Lawley Spunch - Tuesday 10 November - Final Details V1 - PLEASE READ

IF YOU ENTER THIS EVENT ON THE DAY OR THE DAY BEFORE THEN YOU ARE UNLIKELY TO RECEIVE THE PRE EVENT EMAILS. PLEASE GO TO linktr.ee/spunch_uk IN ORDER TO ACCESS THE COURSE MAP AND ALL OTHER DETAILS.
IF YOU ARE NEW TO SPUNCH PLEASE ALSO READ THE NEWCOMER GUIDE ON THE LINKTREE.

Where:

- Grazing Cow at Lawley Gresham Dr, Overdale, Telford TF3 5ES down.beak.update
- Parking, Registration & map-issue, Help, Start, Finish, Results, Toilets, Bag Drop (at your own risk), Food & Drink all at or near the venue.
- No muddy footwear inside the venue please (there is a slight risk you may encounter some mud)

Timings:

- Registration & start window from 1700 to 1930. Last start for 120 min course 1845. Last start for 90 min course 1915. Start when you wish within these times.
- It will be dark. Sunset about 1625, dark about 1700. **HI VIS & TORCH REQUIRED.** All back by 2045 please.

Parking / Transport:

- Parking is self-select and unsupervised. Either in the car park adjacent to the pub or the Morrison's car park nearby.
- Wherever you park please read any signs and please park legally & respectfully. Car share or come by train, bus, taxi, bike or on foot if you can.
- **By train, Telford Central is a 2 mile walk 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.**

MapRun App:

- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged.** On the MapRun app Select Event: **UK/Spunch/NOV26/Lawley 120 or 90 or 60.** Please do this at home or work where you have good wifi or data signal before you come to the event.
- If you are a newcomer or a walker, we recommend the longer duration 120 or 90 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.

Food & Drink

- The venue serves a full range of drinks from the bar. Foodwise the pub has a wide selection of food options from their normal menu. Please stick around post Spunch and support our hosts with a drink or two and maybe some food whilst you compare routes.

Event Specifics:

- The SpunchPoints are densely spread throughout the residential streets and paths of the Lawley area. Plan your route wisely.

SpunchFun:

- SpunchPix - please take pics! Particularly good / funny pics are often rewarded with a spot prize.
- Team Names - 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!
You must report to back to the registration desk after your run so we know you are back safely
You must finish by 2100 - 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.**
- **In the event of a serious accident or injury ring 999 asap.**
- **Think Safe - Stay Safe - especially on roads, around traffic, road crossings, cliffs & crags, animals, other runners, walkers, cyclists, railways, tramways and water hazards.**
- **Use crossing points and 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 the section on SAFETY & REPUTATION**

The Map

This event uses an A4 waterproof enhanced & enlarged OO Map at a scale of 1:10,000. 1cm on the map = 100m IRL. The 99 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 chilly evening with some drizzle… temperatures around 6-7 degreesC. **Please plan to dress accordingly and carrying extra layers and a waterproof / windproof top is always advised.**

Emergency phone number

You must carry a mobile phone for safety - The on-site Event Lead is Phil Humphreys 07703 648864. This number 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. **Ring 999 immediately in cases where the emergency services are required.**

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) 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. Appeals can now be made directly to the event official or via linktr.ee/spunch_uk Please make your appeal BEFORE leaving the event so that the results can be finalised.

Acknowledgements

Big shout outs to:

- To The Grazing Cow for hosting us and Lawley Running Club for the collaboration.
- All the other helpers involved in making these events possible both in advance and on the day.

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. WEAR HI VIS CLOTHING. 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.

Livestock/Horses - Give livestock & horses a wide berth. If you open any gates, then close them too!

Crags/cliffs/quarries/steep ground - Stay on the paths. Don't take short cuts around cliffs or steep slopes.

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, 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.~~

~~**Golf Courses** - Take around golf fairways - look out for golfers & be aware of the risk of flying balls.~~

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

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