



Mersey Valley Spunch - Saturday 23 November - Final Details V1 - PLEASE READ


Summary

- Everything is at or near the Tree Tops Cafe, Rifle Road, Sale M33 2LX. Registration from 1215 to 1400. Official start window 1215 to 1400.
- Last start for the 180 min course is 1315 (we want everyone back by 1615)
- **There is no cafe car park, but there are two VERY large adjacent car parks within 3 mins walk from the cafe. Both are understood to be FREE - and only 2 mins from M60 J6.**
- **Take great care when arriving, parking & leaving - there will be runners, walkers and other vehicles around**
- **No need to panic or rush when arriving & parking - we will give you a late start within reason!**
- **On the MapRun app Select Event: UK/Spunch/Autumn24/MerseyValley 60 or 120 or 180**
Please do this at home 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**
- Snacks, cakes and drinks are available from the cafe 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 prizes given away randomly during the afternoon
- 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 180min as these provide more time for you to get the swing of it, and see the best bits 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, trams, animals, other runners, walkers, cyclists, and water hazards.**
- **Some of the roads you may run along or cross are busy with cars and/or Trams. Stay on the pedestrian pavement whenever possible. Take great care when crossing and at junctions. DON'T TAKE RISKS AROUND TRAFFIC OR TRAMS. Do not cross anywhere it is clearly not safe to. Look, listen and look again. Never cross any fences or boundaries other than when there is a recognised crossing point.**
- **If you are running / walking with juniors under 18, please keep them safe too!**
- **You must report to the finish after your run so that we know you are back safely**
- **You must finish by 16:30 - 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. IF IT DOESN'T FEEL RIGHT THEN IT PROBABLY ISN'T**
- **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, bag drop, registration, start, finish, food and drink are all at or reasonably near the Tree Tops Cafe, Rifle Road, Sale M33 2LX.  Tree Tops Cafe [What3Words data.jumped.staple](#)
It is easy to find using GoogleMaps or similar, and will not be signed.

Travel & Car Parking

Car parking is self-select and unsupervised. There are two very large FREE public car parks very close to the Cafe (associated with Sale Water Park and the Metrolink Tram Station).

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: There are places to lock your bike at the venue (at your own risk)

Public Transport: A very good option for this event. Sale Water Park Tram Stop (on the Navy Line) is just a 5 min walk from the event centre Cafe.

The Map

The event uses an A3 waterproof enhanced OpenOrienteering (OO) Map. Scale of about 1:12,500. 1cm on the map = 125m IRL.

The **108 Spunchpoints** (checkpoints/controls) are pre-marked with circles. You can visit them in any order. The start and the finish are adjacent to the cafe. The Finish just is outside the cafe door in the garden and marked with a double circle. **It is wise to familiarise yourself with the position of the Start & Finish before you set off!**

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 in order to access the parks, meadows, and woodland in this varied area.

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.

Tram Crossings - Only cross the tramlines at recognised crossing points or where it is otherwise safe to do so. Always look in both directions, listen and look again. Under no circumstances should you climb or cross fences in order to cross the tram lines.

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, residents or land owners (particularly around buildings and locals' homes) please behave with courtesy.

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 other animals or humans.

Trail Conditions - Generally speaking you will be running on good surfaces though some of the paths will be muddy! Wearing shorts should be fine on this one, but some of you may prefer full leg cover. Trail shoes with a good grip are recommended.

Water Hazards - The course includes lots of water hazards - the lakes in the water parks, the river Mersey and various brooks, and the canal tow paths. **Please take great care around any water you may encounter - stay away from the edges and stay on the paths. Please also take great care of your children and / or dogs around water. Do not cross any water other than at the recognised crossing points (bridges, underpasses, stepping stones).**

Weather – the current forecast is for a wet and rainy afternoon (9 to 12 degreesC). There may be snow or slush on the ground following overnight snow, but a rapid thaw is forecast from about 10am.

Please plan to dress according to the weather conditions and forecast. Carrying a warmer layer and a waterproof and windproof top is strongly recommended. Please also consider carrying food and drink especially if doing the 120 or 180 minute course option.

Stick to the public paths and areas & legal crossing points - Please do not go off the permitted paths, tracks, access land, lanes or across private gardens. Taking short cuts across parkland, fields, playing fields and other open land is permitted in areas where it is clear that is the normal public practice. **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. Close gates after you pass through them. Always observe the [Countryside Code](#). **If it doesn't feel right then it probably isn't!**

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 snacks, cakes and drinks are available at the Cafe. Please support the Cafe who have been kind enough to allow us to use their facilities to host the event.

SpunchPix Photo Comp - Win free entry to a future event

We like to see pics of **smiley people with maps** in the great outdoors - even in the rain! Especially at beauty spots, view points, woodland trails, weirs, waterside, graffiti, murals, industrial heritage or other quirky locations. Selfies, posed pics, group pics, fun and humour especially well received!

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!

Digital Review System (DRS) Appeal Submission Form

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 (or for any other tech problems or appeals). To make an appeal at this event please 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:

- Mark Hinde & Gill Leng - Sale residents, regular Spunchers and local knowledge experts. They suggested and sorted the venue, planned the course and checked all the SpunchPoints. Thank you Mark & Gill!
- Chappie & the team at Tree Tops Cafe for hosting us
- 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 / Saturday!
Andy Thornton - SpunchMan

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, 120 or 180 minute score event. You can choose whether to go for 60, 120 or 180 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 180mins.

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 represented - 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.

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 but not mandatory. Also carry a timing device to ensure you stay within the time limit.

Trail shoes with good grip are usually 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