Silverdale Spunch - Sunday 25 Jan - Final Details V1 - PLEASE READ

- Everything is at or near Silverdale Athletic Football Club, 9 Scot Hay Rd, Silverdale, Newcastle ST5 6RJ Silverdale Athletic Football Club W3W report.galaxy.remote It is easy to find using Google maps or similar and will not be signed.
- Registration & start window from 1100 to 1300. (Last start for 180 min course at 1200 please). Start when you wish within these times.
- 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.
    - **Parking in the on site Club car park itself is VERY LIMITED and is likely to fill up quickly with the earliest arrivals.**
    - **The best parking option is the road side on CANNEL ROW or the roads leading to or off it. CANNEL ROW is situated about 400m to the north west of the Club and accessed via Kents Lane from Scot Hay Road.**
    - **All parking on Cannel Row is within 5 minutes walk from the Club. It is possible to walk to the Club via a footway from the south end of Cannel Row. See map below:**

    - **PLEASE DO NOT PARK IN THE RESIDENTIAL AREAS AROUND THE CLUB**
- 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. Stoke Train Station is a 15-20 minute Uber / cab ride away from the venue.
- **Please take great care when arriving, parking & leaving - there will be runners, walkers and other 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/Winter26/Silverdale 60 or 120 or 180 (JAN26)** Please do this at home or work where you have good wifi or data signal before you come to the event.
- *****TEAM INFO - FOR THOSE OF YOU WISHING TO BE PART OF A TEAM - READ THIS BIT*****
    - If you are or wish to be included in a TEAM result then you must select the 120-minute course on MapRun. The TEAM event applies ONLY to the 120-minute course
    - TEAM sizes can be anywhere between 4 and a maximum of 7 people
    - If you have 8 or more people, please form a second team
    - Everyone in a TEAM must have their own MapRun app and carry their own MapRun device (Smartphone or Garmin / Apple watch) at all times

    - Everyone in a TEAM must post a successful individual result as if they were running individually
    - TEAM members may choose to run individually or collectively as pairs or mini-groups as they wish. What will your TEAM's strategy be?!
    - TEAM members DO NOT all need to start or finish at the same time! Nor do they have to take the same routes. The TEAM result will be based on the aggregate of the best 4 scores posted by your TEAM members.
    - **Each TEAM member must enter their TEAM name in the format TEAM *{team name}* in the User Profile Section of their MapRun app before they go to the start. For example TEAM QuickSilver or TEAM KeeleOver**
    - There will be a free run at a future Spunch event for all the TEAM members of the TEAM with the best team name. As long as you input it correctly!!
    - If you turn up to the event without being part of a TEAM but you would like to be then just ask at registration and we will try to "team-u-up"!
    - If you are in any doubt about any of this please ask at registration!
- Food & drink is available at the venue. Vegan soup with nice bread for just £3 and / or Jacket Potato with cheese & beans for just £5. A full range of hot and cold drinks from the bar. 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 (you are likely to encounter some muddy paths at this one - trail shoes with good grip recommended). Well behaved dogs are allowed inside the venue on a lead but please wipe their paws clean.**
- 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 15:30 - 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. 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 OS Map at a scale of about 1:12,500. 1cm on the map = 125m IRL. The 95 (!) 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 Weather
The current forecast is for a mainly dry afternoon but with an equal risk of sunshines & showers. Temperatures around 6 degreesC. Some of the course is in more remote places. **Please plan to dress accordingly and carrying extra layers and a waterproof / windproof top is strongly advised. Hat & gloves too - it is winter.**

Emergency phone number
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 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 Silverdale AFC for hosting & refuelling us.
- To Silverdale Running Club for their collaboration & promotion of the event especially Di Brassington
- To Mike Greenwood for course setting and to Emma Key & Ashley Willis 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.

Personal Safety / Stranger Danger - 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, 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 slippy - especially after rain or snow. 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, canal, 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/Trams - Only cross railways / tramways 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 pump 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!