

Nantwich Spunch - Saturday 6 April - Final Details V3 - PLEASE READ


Summary

- The St Mary's Parish Hall event centre is in the very heart of Nantwich Town Centre. Registration, bag drop, start, finish, toilets and refreshments are all at the Hall, Church Walk, CW5 5RG. Registration from 1230 to 1400. Start window 1300 to 1400 (we may allow earlier starts for the 90/120 min courses if we are ready!)
- There will be no centralised or supervised car parking. Although Nantwich town centre is always popular & busy on Saturdays it is well-served by several pay and display car parks, and there is ample free street-side parking in residential areas all within 10-15 mins walk of the event centre. Further guidance below. **Park legally, safely, and courteously. Do not panic if you have to find a place further away - we will give you a late start within reason!**
- Bag drop at the Hall. Come to the Hall and make it your base!
- On MapRun Select Event: UK/Manchester/Spunch/Nantwich 60 or 90 or 120 - Do this at home.
- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged**
- Delicious homebaked cake, drinks and chat, all available at the Hall after you finish. This time the cake stall is being run by Jude, Sue & Jane. Any profits from the cake stall will go to the Trussell Trust who run the Nantwich Foodbank. Please support the cake stall and this good cause.
- **Please bring cash-only for your cakes and brews! Coins & £5ers especially**
- **Ideally bring your own mug for your brew too**
- **No muddy shoes inside the hall please (bring spare footwear)**
- **The map & course will be issued before the start. You can pre-view the map and plan your strategy. If you have any questions about the map or course just ask.**
- **Nantwich themed SpunchPix competition. Take lots of pics and send them to Andy**

The Golden Rules

- **All participants take part at their own risk**
- **Think Safe - Stay Safe - especially around traffic, animals, other runners, walkers & cyclists etc. Nantwich is a busy town with pedestrians and traffic - please put the safety of yourselves and others ahead of speed.**
- **You may also cross the River Weaver several times and the railway via pedestrian level crossings. You must only cross the river or railway at recognised bridges or crossing points.**
- **If you are running / walking with juniors under 16, please keep them safe too!**
- **Wear footwear with good grips (metal studs not necessary) - dress appropriate to weather**
- **Report to the finish - we need to know you are back safely**
- **You must finish by 4:15pm - before we call the rescue services and before the best cakes run out!**
- **Stay only on public routes & respect private property - don't trespass, don't cross walls or fences other than at stiles/gates or other allowable or marked crossing points.**
- **Don't go out of bounds (cross-hatched areas) or cross any hard red boundaries as indicated on the map**
- **Don't go within 25m of the Finish until you are actually ready to finish!**
- **Please read at least the section on Safety & Reputation**
- **If you are new to Spunch events, please read ALL the details - they will help you!**

Event Centre

Toilets, registration, start, finish, Digital Review System (DRS), food and drink are all at the St. Mary's Parish Hall - immediately in front of the very impressive Church (well worth a visit)  St Mary's Church, Nantwich
What3words [flight.ombudsman.bandstand](#)
It is easy to find using GoogleMaps or similar, and will not be signed.

Car Parking / Transport - Park n Walk

There is no parking adjacent to the event centre. Park up at your discretion in one of the pay and display car parks in the town centre or park street-side in one of the residential areas. There are many opportunities to park safely and legally within 5-15mins walk from the event centre. Park up and walk - bringing your spare kit to the bag drop at the event centre. The following options are available (in no particular order):

Pay & Display (all within 7 mins walk): First Wood Street CP, Snow Hill CP, Bowling Green CP, Love Lane CP, Church Lane CP.

Free Street Side (all within 10-15 mins walk): Gravel area outside Nantwich Town FC, Reaseheath Way residential area, Manor Road residential area, Mount Drive / Broadway residential area, Area around Barony Park.

If you park in Morrisons, Aldi or Sainsburys supermarket car parks you will likely end up with a nasty penalty.

If you are running late don't panic - we will give you a late start within reason!

Train: Nantwich Railway Station is only 8mins walk from the event centre.

Event Format

The event is a 60, 90 or 120 minute score event using a quirky enhanced hybrid map - Part OS map (for the countryside areas) & Part OpenOrienteering Street Map (for the central urban areas and the River Weaver park/valley). You can choose whether to go for 60, 90 or 120 minutes when you "Select Event" on the MapRun app. There are **99** checkpoints (Spunchpoints) – you visit as many as you can within your chosen time limit. Each checkpoint visited scores you 20 points. There is a 10 point penalty for each minute or part minute that you are late back. It is unlikely that anyone will be able to "get the lot" even in 2 hours - but never say never!

There are no flags or markers at the checkpoints, and nor is there a description sheet as all checkpoints are at (or very near to) a self-evident feature (e.g. junction, footbridge, etc) on the map. **You must stay on the rights of way and other obviously public routes as shown on the map - you must not take "illegal" short-cuts or trespass across fields, gardens or other private land where there is no public right of way. You must not cross walls and fences other than at recognised stiles & gates etc. Nor must you use routes which are marked as prohibited. We follow these rules to ensure fair competition, to maintain good relationships with landowners and other members of the public, and to safeguard you and the reputation of the sport. If you are in any doubt about interpreting the map, please ask. The OS legend can be found here: <https://www.ordnancesurvey.co.uk/documents/25k-raster-legend.pdf>**

The MapRun app will be used for start and finish timing, recording visits to checkpoints and results production. In order to feature in the results you will need to use the MapRun app on your smartphone or MapRunG on your Garmin. If you are using a Garmin, please also carry your mobile phone for safety reasons.

Your result should be automatically uploaded immediately after you have finished to appear in the on-line results (subject to phone data / wifi signal). If your result doesn't automatically appear, you can do a manual upload when you have a data signal.

We are continuing to **trial** a new near-real-time flexible results service at this event (developed by Ian Watson). You should be able to see your result, and view it in a variety of different ways via this link mdocresults.co.uk There is also a ladder format based on your best 2 results from the most recent 3 Spunch events mdocresults.co.uk/Ladder These beta versions are still in development.

We are still learning about, and experimenting with MapRun capabilities and limitations. **If you don't get a beep at a Spunchpoint AND you know you are in the right place, then just continue on your run and make an appeal to the Digital Review System (DRS) official after you have finished!** If it is clear from your GPS track that you should be credited with the points for the missing beep control(s) then you will be! Please make your appeal on the day of the event at the event centre before you go home (so that the results can be finalised for everyone's benefit at the event). Late appeals will only be considered in exceptional circumstances!

You will be issued with a waterproof map. A compass may be useful (but not mandatory) and a watch to ensure you stay within the time limit.

Trail shoes with good grips are strongly recommended as there are likely to be some muddy paths to negotiate.

The Map

The event uses a mixed format part OS / part OO A3 map at a scale of (about) 1:12500. The 99 checkpoints are marked by a numbered circle; **the start is marked by a triangle; the finish is marked by a double circle.**

The course has been planned to make best use of what we think are the nicest / most interesting parts of this lovely small town.

MapRun App

If you previously used MapRun6 you should replace it with the new version which is just called MapRun

Whilst you are at home, before you come to the event:

-Ensure you have the app loaded on your device and **your user name details entered**

-Ensure your device battery is well charged

-"Select Event" from the MapRun home screen on the app and download **UK/Manchester/Spunch/Nantwich 60 or 90 or 120**

-Also we recommend going to "Options and Settings" from the MapRun home screen and checking 2 settings:

1. Check that the "Hide pts accuracy worse than (m)" is set to 20, then 2. Browse down to the "Check Notification Settings" in order to ensure you are going to get an audible Spunchbeep!

If you have any queries in advance about MapRun you can message Andy on 07751 932749. If you are a new MapRun user, please make it known at Registration - there will be help available on the day to get you going!

Registration / Start & Finish Process

Registration will be in or just outside the Hall and will be open from 1230 to 1400. Enquiries and advice will also be available at Registration. **You must go to Registration to sign in and collect your waterproof map before going to Pre-Start.**

There will be a rolling start, at your convenience from 1300 to 1400. We may open the start a little earlier if we are ready. (This is to help spread the impact on the start / finish officials - It is likely to be busy, please be patient). If you are opting for the 60min course please do not start before 1300. If you are opting for the 120min course please try to start before 1330 (so you get back before the food runs out!)

- On arrival go to registration to have your name checked off on the start / safety list and to get your waterproof map. For those entering on the day pay for your entry online via SiEntries or by CASH only. There will be no card machine!
- You can then proceed to the Pre-Start in front of the Hall. Please don't press "Go to Start" on your MapRun device until you are advised to do so at the pre-start. When your GPS has settled and you have got a "green" GPS fix you will be able to proceed to the start.
- **If you do not get a 'beep' at the start, return to the pre-start and we will try to fix any problem. DO NOT continue unless you have got the start 'beep'.**
- The finish will also be outside in front of the Hall. You must get a 'beep' at the finish to complete your run correctly. **You MUST report your name to the finish official so we know you have returned safely and can tick you back-in on the safety list.** Please do not go near the finish until you are actually ready to finish - if you go within about 25m of the finish mid-run there is a risk your device will record the finish before you wanted it to!

Food & Drink

Homebaked cakes, tea & coffee etc will be available in the Hall after your run - cash only please. Please support the cake stall which is for a good cause. Please bring cash and preferably your own mug.

Safety & Reputation

Roads / traffic – The course has been planned to avoid sections of road where traffic levels or speed present a more significant risk - such sections of road have been marked on the map and/or marked as out of bounds. Nevertheless some of your course will be on roads with varying traffic levels. Please take great care at all times when using or crossing any roads and be ready to move off the road if needed. **DO NOT TAKE RISKS AROUND TRAFFIC.**

Other visitors & locals – Please give way to pedestrians, horse riders, off road motorcyclists, cyclists, other runners and walkers and their dogs - all popular in this area. If you meet other competitors, members of the public or land owners (particularly around farm buildings and locals' homes) please behave with courtesy. **Please take extra special care to avoid collisions or upsetting others in the busy town centre - members of the public should not have to take evasive action to avoid you - always run or walk with due care & consideration for others.**

Trains / Railway Crossings - Your course may require you to cross the railway twice or more at one of several pedestrian level crossings. Please take great care at these crossings. Stop, Look, and Listen before crossing. Do not take any risks if you can see or hear a train coming. Please look after any juniors and dogs too. You must only use the recognised crossings as marked on the map.

Water - Your course is likely to run alongside or across the River Weaver, the canal or Nantwich Lake. Please take great care around these water hazards. Look after any juniors and dogs. You must not attempt to enter the water or cross the water anywhere other than recognised bridges

Livestock - there is livestock in some of the fields including cows and calves, sheep and horses. In all cases be prepared to pass wide and slow around livestock. No aggressive animals were encountered during course checking

Dogs - If you wish to take your dog then you are doing so entirely at your own risk. Please keep it on a lead and under control at all times. It is the lambing / calving season. There are also road, rail and water hazards.

Trail Conditions - Some of the paths can be slippery/muddy especially when wet. We recommend trail shoes with good grips; metal studded shoes are not necessary. You are likely to encounter some mud! However, you will be unlucky to encounter any undergrowth. The event can be run in shorts without problem (subject to weather).

Weather – the current forecast is for a warm but windy sunny day with a risk of showers, but conditions can change quickly so please plan to dress accordingly. Carrying a warmer layer and / or a waterproof and windproof top is strongly recommended.

Stick to the rights of way & legal crossing points - Please do not go off the permitted paths, tracks and lanes and under no circumstances should you trespass or cross fences or walls other than at crossing points. Take great care at the stiles some of which are in a poor state of repair and can be a little rickety. Always observe the [Countryside Code](#)

Under 16s must be accompanied by a parent/guardian

Please carry a mobile phone for safety - The emergency phone number is Andy on 07751 932749. Please put this into your phone. It can be used if you are lost / injured / need to be recovered or to report any other situations requiring urgent attention

You must report to the finish at the end of your run so that we know you are back

MapRun Live Tracking

MapRun Live Tracking provides the MapRun administrator a real time view of where the runners are located during the event. Periodically during your run (eg. every 60 seconds) the MapRun App sends your location to the MapRun system. The size of the data transmitted is trivial, and there is an insignificant impact on the phone's battery. The runners' location appears on the administrator's console, and for data protection reasons, nowhere else.

Is every runner to be tracked? No. Live tracking is dependent on phone data signal and so doesn't work with Garmin, and anyone can use "Options and Settings" on their smartphone App to turn Live tracking on or off.

Why do we use live tracking? Because it is an additional safety feature. In the event that a participant fails to return to the finish, this feature might just help us come and find you!

Nantwich Special SpunchPix Photo Comp - Win free entry to a future event

We like to see pics/selfies of smiley people with maps running or not! And there are plenty of picturesque backdrops in Nantwich - especially in the Spring! The riverside parks, the lake, the canal, the Tudor buildings, the millennium clock, the stocks, the American Airman's Grave.....I could go on!

Any pics WhatsApp'd (07751932749) or emailed (1andythornton@gmail.com) to me within 48hours of the event will be considered for the SpunchPic of the day photo comp.

The SpunchPic of the day photo taker will receive a free entry to a future Spunch event of their choice.
Get snapping!

Acknowledgements

Big shout outs to:

- The St Mary's Church Office for allowing us to use the Hall - especially Miriam
- Jude, Sue, Jane & Donna Rainbow Cakes for running the charity cake stall
- The team from DEEside Orienteering Club for supporting the event and helping both before & on the day (especially John, Iain & Mike)
- All the other helpers involved in making these events possible (especially Peter & Ian)

That's all - see you tomorrow / Saturday! Andy

ps. Next Spunch events:

27/4 Warslow, near Leek, 11/5 Marbury Country Park, near Northwich, 4/6 Little Hayfield, 11/6 Alderley Park

Also Manchester City Centre Urban Spunches - Tuesday evenings 16/4, 23/4, 30/4, 14/5

DEEside orienteering club also have a full calendar of Trad-O events throughout Spring & Summer