


## **Antrobus Spunch - Sunday 17 Sept - Final Details V2 - PLEASE READ**

### **Summary**

- Everything at Antrobus Village Hall. Registration from 0930 to 1100. Start window 1000 to 1100 (we may allow earlier starts for the 90/120 min courses if we are ready!)
- Good on-site free parking. Overflow onto wide nearby roadside parking if necessary.
- On MapRun Select Event: UK/Manchester/Spunch/Antrobus 60 or 90 or 120
- 60/90/120min course options - something suitable for all
- SpunchPix photo comp to win free SpunchEntry
- Charity cake stall serving Tea/Coffee/Soft Drinks & Cakes & chat all available in the village hall after you finish. All proceeds to support DEE/MDOC junior orienteering activities.

### **Event Centre**

Free parking, toilets, registration, start, finish, VAR, food and drink are all at Antrobus Village Hall, Knutsford Road, Antrobus, Northwich, CW9 6LB. Just 5mins South East of J10 M56.

 Antrobus Village Hall

What3words [concerts.briefing.crabmeat](#)

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

### **Car Parking / Transport**

The venue has good on-site free parking for most, if not all cars. Any overflow will be onto roadside parking nearby.

**Please share transport wherever possible, arrive early and park legally and safely.**

If you are running late don't panic - we will give you a late start within reason!

Bikes: There are safe places to lock your bike at the venue.

Public Transport: If you wish to come by bus or train please contact Andy Thornton in advance and we will try to get you picked up & dropped off.

### **Event Format**

The event is a 60, 90 or 120 minute score event using an enlarged and enhanced extract of the OS Explorer Map. You can choose whether to go for 60, 90 or 120 minutes when you "Select Event" on the MapRun app. There are 65 checkpoints (Spunchpoints) – you visit as many as you can 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. The optimum route to "get the lot" is about 28k - it is unlikely that anyone will be able to achieve this even in 2 hours.

There are no flags or markers at the checkpoints, and nor is there a description sheet as all checkpoints are at (or very near to) a self-evident feature (e.g. junction, footbridge, 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 way. 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 or look at the OS legend here: <https://www.ordnancesurvey.co.uk/documents/25k-raster-legend.pdf>**

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 to appear in the on-line results (subject to phone data / wifi signal). If your result doesn't automatically appear, you can do a manual upload when you have a data signal.

We are still learning about, and experimenting with MapRun capabilities and limitations. **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 Video Assistant Referee (VAR) 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 may be useful (but not mandatory) and a watch to ensure you stay within the time limit. (You won't need a dibber, or pencil or any description sheet).

Trail shoes with good grips are strongly recommended as there may be some slopes to negotiate (although not many on this area!). Although we have been enjoying a dry spell some of the paths can become slippery after rain.

### **The Map**

The event uses an enlarged and enhanced extract of the OS 1:25,000 Explorer Map which will be printed at a scale of about 1:13,000. The 65 checkpoints are marked by a circle (numbered 1 to 65); **the start is marked by a triangle; the finish is marked by a double circle.**

### **MapRun App**

If you previously used MapRun6 you should replace it with the new version which is just called MapRun

Whilst you are at home, before you come to the event:

-Ensure you have the app loaded on your device and **your user name details entered**

-Ensure your device battery is well charged

-"Select Event" from the MapRun home screen on the app and download

**UK/Manchester/Spunch/Antrobus 60 or 90 or 120**

-Also I 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 me on 07751932749. 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 Village Hall and will be open from 0930 to 1100. Enquiries and advice will also be available at Registration. You must go to Registration before going to Pre-Start.

There will be a rolling start, at your convenience from 1000 to 1100. We may open the start a little earlier if we are ready. (This is to help spread the impact on the start / finish officials - It is likely to be busy, please be patient). If you are opting for the 120min course please try to start before 1030 (so you get back before the cakes run out!)

- On arrival go to registration to have your name checked off on the start / safety list. 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 Pre-Start nearby. Please don't press "Go to Start" on your MapRun device until you are advised to do so at the pre-start. When your GPS has settled and you have got a "green" GPS fix you will be able to collect your map and proceed to the start.
- If you do not get a 'beep' at the start, return to the pre-start and we will try to fix any problem. DO NOT continue unless you have got the start 'beep'.
- The finish will also be in the grounds of the Village Hall. You must get a 'beep' at the finish to complete your run correctly. **You MUST report your name to the finish official 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!

### **Food & Drink**

The following food & drink will be available after your run/walk from the charity cake stall:

- Homemade cakes
- Tea, Coffee, Soft Drinks

## **Safety & Reputation**

**Roads / traffic** – part of your course may be on minor roads with varying traffic levels. None of the roads you might use are busy roads, but some of them do not have pedestrian pavements, and traffic may still travel quickly on these roads.

Please take great care at all times when using or crossing the roads and be ready to move off the road if needed. Be especially careful in the surroundings of the event centre where the start, finish and car park are, and where there will be others both in vehicles and on foot.

**Other visitors & locals** – Please give way to horse riders, off road 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 farm buildings and locals' homes) please behave with courtesy.

**Livestock** - there is livestock in some of the fields including cows, sheep and horses. There is a field with Alpacas in it that you may encounter. The Alpacas can be curious and may approach you but they are not aggressive. The Alpaca field is marked on the map, should you wish to avoid it. In all cases be prepared to pass wide and slow around livestock.

**Trail Conditions & Undergrowth** - It is that time of year! The paths & tracks in the area are generally in good condition so you will be unlucky to encounter any serious undergrowth / nettles. Iain the planner has done some path maintenance and has run most of the paths in the last couple of weeks in shorts without problem. Some of the paths can be slippery/muddy when wet. We recommend trail shoes with good grips.

**Weather** – the current forecast is for a pleasant, sunny & dry (17degC) morning with a very low probability of any rain. However, conditions can change quickly, so (especially walkers / slower runners) please plan to dress accordingly and consider carrying a warmer layer.

**Dogs** - Well behaved dogs are allowed and welcome outside the Village Hall and on the course. Please keep your dog under control at all times, and on a lead when around other animals, humans and traffic.

**Stick to the rights of way & legal crossing points** - Please do not go off the permitted paths, tracks and lanes and under no circumstances should you trespass or cross fences or walls other than at crossing points. Take great care at the stiles some of which are in a poor state of repair and can be a little rickety. Always observe the [Countryside Code](#)

**Under 16s must be accompanied by a parent/guardian**

**Please carry a mobile phone for safety** - The emergency phone number is Andy on 07751 932749 or Iain on 07867 538112. Please put these 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 to the finish at the end of your run so that we know you are back**

### **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!

### **SpunchPix Photo Comp - Win free entry to a future event**

For those who are less bothered about pace, and more bothered about picturesque, please take some pics before, during and after the event that you are happy to be used on social media (anonymously). Any pics WhatsApp'd (07751932749) or emailed ([1andythornton@gmail.com](mailto:1andythornton@gmail.com)) to me within 48hours of the event will be considered for the SpunchPic of the day photo comp.

Things the judges will be looking for in your pics are.....Scenery, runners/walkers (especially brandishing maps), happy families, smiling faces, fun / humour, imaginative poses, selfies, big skies, nice paths, landmarks, weather, lighting etc.

The SpunchPic of the day photo taker will receive a free entry to a future Spunch event of their choice. Get snapping!

### **DEE v MDOC Team Challenge Match**

There is a Deeside Orienteering Club v Manchester & District Orienteering Club team challenge match taking place at today's Spunch event, the result being based on age adjusted scores. Hopefully we will have the team results soon after everyone has finished.

If your Orienteering or Running Club/Group (or just a group of friends) think you would like to be included in a future Spunch team challenge match, please Whatsapp me 07751 932749. (team size minimum 4 - rules maybe varied!)

### **Acknowledgements**

Big shout out to the Antrobus Village Hall Committee for allowing us to use their excellent hall to host the event.

That's all - see you on Sunday!

Andy Thornton (Co-ordinator) & Iain Bell (Course-setter)