Bollington Easter Spunch - Thursday 10 April - Final Details V4 - PLEASE READ

- Everything is at or near the Vale Inn, 29-31 Adlington Rd, Bollington SK10 5JT. Registration from 430pm to 730pm. Start window 430pm ish to 730pm. (Last start for 120min course 645pm, last start for 90min course 715pm)
- **Parking is in the town's car parks and nearby on the road side - typically within 2-10mins walk from the Vale Inn. PLEASE DO NOT ATTEMPT TO USE THE PUB'S (VERY SMALL) CAR PARK. APART FROM THOSE COMING FOR AN EARLY START (BEFORE 530PM) IT IS PROBABLY BEST TO AVOID TAKING YOUR CAR ONTO ADLINGTON ROAD / SUGAR LANE ITSELF - IT IS OFTEN VERY CONGESTED AND YOU MAY END UP IN A JAM! Much better to park safely on the main B5090 road side and walk in or use the Civic Hall / Pool Bank / Clough Bank car parks.** Car share or come by taxi, bike or on foot if you can.
- Bag drop available at the venue - under cover in the beer garden (at your own risk)
- **Take great care when arriving, parking & leaving - there will be runners, walkers, children and other vehicles around and possibly in the dark later on.**
- **No need to panic or rush when parking - we will give you a late start within reason!**
- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged**
- On the MapRun app Select Event: **UK/Spunch/Spring25/Bollington 60 or 90 or 120 (APR25).**   If you wish to do the 3k(ish) young family course then Select Event UK/Spunch/Spring25/BollyBunnyRun APR25. Please do this at home or work where you have good wifi or data signal before you come to the event.
- Food & drinks are available inside the pub after you have finished - including a £5 Meat or Veg Chilli Bowl (with optional extras) and Easter Sweet Treats from the Bar.
- There is a lovely (sunny) beer garden to sit out in behind the pub. Registration / Start will be based in or near the garden. Bring a warm top so that you can sit out after your run as it will get chilly later.
- **No muddy footwear inside the pub please (you will only encounter light mud in a few places)**
- 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 90 & 120 min courses as these provide more time for you to get into the swing of it, and see the best bits of the town & local countryside.
- It will be dark from 830pm. Wear hi-vis & carry a torch if you plan on being out late.

The Golden Rules

- **You take part entirely at your own risk. Parents / guardians are responsible for taking care of any accompanying children and / or dogs.**
- **Think Safe - Stay Safe - especially on roads, around traffic, road crossings, animals, other runners, walkers, cyclists and water hazards.**
- **Stay on the pedestrian pavements whenever one is available.**
- **Please also consider personal safety. Run in a pair or small group. Or if running alone maybe carry a whistle.**
- **It will be dark from about 830pm! WE STRONGLY ADVISE WEARING HI VIS CLOTHING. WE STRONGLY ADVISE CARRYING A TORCH OR HEAD TORCH IF YOU WILL BE OUT LATE. YOU MUST CARRY A MOBILE PHONE**
- **If you are running / walking with juniors under 18, please keep them safe too!**
- **Dress appropriate to the weather**
- **You must report to back to the registration desk after your run so that we know you are back safely - the registration desk will be moved from the garden to inside the pub at 730pm.**
- **You must finish by 9pm - 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. 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) and may face disqualification**
- **Don't go within 25m of the Finish until you are actually ready to finish! The finish is in / near the pub beer garden at the rear of the pub.**
- **Please read at least the section on Safety & Reputation**

Event Centre

Toilets, bag drop, registration, start, finish, food and drink and Easter Treats are all at the venue 📍 Vale Inn
What3Words secretly.unite.crypt
It is easy to find using GoogleMaps or similar, and will not be signed.

Travel & Car Parking

Parking is self-select and unsupervised in the town's car parks and nearby on the road side - typically within 2-10mins walk from the Vale Inn. PLEASE DO NOT ATTEMPT TO USE THE PUB'S (VERY SMALL) CAR PARK. APART FROM THOSE COMING FOR AN EARLY START (BEFORE 530PM) IT IS PROBABLY BEST TO AVOID TAKING YOUR CAR ONTO ADLINGTON ROAD / SUGAR LANE ITSELF - IT IS OFTEN VERY CONGESTED AND YOU MAY END UP IN A JAM! Much better to park safely on the main B5090 road side and walk in or use the Civic Hall / Pool Bank / Clough Bank car parks.

There are a number of free car parks and some free roadside parking nearby.
In order to minimise congestion the best advice is "park somewhere early and walk in!"
Car parks:
- Adlington Road itself & the Bollington Rec - very near but very small. CONGESTION RISK!
- Civic Hall (Hurst Lane - behind Library) - 5 mins walk - a good option
- Pool Bank car park - Large, 10 mins walk - a good option
- Clough Bank car park - Large, A 15 mins nice walk along the Middlewood Way

Road side:
- The best / nearest road side parking can be found along the 1.5k stretch of main B5090 main road (Wellington Road / Palmerston Street) between its junction with Grimshaw Lane and the Pool Bank car park. Walk time 2-15mins.
- Nearer roadside parking nearby is generally not easy!

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 outside the venue in the beer garden round the back (but entirely at your own risk).
Public Transport: Macclesfield train station is a 10 min cab ride away

The Map

The event uses an A4 waterproof enhanced & enlarged OS map at a scale of about 1:12,500. 1cm on the map = 125m IRL. (There will also be an enlarged OO map section of the central / urban area on the flip side). The 85 Spunchpoints (checkpoints/controls) are pre-marked with circles; the start and finish are very close to the venue and marked by a triangle and double circle. **Please familiarise yourself with the positions of start and finish before you set off.** The Spunchpoints can be visited in any order.

Safety & Reputation

Roads / traffic – The course has been planned to avoid use of long sections of busy 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 at junctions 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. WEAR HI VIS CLOTHING! YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY

Personal Safety / Stranger Danger - After dark, some of the paths and trails are unlit and not well used. It is always safer to run as a pair or small group. We can usually pair you up if you wish. If you prefer to run alone,

please consider your safety and maybe carry a whistle or similar. <mark>YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY</mark>

Other visitors & locals – Please give way to 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 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.

Surface Conditions - Paths and pavements can be damp, or icy, or muddy, or covered in leaves - they can be slippy. You may also encounter pot holes, cobbles or steps. <mark>TAKE CARE - PUT SAFETY FIRST.</mark>

Water Hazards - Your route may take you alongside the canal, near some ponds or other water courses. **Please take great care of yourself and take care of your children and / or dogs around water.** <mark>STAY ON THE PATHS AND ONLY CROSS WATER VIA THE BRIDGES</mark>

Weather – The current forecast is for a very pleasant dry, sunny and mild evening (dropping from 16 to 9degreesC). We may get a nice sunset. **Conditions can change quickly, so please plan to dress accordingly and carrying a warmer layer and a waterproof and windproof top is always recommended.**

Stick to the rights of way & legal crossing points - Please do not go off 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**. **If it doesn't feel right then it probably isn't!**

Under 16s must be accompanied by a parent/guardian

<mark>**You must carry a mobile phone for safety**</mark> - 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 back to registration after you finish so that we know you are back

Food & Drink
<mark>After your run/walk food & drink will be available back at the Vale. This includes a £5 Meat or Veg Chilli bowl with optional extras. Also some Easter Sweet Treats available from the bar. Please support our local hosts and stick around for a drink and maybe some food after your outing - the beer garden at the back overlooking the Rec is very pleasant in the early evening sun.</mark>

SpunchPix Photo Comp - Win free entry to a future event
We like to see pics of <mark>smiley people with maps</mark>! Selfies, posed pics, group pics, fun and humour especially well received!

Any pics WhatsApp'd (07751932749) or emailed (1andythornton@gmail.com) to Andy within 48 hours 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
We are continuing to use a new method of making an appeal in the (unlikely) 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 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:
- Nathanael Booker & Fiona Blagg for their local knowledge, planning / curating the course, checking all the SpunchPoint sites and preparing the maps.
- The Vale Inn for hosting us - especially Tim & team
- 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!
Andy Thornton - Events Co-ordinator.

You must report back to registration after you finish 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 or 120 minute score event. You can choose whether to go for 60 or 90 or 120 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 sometimes it is possible.

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.

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

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 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 event 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 Start very close by. It is important to ensure you have a successful start. After pressing "Go to Start", when you are ready and when your GPS has settled and you have got a "green" GPS fix you should proceed to the start.
- **If you do not get a 'beep' at the start, return to registration 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 pub or venue door! You must get a 'beep' at the finish to complete your run correctly. **You MUST return to registration after finishing 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 back to the registration desk after finishing so that we know you are back!