



Wilmslow Christmas Holiday Spunch - Tuesday 30 Dec - Final Details V1 - PLEASE READ

- Everything is at the Farmers Arms, 71 Chapel Ln, Wilmslow SK9 5JH. [Farmers Arms W3W reply.hurray.manliness](#) It is easy to find using Google maps or similar and will not be signed.
- Registration & start window from 1300 to 1930! (Last start for 180 min course 1730. Last start for 120 min course 1830). Start when you wish within these times. Go day or go night!
- **Please note that sunset is at 16:00 and it will be dark from about 16:40. YOU MUST WEAR HI-VIS & CARRY A TORCH IF YOU ARE GOING TO BE STILL OUT AFTER SUNSET AT 4PM.**
- Registration & map-issue, Help, Start, Finish, Toilets, Food, Drink & Bag Drop (at your own risk) all at the venue.
- Parking is self-select and unsupervised.
 - **Please do not use the very small pub car park unless you are helping at the event**
 - **The best, closest and safest parking is street side all within 500m of the pub. Oak Lane, South Oak Lane, Buckingham Road, Bourne Street & Nursery Lane are all good options.**
- Wherever you park please read the signs and please park legally & respectfully. Car share or come by train, bus, taxi, bike or on foot if you can. Wilmslow Train Station is a 1.5k flat walk from the venue.
- **Please take great care when arriving, parking & leaving - there will be runners, walkers and vehicles around. There is no rush! 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/Winter25/Wilmslow 60 or 120 or 180 (DEC25)** Please do this at home or work where you have good wifi or data signal before you come to the event.
- **Food & drink is available at the venue. Great value pizzas from Lone Pine will be available - order your pizza BEFORE you go out for your run / walk stating the time you want it ready - this is the best way to secure your pizza! Please support our local hosts - enjoy some Apres-Spunch with a drink and maybe some food whilst you compare routes.**
- **No muddy footwear inside the venue please (there is a risk you may encounter mud in a couple of areas)**
- SpunchPix - please take pics! Particularly good / funny pics are often rewarded with a spot prize.
- There will be a spot prize for the best team name as recorded in your User Profile on the MapRun app.
- 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 duration 120/180 min courses as these provide more time for you to get into the swing of it, and see the best bits of the area. People often return to the finish wishing they had done a longer course.
- **You must report to back to the registration desk after your run so we know you are back safely**
- **You must finish by 20:45 - before we call the rescue services!**

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. Dogs on a lead at all times please.
- Think Safe - Stay Safe - especially on roads, around traffic, road crossings, animals, other runners, walkers, cyclists, railways, tramways and water hazards.
- Stay on the pedestrian pavements whenever one is available.
- Please also consider personal safety. Remember it will be dark and unlit in some places. Run in a pair or small group. Or if running alone maybe carry a whistle or personal safety alarm.
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.
- 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!

- In public areas (eg parkland), only short-cut where you have clear line of sight and it is clear that public access is permitted - usually the paths are the best option!
- Don't go out of bounds (cross-hatched areas) or cross any hard boundaries
- **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**
- **After you have visited the Start and at least one SpunchPoint, don't go within 25m of the Finish until you are actually ready to finish!**
- Please read at least the section on **SAFETY & REPUTATION**

The Map

This event uses an A4 waterproof enhanced & enlarged OO Map at a scale of about 1:12,500. 1cm on the map = 125m IRL. The 90ish SpunchPoints (checkpoints) are pre-marked with circles; the start and finish are close to the venue and are marked by a triangle and double circle on the map. The start will be marked by a blue/white windsock, the finish will be marked by a rainbow windsock. **Please familiarise yourself with the positions of start and finish before you set off.** The SpunchPoints can be visited in any order.

The map is imperfect! In particular there are many fences / walls / hedges and other boundaries that are not represented on the map. Farmland, woodland, parkland & residential areas are not always accurately mapped or represented. In real life it is usually very obvious where you can / can not go. Stick to the paths, tracks and roads and only cross public access areas where it is clearly permitted and safe to do so! Do not cross private land, farm land or private boundaries.

The Weather

The current forecast is for a dry but chilly day / evening. We may see some sunshine early on. It could get frosty later on - please take great care as some surfaces could become slippery. Temperatures dropping from around 6 to zero degreesC. Some of the course is in more rural spaces outside the town. **Please plan to dress accordingly and carrying a waterproof and windproof top is strongly advised. Wrap up warm. Carry extra layers. Take hat & gloves.**

Emergency phone number

You must carry a mobile phone for safety - The emergency phone number is Andy Thornton on 07751 932 749. This is shown on the map. Please put it 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.

SpunchPix Photos

We love to see pics of **smiley people with maps!** Selfies, posed pics, team pics, fun and humour especially well received! Please WhatsApp your pics (07751932749) or email (1andythornton@gmail.com) to Andy. Particularly special pics may receive a spot prize.

Result Appeals - Digital Review System (DRS)

In the (unlikely) event that your MapRun App doesn't beep at a SpunchPoint when you think it should have (or for any other tech problems or appeals) then you can submit a RESULT APPEAL. To make an appeal at this event please use the appeal submission form which can be found via the **i** button adjacent to the event name on your MapRun phone app. Please make your appeal BEFORE leaving the event so that the results can be finalised.

Acknowledgements

Big shout outs to:

- To the Farmers Arms for hosting us especially Courtney
- To Simon from Lone Pine Pizza for his pop up pizza operation
- To Juan for course setting and to Kate & Mike for SpunchPoint checking
- All the other helpers involved in making these events possible both in advance and on the day (you know who you are)

You must report back to registration after you finish so that we know you are back

SAFETY & REPUTATION

Roads / traffic – The course has been planned to avoid use of long sections of road where there is no pedestrian pavement and 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 use the footpaths / pavements that run alongside the road whenever possible, and only cross in safe places where visibility is good.

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. WEAR HI VIS AND CARRY A TORCH.

Personal Safety / Stranger Danger - It is always safer to run as a pair or small group, and it will be dark! 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, horses, 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, icy, rocky, muddy, or covered in leaves - they can be slippery - especially after rain or frost. You may also encounter pot holes, cobbles or steps. **TAKE CARE - PUT SAFETY FIRST.**

Water Hazards - Your route may take you alongside various waterside paths, rivers, brooks, lakes, ponds and other water features, some of which are deep and/or fast-flowing. Don't cross deep water except via the bridges. **Please take great care of yourself and take care of your children and / or dogs around water. STAY ON THE PATHS AND ONLY CROSS WATER VIA THE BRIDGES**

Trains - Only cross the railway at recognised crossing points.

Stick to the rights of way & legal crossing points - Please do not go off publicly 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 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 120 or 180 minute score event. You can choose whether to go for 60 or 120 or 180 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 your phone battery is well charged
- Install the MapRun app on your phone
- **Enable MapRun Notifications in your Phone Settings, unmute your phone, and crank up the volume!**
- Fill in your **User Profile** details on the app
- **Select Event** from the MapRun home screen in order to download the event duration of your choice
- Go into **Options and Settings** on the MapRun home screen and:
 - Browse down to the **Alert Sound** and personalise your SpunchBeep! Choose something other than Beep 1 Simple. I'm a big fan of Horn 3!
 - After you have chosen an Alert Sound, then do a **Test Punch** in order to ensure you are going to get an audible SpunchBeep!
 - If you don't get an audible SpunchBeep, then try changing your phone app notification & volume settings until you do!

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!

You must report back to the registration desk after finishing so that we know you are back!