



KONG

— RUNNING —


Meerbrook SpunchMMM - Sunday 13 April - Final Details V5 - PLEASE READ

- Everything is at Meerbrook Village Hall, Meerbrook, Leek ST13 8SR.
- Registration & starts from 9am to 11am (4 hour course); 10am to 1pm (2 hour course); 11am to 1pm (1 hour course). **Please start within the relevant time window for your course duration.**
- **Parking is at the Hall or roadside along Meerbrook Road - all within 5 mins walk from the Hall. Please DO NOT park in the coned off area immediately outside the church as this is reserved for Churchgoers going to church on Palm Sunday.** Car share or come by bike or on foot if you can.
- Bag drop available inside the Hall (at your own risk)
- **Take great care when arriving, parking & leaving - there will be runners, walkers, children and other vehicles around.**
- **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 FULLY CHARGED.**
- On the MapRun app select & download your course: Select Event: **UK/Spunch/Spring25/Meerbrook 240 or 120 or 60 (APR25).** Please do this at home where you have good wifi or data signal before you come to the event. **THE COURSES WILL BE PUBLISHED ON MAPRUN AROUND 6PM SATURDAY**
- **Food & drinks are available back at the Hall after you have finished. Cake and unlimited brews / squash (included in your entry fee) AND delicious pizzas (c.£8).**
- **No muddy footwear inside the Hall please**
- **If you are taking a dog on your run / walk, please keep it on a short lead and under control at all times. You may encounter livestock / sheep; It is lambing season and there are ground nesting birds - please respect this request.**
- **In the open access areas, you may venture off piste, however please be warned that underfoot conditions are tough and the "best" route is almost always likely to be via the paths / trails as represented on the map - even though the distance may be longer.**
- 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 2 hour course (rather than the 1 hour course) as this provides more time for you to get into the swing of it, and see better bits of the area.

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, crags and water hazards.
- Please also consider personal safety. Run in a pair or small group. Or if running alone maybe carry a whistle. **YOU MUST CARRY A MOBILE PHONE - FOR SAFETY REASONS**
- If you are running / walking with juniors under 18, please keep them safe too!
- Dress appropriate to the weather - this is hill country
- **You must report back to the registration desk in or just outside the Hall after your run so that we know you are back safely.**
- You must finish by 315pm - before we call the rescue services!
- Stay only on permitted routes / access land & 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 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 Hall car park.**
- Please read at least the section on Safety & Reputation

Event Centre

Toilets, bag drop, registration, start, finish, food and drink are all at the venue  Meerbrook Village Hall

What3Words [tonal.dynamic.brand](https://www.what3words.com/tonal.dynamic.brand)

It is easy to find using GoogleMaps or similar, and will not be signed.

Travel & Car Parking

Parking is at the Hall or roadside along Meerbrook Road - all within 5 mins walk from the Hall. Please DO NOT park in the coned off area immediately outside the church as this is reserved for Churchgoers going to church on Palm Sunday.

There MAY be persons in hi-vis jackets assisting with parking - please take their advice.

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 (but entirely at your own risk).

Public Transport: Not great for this one - sorry!

The Map

The event uses an A3 waterproof enhanced & enlarged OS map at a scale of 1:15,000. 1cm on the map = 150m IRL. The 75 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.**

Checkpoint Values / Time Penalties

The 1 and 2 hour courses use the standard (simple) ScoreV MapRun scheme - each checkpoint having a value of 20 points and with time penalties of 10 points deducted for each minute or part minute late back.

The 4 hour course uses the standard (more challenging) ScoreQ MapRun scheme - each checkpoint having a value related to its checkpoint number as follows:

10-19 (value 10 points); 20-29 (value 20 points); 30-39 (value 30 points) and so on up to 90-99 (value 90 points).

The time penalty is 30 points deducted for each minute or part minute late back.

For all courses the time penalties are severe! Best not to be late back!

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 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. YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.

Personal Safety - 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. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY**

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 are taking a dog on your run / walk, please keep it on a short lead and under control at all times. You may encounter livestock / sheep; It is lambing season and there are ground nesting birds - please respect this request.** Please also clean up any mess.

Surface Conditions - Paths and pavements can be rocky, damp, icy, muddy, covered in leaves - they can be slippery. You may also encounter pot holes, cobbles or steps. Underfoot conditions off-piste in the open access areas are particularly challenging - the "best" route is almost always likely to be via the paths / trails as represented on the map - even though the distance may be significantly longer. **TAKE CARE - PUT SAFETY FIRST.**

Crags & Water Hazards - Your route may take you near crags (cliffs) or water. **Please take great care of yourself and take care of your children and / or dogs around water.**

Weather – The current forecast is for an overcast morning, with sunny spells but a risk of light showers. Temperatures around 8-12degreesC). **Conditions can change quickly and this is hill country, 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, open access land & 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

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 back to registration after you finish so that we know you are back

Food & Drink

After your run/walk food & drink will be available back at the Village Hall from about 12pm. The Macclesfield Community Tree Nursery are kindly running the tea & cake operation. One cake and unlimited tea/coffee/squash is included for all (entry-fee-paid) adults. Extra cakes may also be purchased for juniors or for those who want a second cake!

Excellent and great-value hand-crafted pizzas are also available (about £8) from the Crescent pop-up pizza place situated just outside the Hall. Meat, Vegetarian & Vegan options are available. GF bases are also available on request.

Please stick around for food, drink and MapChat after your outing.

Digital Review System (DRS) Appeal

We are using a new 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 DRS Result 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:

- Especially to Guy Lingford for his local knowledge, course planning, checking all the SpunchPoint sites and preparing the maps.
- Julian Brown / Jo Miles for double checking the sites
- The Macclesfield Community Tree Nursery, Charlotte, Chris, Paul & Jaqui for kindly running the tea and cakes operation
- Crescent Catering for bringing their pop-up pizza place
- Kong Running, especially Lou & Paul for continuing their support of these events & providing prize vouchers for the competitive 4-hour MMM course
- Meerbrook Village Hall & the local residents for hosting us & welcoming us to the area
- All the other helpers involved in making these events possible both in advance and on the day (you know who you are)
- Finally to Alison, Erwin, Chris, Janneke and team who ran these events for the past 10 years - despite getting off to a slower than anticipated start, we are aiming to continue these events with a similar friendly ethos.

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 240 or 120 or 60 minute score event. The scoring system is described above.

There are no flags or markers at the checkpoints, and all checkpoints are at, on, or very near to a self-evident feature (e.g. junction, footbridge, path bend etc) on the map. At this event there is also a checkpoint description sheet on the back of 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 for each transgression. 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 strongly recommended. 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 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

When used, 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 sometimes 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!