpstracker.client>

Apple:

👉 <https://apps.apple.com/us/app/mobile-phone-gps-tracker/id961000900>

(Note: I'm an iPhone user, so I may not be able to troubleshoot Android-specific issues, but hopefully there won't be any!)

Step 2: Select Server

When prompted, **choose the “CUSTOM” server.**

Enter IP ADDRESS - <http://5.223.74.248>

🔍 Step 3: Enter Your ID

Use this format for your user ID:
LHR26(firstname)(lastname initial)

Example:

If your name is *John Smith* → **LHR26johns**

If you receive an error or “wrong credentials” message, it may mean we haven’t set up your profile yet, or there’s a typo in your name.

Step 4: Test the Connection

Once logged in: Enable tracker,

Go **outside for a 5min walk or run** for 1km to activate your GPS signal.

Before doing so, **check frequency** (default is 60).

This setting determines how often your position is updated.

Android users: Some devices may not allow changes below 180 seconds (or may default to 600). If you can change it, please do so, otherwise, leave as is.

Note tracker frequency can only be edited while tracker is disabled, slide the enable tracker to off, update frequency then enable tracker.

Step 5: Confirmation

When you are about to test it, **send Brett a quick text** before your walk/run so he can confirm the signal is visible and working on his end, if unable to watch live, a report can be generated to see if the trace has worked.

IMPORTANT REMINDER

The tracker must be fully set up and tested well before race day. You may have trouble trying to configure it at the start line due to very limited internet coverage. The best plan is to get it installed and tested days or weeks before, and ensure it is activated the night before at the latest, and keep your phone powered up, including charging in the car on the way to the start. It makes the morning run a whole lot smoother for you and for us!

Tracking App Setup – Simple


Hopefully you are all good with the above instructions and are up and tracking,

Below are some addition steps, especially for the phone settings to ensure correct setup

Setting up the tracking app is easy, just follow these simple steps:

The App Setup, Easy

- 1** **Download the App** – *Track My Phone (GPSWOX)*
- 2** **Sign in** as per the instructions provided
- 3** **Enable the App for tracking**
- 4** **Test it** – go outside for a 5-minute walk to confirm it's working

That's it 

IMPORTANT Check Phone Settings

 Phone Settings must be correct to ensure correct operation.

Before race start, do the following. It makes a difference.

Firstly, **close all apps running in the background.**

Background apps drain battery and can interfere with tracking.

- ✓ Close everything
- ✓ Re-open only the tracking app

When your phone is packed away in your race vest, we need to make sure it **does not shut the app down while the phone is sleeping.**

Below are iPhone instructions (Android users, use the equivalent settings on your device).

iPhone Settings Checklist

Step 1

Go to:

Settings → General → Background App Refresh



Scroll to **Track My Phone**

✓ Make sure it is ON / Enabled

Step 2

Go to:

Settings → Apps → Track My Phone

Confirm the following:

✓ **Location** → set to **ALWAYS**

✓ **Background App Refresh** → ON

✓ **Mobile Data** → ON



Low Battery Mode → DO NOT turn on



Aeroplane Mode → DO NOT enable



Final Reminder

✓ Charge your phone fully before race start

✓ Consider carrying a small power bank for longer distances

✓ Start tracking before roll call / bib collection

✓ Double-check it is running before packing your phone away

Tracking is part of our safety system, please take the time to get this right.

That's it, you're good to go, See you at the Prom    

Good luck,

Brett