



## **Rushton Spencer Spunch - Tues 30 July - Final Details V1 - PLEASE READ**

### **Summary**

- Everything is at Heaton House Farm, Coppice Side, Rushton Spencer, Macclesfield, SK11 0RD. Registration from 1800 to 1930. Start window 1830 to 1930 (we may allow earlier starts for the 90/120 min courses if we are ready!)
- **Ample free parking on-site at the venue but please car share if you can**
- **Take great care when arriving, parking & leaving - there will be runners, walkers and other vehicles around**
- On MapRun Select Event: **UK/Spunch/Summer24/RushtonSpencer 60 or 90 or 120** - Please do this at home or work or enroute before you come to the event - where you have wifi or a good data signal.
- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged**
- Food, drink and MapChat all available at the venue after you have finished.
- **No muddy shoes inside the bar area please!**
- SpunchPix photo comp to win a pair of free entries to a future Spunch event
- Spot prize giving at around 2045 - you have to be back from your run and in the room to win!

### **The Golden Rules**

- **All participants take part at their own risk**
- **Think Safe - Stay Safe - especially around traffic, road crossings, animals, other runners, walkers, cyclists and water hazards.**
- **If you are running / walking with juniors under 18, please keep them safe too!**
- **Wear footwear with decent grip (metal studs not necessary) - dress appropriate to weather**
- **You may encounter some patches of nettles or brambles - full leg cover is recommended**
- **You must report to the finish after your run so that we know you are back safely**
- **You must finish by 21:15 - before we call the rescue services!**
- **Stay only on permitted 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. CLOSE ALL GATES.**
- **Don't go out of bounds (cross-hatched areas) or cross any hard boundaries as indicated on the map**
- **Anyone found to be deliberately and illegally short-cutting will be docked at least the value of 2 checkpoints (minus 40) for each transgression (INTRODUCTION OF NEW RULE)**
- **Don't go within 25m of the Finish until you are actually ready to finish!**
- **Please read at least the section on Safety & Reputation**
- **There are a couple of fields with cows / cattle in - these are marked on the printed map**
- **If you are new to Spunch events, please read ALL the details - they will help you!**

### **Event Centre**

Parking, toilets, registration, start, finish, food and drink are all at Heaton House Farm, Coppice Side, Rushton Spencer, Macclesfield, SK11 0RD. [📍 Heaton House Farm Wedding Venue](#) What3Words [skis.prefect.send](#)  
It is easy to find using GoogleMaps or similar, and will not be signed

### **Travel & Car Parking**

All car parking is on site. If you are running late don't panic - we will give you a late start within reason!

**Please share transport if you can, arrive early and park legally and safely.**

Bikes: Bikes can be locked in a quiet area outside the venue (at your own risk).

Public Transport: Macclesfield Rail Station is a 15-20 min cab ride away.

### **Event Format**

The event is a 60, 90 or 120 minute score event using an enlarged and enhanced extract of the OS Explorer Map. You can choose whether to go for 60, 90 or 120 minutes when you "Select Event" on the MapRun app. There are 62 checkpoints (Spunchpoints) – you visit as many as you can in any order 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, on, 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 permitted routes as shown on the map - you must not take "illegal" short-cuts or trespass across fields or other private land where there is no public right of access. 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 or look at the OS legend here: <https://www.ordnancesurvey.co.uk/documents/25k-raster-legend.pdf>**

### **INTRODUCTION OF NEW RULE: Illegal short cutting will be penalised!**

**Anyone found to be deliberately and illegally short-cutting will be docked at least the value of 2 checkpoints (minus 40) for each transgression. That is the value of the checkpoints at the start and end of the illegal route. Flagrant or repeated breaches will result in disqualification.**

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 (but this is subject to phone data / wifi signal - not necessarily good at this venue). If your result doesn't automatically appear, you can do a manual upload when you have wifi or a data signal. Native MapRun results [HERE](#) Spunch all-in-one-place views [HERE](#)

**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 is recommended. Also carry a timing device to ensure you stay within the time limit.

Trail shoes with good grip are strongly recommended as there are likely to be some muddy paths and steep slopes to negotiate.

### **The Map**

The event uses an enlarged extract of the OS 1:25,000 Explorer Map. It is a waterproof map at a scale of 1:15,000. 1cm on the map = 150m IRL. The 62 checkpoints are marked by a circle; the start is marked by a triangle; the finish is marked by a double circle.

### **MapRun App**

You will need the MapRun app on your smartphone:

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

- Ensure you have the app loaded on your device and **your User Profile details entered**
- Ensure your device battery is well charged
- "Select Event" from the MapRun home screen on the app and download

### **UK/Spunch/Summer24/RushtonSpencer 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 venue and will be open from 1800 to 1930. 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 the Pre-Start.** You will be able to look at your map and plan your route / strategy before you start.

There will be a rolling start, at your convenience from 1830 to 1930. 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 1830 (we do not want any finishers before 1930 - the last start time). If you are opting for the 120min course you must start before 1900.

- 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 very close by. Guy will be there to meet you and ensure you have a successful start. When your GPS has settled and you have got a “green” GPS fix you will be able to proceed from the pre-start to the actual 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 nearby - in the same place as pre-start. 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**

As well as a full range of drinks from the venue the following food will be available:

- Pulled pork (or pulled jackfruit-vegetarian/vegan) served in a floured bap with stuffing and apple sauce £5.50
- Chips £2.50
- Meal deal (bap and chips) £7
- Selection of traybakes £1.50
- Coffee & Tea also available

**Kitchen closes at 915pm so you must be back before then for food**

### **Safety & Reputation**

**Roads / traffic** – The course has been planned to avoid use of long sections of road where there is no pedestrian pavement or where traffic levels or speed present a more significant risk. Nevertheless some of your course may be on roads with varying traffic levels.

The busy main North-South A523 bisects the area. This road has been marked out of bounds except where there is a 30mph speed limit in place, and/or where there is a pedestrian pavement. Your route may also cross this road in the de-restricted speed area (where the Gritstone Trail crosses the road). **PLEASE TAKE GREAT CARE CROSSING THIS ROAD - CHECK AND DOUBLE CHECK IN BOTH DIRECTIONS BEFORE CROSSING.**

Other more minor roads do not always have a pedestrian pavement. Please take great care at all times when using or crossing any roads and be ready to move off the road if needed. Be especially careful in the surroundings of the event centre where there will be others both in vehicles and on foot. **DO NOT TAKE RISKS AROUND TRAFFIC.**

**Other visitors & locals** – Please give way to 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.

**Livestock** - there is livestock in some of the fields including cows, cattle, sheep and horses. In all cases be prepared to pass wide and slow around livestock. There is one area where there may be some inquisitive cattle - this is marked on the map - you may wish to avoid this area if you are less confident around cattle.

**Dogs** - If you must bring a dog (not permitted under FRA rules) then please keep your dog on a lead and under close control at all times and clean up any mess. Please do not allow your dog to spook any sheep or other livestock.

**Trail Conditions** - Some of the paths can be slippery/muddy especially when wet and there are some steep slopes. We recommend trail shoes with good grip; metal studded shoes are not necessary. You are likely to encounter mud! Some of the footpaths are overgrown. Full leg cover is advisable (also advisable because this is sheep country and it is tick season).

**Weather** – the current forecast is for a warm, sunny and dry evening with temperatures around 20degreesC. Please consider sun protection and hydration. **Conditions can change quickly, and there is some higher ground around 300m, so please plan to dress accordingly and 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, access land and lanes and under no circumstances should you trespass or cross fences or walls other than at easily recognised crossing points. Take great care at the stiles some of which are in a poor state of repair and can be a little rickety. Close gates after you pass through them. Always observe the [Countryside Code](#)

**Under 18s must be accompanied by a parent/guardian**

**Please carry a mobile phone for safety** - The emergency phone numbers are Andy Thornton on 07751 932749 and Guy Lingford 07415 979266. These are shown also on the map. Please put these into your phone. They 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!

### **SpunchPix Photo Comp - Win free entry to a future event**

We like to see pics of smiley people with maps in the great outdoors! Especially at beauty spots, high points, quirky locations or other notable landmarks. Selfies, posed pics, fun and humour especially well received!

Any pics WhatsApp'd (07751932749) or emailed ([1andythornton@gmail.com](mailto:1andythornton@gmail.com)) to Andy 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 pair of free entries to a future Spunch event of their choice. Get snapping!

### **Acknowledgements**

Big shout outs to:

- Mick, Anna & the teams at Heaton House Farm & Stableyard Catering for hosting & feeding us
- Guy Lingford for organising the venue and for setting & checking the courses
- All the other helpers involved in making these events possible both in advance and on the day (you know who you are)

That's all - see you tomorrow / Tuesday!

Andy Thornton - Events Co-ordinator

Guy Lingford - Course Setter

ps. Next Spunch events (entries now open on SiEntries via links)

[Tues 6 Aug - Crewe Town & Country from the Woodside pub](#)

[Tues 13 Aug - Ipstones Near Leek - from The Old Red Lion pub](#)

More details and entry links to follow soon for these 2:

Tues 20 Aug - Disley & Beyond - from The Rams Head

Wed 28 Aug - Frodsham Town & Country - from Frodsham Community Centre

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