



## **Frodsham Spunch - Wednesday 28 August - Final Details V3 - PLEASE READ**

### **Summary**

- Everything is at or near the Frodsham Community Centre, Fluin Lane, Frodsham WA6 7QN. Registration from 1715 to 1900. Start window 1730 to 1900 (we may allow earlier starts for the 120 min course if we are ready!)
- **Our entrance to the Community Centre is round the back of the building (on the West side) - this is on the opposite side of the building from the main car park - it will not be signed**
- If you are opting for the 60min course please do not start before 1800 (we do not want any finishers before 1900 - the last start time). If you are opting for the 120min course you must start before 1830.
- Good and free, unsupervised car parking is available on-site at the venue for 70+ cars. If the car park is full when you arrive then there is overflow parking roadside on Fluin Lane itself within 2 mins walk. Car share or come by train, on a bike or on foot if you can. Frodsham Station is just 7 mins walk away.
- Bag drop available inside the venue (at your own risk)
- **Take great care when arriving, parking & leaving - there will be runners, walkers and other vehicles around**
- **No need to panic or rush when parking - we will give you a late start within reason!**
- On the MapRun app Select Event: **UK/Spunch/Summer24/Frodsham 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 (fully loaded Cheese/Chilli Nachos), drinks, MapChat and **FRESH ITALIAN ICE CREAM** all available at the venue after you have finished.
- **No muddy shoes inside the venue please!**
- SpunchPix photo comp to win a pair of free entries to a future Spunch event
- Spot prize giving at around 2030 - you have to be back from your run and in the room to win!
- If you are new to Spunch events, please read ALL the details - they will help you! If you are an experienced Spuncher then you can skip the last two pages.
- If you are a newcomer or a walker, we recommend the longer courses 120min or 90min as these provide more time for you to get the swing of it, and see the best of the area.

### **The Golden Rules**

- All participants take part at their own risk. Parents / guardians are responsible for accompanying children and / or dogs.
- Think Safe - Stay Safe - especially on roads, around traffic, road crossings, rail crossings, animals, other runners, walkers, cyclists and water hazards.
- **There are some crags (cliffs) and very steep slopes in parts of this area (around the Sandstone escarpment). Please stick to the well trodden paths in these areas - you should have no reason to take any risks on or around the crags and very steep slopes.**
- 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
- **Full leg cover is strongly recommended - you may encounter some undergrowth (nettles / brambles / bracken) on a few of the less well used paths.**
- You must report to the finish after your run so that we know you are back safely
- You must finish by 20:45 - 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 gates after you have passed through them
- 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, or climbing fences or walls, will be docked at least the value of 2 checkpoints (minus 40) for each transgression and may face disqualification**
- **Don't go within 25m of the Finish until you are actually ready to finish!**
- **Please read at least the section on Safety & Reputation**

### Event Centre

Parking, toilets, registration, start, finish, food and drink are all at or near the Frodsham Community Centre, Fluin Lane, Frodsham WA6 7QN. [📍 Frodsham Community Centre](#) What3Words [fluid.thanks.scenes](#)

It is easy to find using GoogleMaps or similar, and will not be signed. **We will be using the entrance at the back of the building.**

### Travel & Car Parking

**Car Parking for this event is unsupervised. You must self select from the following options:**

1. The venue's own car park. Free and on-site. 70+ spaces. May fill up!
2. Free roadside parking is also available on the adjacent Fluin Ln & Blue Hatch. Both within 2 mins walk

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

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

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

Public Transport: Train is a good option. Frodsham Train Station is only 7 minutes walk from the venue.

### The Map

The event uses an A3 waterproof enlarged & enhanced Ordnance Survey Explorer map at a scale of about 1:10,000. 1cm on the map = 100m IRL.

The 96 Spunchpoints (checkpoints/controls) are pre-marked with circles; the start is marked by a letter **S** and the finish is marked by a letter **F**.

**Not all of the usable paths are marked on the map. This is particularly true in the wooded areas around the Frodsham Escarpment and in the area of the re-wilded Golf Course. The Spunchpoints are in the right place but the map is imperfect in some areas and therefore provides an additional navigational challenge! A compass could be helpful & using the contours will definitely be useful in some of these areas.**

### 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 will be on roads or streets with varying traffic levels. You will find yourself using or crossing roads both within the town and out in the countryside.

**PLEASE TAKE GREAT CARE USING OR CROSSING ANY ROADS - CHECK AND DOUBLE CHECK IN BOTH DIRECTIONS BEFORE CROSSING.**

**Be especially careful in the town itself and in the surroundings of the event centre near the start and finish where there will be others both in vehicles and on foot. DO NOT TAKE RISKS AROUND TRAFFIC.**

**Crags & Steep Slopes** - There are some crags (cliffs) and very steep slopes in parts of this area (around the Sandstone escarpment). Please stick to the well trodden paths in these areas - you should have no reason to take any risks on or around the crags and very steep slopes. **DO NOT TAKE RISKS AROUND CRAGS OR VERY STEEP SLOPES.**

**Rail Crossings** - You should have no need to cross the railway - please don't go there!

**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.

**Dogs** - If you 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 livestock.

**Trail Conditions** - Some of the paths can be slippery/muddy/rocky/rooty especially when wet and there are some very steep slopes. We recommend trail shoes with good grip; metal studded shoes are not necessary. You are

likely to encounter mud! **Some of the paths have undergrowth including nettles. Full leg cover is recommended.**

**Water Hazards** - You should have no need to go near any significant water hazards. But if you do: **Please take great care of your children and / or dogs around water.**

**Weather** – the current forecast is for a warm, dry and partially sunny evening (19degreesC) with a slight risk of showers. **Conditions can change quickly and there is some high ground, 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. **Under no circumstances should you go out of bounds, trespass or cross fences or walls other than at easily recognised crossing points.** Take great care at the stiles, some of which are high, some of which are 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 number is Andy Thornton on 07751 932749. This is shown on the map. 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**

### **Food & Drink**

After your run/walk the following food will be available back at the Community Centre:

- Loaded Nachos with salsa & cheese etc £5 (with options to meat or veggie chilli for £1.50)
- Award winning Gelato from the cart with a choice of flavours & toppings (vegan option available)

The Nachos & Ice Cream is being laid on by Sam & team from Frodsham's very own local Gelateria - Bene Gelato who have a shop & cafe at 17A Church Street for future reference!

- There will also be a Community Centre Bar!

Please support our local hosts.

### **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, view points, monuments, quirky locations, sculptures 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!

### **NEW: Digital Review System (DRS) Appeal Submission Form (Beta version)**

We are continuing to trial an alternative method of making an appeal in the event that your MapRun App didn't beep at a Spunchpoint when you think it should have. To make an appeal either pay a personal visit to the on-site DRS official as usual (the person with the laptop!) OR use the NEW DRS appeal submission form which can be found via the **i** button adjacent to the event name on your MapRun phone app. Thanks again to Ian Watson for developing this facility.

### **Acknowledgements**

Big shout outs to:

- Lisa Jefferies & Sam Cunliffe & team from Bene Gelato for hosting & feeding us
- Adam Harris & Ed Halliwell for their local knowledge & legwork in checking SpunchPoint sites
- DEESide Orienteering Club <https://www.deeside-orienteeing-club.org.uk/> and <https://www.cycleretreats.com/> for supporting the event with volunteer helpers
- 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 / Wednesday!

Andy Thornton - Events Co-ordinator. Lisa & Sam - Our Hosts

ps. Next Spunch event coming very soon! (entries now open on SiEntries via link)

[THIS SATURDAY AFTERNOON 31 Aug - Macclesfield Town & Country - from the Fountain Cafe Bar](#)

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

## **NEW TO SPUNCH EVENTS?**

If you are an experienced Spuncher then you can probably skip the rest. If you are a newbie or less experienced then please read and digest!

### **Event Format**

The event is a 60, 90 or 120 minute score event. You can choose whether to go for 60, 90 or 120 minutes when you "Select Event" on the MapRun app. There are usually around 60-99 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 rare 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, path bend 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>**

### **Illegal short cutting will be penalised!**

**Anyone found to be deliberately and illegally short-cutting, or climbing fences or walls, 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 so that it appears in the on-line results (but this is subject to phone data / wifi signal - not always available at the 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.

### **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 the event as shown on Page 1

-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. 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 within the start window. 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).

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. The pre-start official 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 - usually very near the 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!

### **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!

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