

Spunch 5 – Dunham Massey 19/02/23 - Final Details, MapRun, LiveTracking & Safety Notice **PLEASE READ**

Event Centre

Parking, toilets, registration, start, finish and refreshments are all at Dunham Massey Village Hall, 2 School Lane, Dunham Massey, Altrincham, WA14 4SE
<https://what3words.com/lordship.issued.footpath>

This is a change to the previously advertised venue - the Village Hall Car Park is about 100m north of the Axe & Cleaver pub on School Lane. The Start and Finish are in the Village Hall Car Park, so please show consideration to other participants as you arrive / leave.

The Car Park should be able to accommodate all our cars (some on the level grass) but please park tidily and as directed if applicable.

Please, please also share transport wherever possible and arrive early.

If the Village Hall Car Park is full, please ensure you park safely, courteously, and legally!

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

Village Hall Facilities

The Village Hall will be open for our use (Toilets, Registration and post event Hot Drinks/biscuits). Registration (in the Hall) will be open from 0945 to 1045.

After your run, hot drinks (in disposable paper mugs, or small cups) and biscuits will be available in the village hall for a suggested donation of £1. **Bring your own mug if you prefer a big brew.**

Please don't bring mud into the village hall - I recommend bringing at least dry socks and footwear to change into after your run.

Event Format

The event is a 60 or 90 minute score event using an enlarged and enhanced extract of the OS Explorer Map at a scale of 1:20,000. You can choose whether to go for 60 or 90 minutes when you select event on the MapRun6 app. There are 50+ control sites – you visit as many as you can within your chosen time limit. Each control visited scores you 20 points. There is a 10 point penalty for each minute or part minute that you are late back.

There are no control markers at the control sites, and nor is there a description sheet as all control sites are at (or very near to) a self-evident feature (e.g. stile, junction, footbridge etc) on the map.

MapRun will be used for start and finish timing, recording visits to control sites and results production. In order to feature in the results you will need to use the MapRun6 app on your smartphone or MapRunG on your Garmin. If you are using a Garmin, please also carry your mobile phone for safety reasons.

We are still learning about, and experimenting with MapRun capabilities and limitations. **If you don't get a beep at a control site AND you know you are in the right place, then just continue on your run and make an appeal after you have finished!** If it is clear from your track that you should be credited with the points for the missing beep control(s) then you will be!

You will be issued with a waterproof A4 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).

Registration / Start Process

Registration will be in the Village Hall and will open from 0945 to 1045. Please arrive early - don't all leave it until the last minute!

There will be a rolling start, at your convenience from 1030 to 1100. (This is to help spread the impact on the start / finish official). There will be a mini-mass start at around 1100 for those who prefer it.

- On arrival go to registration and pay for your entry. £4 per senior £2 per junior / student. Under 16s running with a paying adult go free. **Please bring cash, in case card payments are slow or not possible.**
- You can then proceed to the Pre Start in the car park at any time from 1030. The Pre Start official will issue you with a map and get you started.
- If you prefer the mini-mass start, simply lurk about until 1055ish before proceeding to pre-start!

Please don't press "Go to Start" on your MapRun device until you are advised to do so at the pre start.

If your device doesn't beep at the start, don't panic, go back to pre-start and we will try to help with any technical issues.

Safety

- Under 16s must be accompanied by a parent/guardian
- The area is flat, but trail shoes are strongly recommended as there may be muddy and/or slippery paths. The footpaths near the Village Hall and within Dunham Park are popular and will be busy on Sunday morning, and there are certain to be golfers on the golf course. Please be considerate to both groups.
- The Transpennine Way (along the old railway line) attracts cyclists, who travel surprisingly quickly. Watch out for them.
- There are three stretches of road which have a very narrow grass verge. They have been marked on the map with a parallel red line and the word "Traffic". Please be vigilant and run on the side of the road that gives the traffic the best chance of seeing you in good time
- Please respect and take care around the farms, vehicles, horses, livestock, cyclists, walkers etc. Be especially careful in the surroundings of the Village Hall and car park where the start and finish are.
- Stick to the footpaths and trails represented on the map. Please do not go off-piste and under no circumstances should you cross fences or walls other than at crossing points. Take great care at the stiles
- **In particular please do not enter the deer sanctuaries in Dunham Park. These are out of bounds**
- Please carry a mobile phone for safety
- Dress appropriate to the weather conditions - it may be a chilly day
- **You must report to the finish at the end of your run so that we know you are back**

Using MapRun

You will need to have the MapRun6 app on your smartphone (or MapRunG for Garmin users). Your phone or Garmin should "beep" at each checkpoint (if you are in the right place!)

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 MapRun6 home screen on the app and download the **UK/Manchester/CSS/Dunham 60 or 90** event

- Also I recommend going to "Options and Settings" from the MapRun6 home screen, then browsing down to the "Check Notification Settings" in order to ensure you are going to get an audible Spunch beep!

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!

MapRun Live Tracking

We have something new from MapRun that we are going to trial at the Dunham event. It's called live tracking.

What is it? It provides the MapRun administrator a real time view of where the runners are located during the event.

How does it work? Periodically during your run (eg. every 60 seconds) the MapRun App sends your location to the MapRun system. We are told that 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 doesn't work with Garmin, and anyone can use "Options and Settings" on their smartphone App to turn Live tracking on or off.

Why give live tracking a go? Because it's there, and it's free to you and very cheap anyway.

Because it could become a safety feature, and therefore worth a second look.

Also, one day it could be the basis for a MapRun team / wide game.

And finally, at Dunham it will be clear to those at the village hall, as they see the runners turn for home, that it's time to put the kettle on and sort out the biscuits!

Please give it try

That's all - see you Sunday!