



Poynton Runners Sunset Spunch - Tuesday 24 Sept - Final Details V2 - PLEASE READ

Summary

- Everything is at or near the Farmers Arms, 90 Park Lane, Poynton, SK12 1RE. Registration from 1700 to 1830. Start window 1700 to 1830. If you are opting for the 60min course please do not start before 1730 (we do not want any finishers before 1830 - the last start time). **Participants on the 90min course are advised to start before 6pm if they wish to get back before dark - otherwise take a torch / head torch!**
- Free parking is available 3 minutes walk away in the nearby Cheshire East Civic Hall car park (behind Waitrose) or on nearby residential streets. The pub car park is very small so please park elsewhere. Car share or come by train, on a bike or on foot if you can. Poynton Station is a 1k walk / jog 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 and all in fading light.**
- **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/Poynton Sunset 60 or 90** - Please do this at home or work where you have good wifi or data signal before you come to the event.
- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged**
- Food (including £10 Chippy Tuesday meal deal), drinks, & MapChat 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
- 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 90min course as this provides 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.
- **Sunset 19:01 End of Civil Twilight 19:35. Light will fade fast after sunset and it will be dark when civil twilight ends. We strongly advise wearing hi vis tops. We strongly advise taking a torch or head torch if you are likely to finish after dark. YOU MUST CARRY A MOBILE PHONE**
- 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 recommended - you may encounter some undergrowth (nettles / brambles / bracken) on a few of the less well used paths.**
- **A compass may be useful, though not mandatory. The sun sets in the West!**
- You must report to the finish after your run so that we know you are back safely
- You must finish by 20:15 - 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 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! **The finish is immediately in front of the pub don't go near it after you have started until you are 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 venue 📍 Farmers Arms, Poynton
What3Words [handbags.sponge.agreement](#)
It is easy to find using GoogleMaps or similar, and will not be signed.

Travel & Car Parking

Car Parking for this event is self-select and unsupervised. We recommend the following:

1. The Cheshire East Council Civic Hall Free Long Stay Car Park. Behind Waitrose on the opposite side of Park Lane to the Farmers Arms. Within 3 mins walk. Park in the long stay section at the back of the car park. Check the car park signs personally to ensure you are happy.
2. Free, safe and legal roadside parking is also available on SOME nearby residential streets. Maybe try the area around Brookside Avenue, Holly Road and Ivy Road. All within 5 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. Poynton Train Station is 1km from the venue.

The Map

The event uses an A4 waterproof enlarged HYBRID Ordnance Survey (OS) / OpenOrienteering (OO) map at a scale of about 1:12,500. 1cm on the map = 125m IRL. The urban area is in OO simplified streetmap format. The countryside areas in OS format.

The 60 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**. The Spunchpoints can be visited in any order.

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 some of the roads.

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

Be especially careful 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. WEAR HI VIS CLOTHING!

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, 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 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 - Your route may take you along a canal towpath. **Please take great care of yourself and take care of your children and / or dogs around water.**

Weather – the current forecast is for a coolish evening (15degreesC) possibly sunny spells but with the risk of a shower. **Conditions can change quickly and there is some higher ground, so please plan to dress accordingly and carrying a warmer layer and a waterproof and windproof top is always 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 16s must be accompanied by a parent/guardian

You must 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 food will be available back at the pub from their menu - just order as per their normal process. The £10 Chippy Tuesday option looks good.

There is also a full range of drinks from the bar - Please support our 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, woodland trails, canalside, lakeside, quirky locations, sculptures or other notable landmarks. Selfies, posed pics, fun and humour especially well received! Romantic sunset Spunch silhouettes perhaps?!

Any pics WhatsApp'd (07751932749) or emailed (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 (Ian 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:

- The Farmers Arms for hosting us - especially Richard & the team
- Mark Hartell & Mark McDermott their local knowledge and legwork when checking SpunchPoint sites.
- 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.

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

[Prestbury Sunset Spunch - Tuesday evening 1 Oct - from the Bridge Hotel](#)

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 or 90 minute score event. You can choose whether to go for 60 or 90 minutes when you "Select Event" on the MapRun app. There are usually around 50-99 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" - 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