SpunchMCR2 - Brunswick from Sandbar - Tues 23 April

Final Details V2 - PLEASE READ

Summary

- Everything at or near Sandbar, 120 Grosvenor Street, M1 7HL. Registration, help, start, finish, bag drop, toilets, food & drink.
- Registration from 1800 to 1930. Start window 1830 to 1930 (we may allow earlier starts for the 90 minute SpunchBag course if we are ready!)
- There will be no centralised or supervised car parking but there is ample public car parking within 5-10 mins walk. Further guidance below.
- Bag drop at Sandbar (at your own risk). Come to Sandbar and make it your base!
- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged**
- On the MapRun app; Select Event: UK/Manchester/Spunch/MCR2 SpunchBag60 or 90 OR MCR2 SpunchLine10k Long. These are available on MapRun now. Ideally do this at home or work before you arrive.
- To get to the start and back from the finish there is a 200m walk along Grosvenor Street and a very busy road crossing of the A34. Take care. There is no rush.
- Food & Drink available at Sandbar after you finish. Pizza n'Pint for a £10er.
- No muddy shoes inside the venue please (bring spare footwear)
- For the SpunchBag courses, the map & course will be issued before the start. You can pre-view the map and plan your strategy. If you have any questions about the map, the course or the tech just ask
- For the SpunchLine10k the map & course will be issued only after the start beep!
- SpunchPix competition. Take lots of pics/selfies with maps and send them to Andy
- Spot prize giving and recognition of course leaders at 8:40pm(ish)

The Golden Rules

- **ALL PARTICIPANTS TAKE PART AT THEIR OWN RISK**
- **Think Safe - Stay Safe - especially around TRAFFIC, other runners, walkers, cyclists, local residents, dogs etc.   Some parts of the area are busy with TRAFFIC - please put the safety of yourselves and others ahead of speed.**
- If you are running / walking with juniors under 16, please keep them safe too!
- Running in pairs or small groups is encouraged - especially if you are concerned about personal safety in an urban environment. We can try to pair you up if you would prefer not to run alone.
- Wear footwear with good grip - it is not all on tarmac. Dress appropriate to the weather
- Report to the finish - we need to know you are back safely
- You must finish by 8:45pm - before it goes dark and before we call the rescue services
- Stay only on public routes / public realm areas. Respect private property - don't trespass. Don't cross walls or fences unless it is very obvious that it is safe and OK to do so. Don't go out of bounds or cross any hard boundaries as indicated on the map (More guidance on this below).
- Don't go within 25m of the Finish until you are actually ready to finish!
- Please read at least the section on Safety & Reputation
- If you are new to Spunch events, please read ALL the details - they will help you!
- **Oh and did I mention TRAFFIC? Stay safe around TRAFFIC!**

Event Centre

Everything is at ⊙ Sandbar Manchester What3words atoms.birds.little
It is easy to find using GoogleMaps or similar, and will not be signed.

Transport / Car Parking - Park n Walk
Ideally arrive on foot or by bike - Sandbar is less than 10 mins walk from Oxford Road Stations and 15 mins walk from Piccadilly Station. Bikes can be locked up at the venue (at your own risk).

If arriving by car - You might get lucky with free street side parking on Sidney Street or York Street but you might not. The Aquatics Centre Multi Story Car Park is only 5mins walk away and reasonably priced for 4hours (£4.50-£5.50)

Park up and walk - bringing your spare kit to the bag drop at the event centre. Bags are left at the event centre at your own risk - you are advised not to leave valuables.
If you are running late don't panic - we will give you a late start within reason!

Event / Course Format

SpunchBag60/90:
The SpunchBag score course options are the most flexible - best for all newcomers, those who like maximum beeps per buck, and those who wish to do more or less than the measured SpunchLine10k.
You can choose whether to go for 60 or 90 minutes when you "Select Event" on the MapRun app. There are 64 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.
You can look at the course & map before you start, and discuss it with others if you wish as you plan your strategy! You can visit the Spunchpoints in any order. If you get temporarily "lost" or can't find one - no worries just move on - there are lots more to find.
It is likely that a fast runner who navigates well, will be able to "Bag the lot" within their chosen time limit. But for more modest travellers it is a case of which Spunchpoints to go for and which to leave out?

SpunchLine10k
The line course may be preferred if you are already an accomplished navigator and want the head-to-head, take-no-prisoners brutality of a measured 10k (minimum - depending on your choices) line course - not for the faint-hearted!
There are 35 SpunchPoints on this one, which must be visited in strict numerical order Start-1-2-3-4….34-35-Finish. On the SpunchLine10k the course & map is only revealed to you after the start beep - pick up the map and GO! Also on this one if you miss any of the SpunchPoints OR visit them in the wrong order then it is game over - Ouch!
There is however no penalty for visiting SpunchPoints in the wrong order as long as you correct this later. For example: you would *not* be penalised for …4-5-8-6-7-8… or similar.

Both Courses
There are no flags or markers at the SpunchPoints, and nor is there a description sheet as all SpunchPoints are at (or very near to) a self-evident feature (e.g. junction, bend, fence corner, single tree etc) on the map.

You must stay on permitted public routes as represented on the map. You must not take "illegal" short-cuts or trespass across gardens or other private land where there is no public access. You must not cross walls, fences or hedges other than where it is clear that it is safe and legitimate to do so (based on the map). Nor must you use routes which are marked as prohibited.   We follow these rules to ensure fair competition, to maintain good relationships with residents, landowners and other members of the public, and to safeguard you and the reputation of the sport. Usually where you can and can't go is evident on the ground - if it feels like you shouldn't be there, then you probably shouldn't be there! If it is clear from your GPS track that you have gone out of bounds, used a prohibited route or crossed a prohibited boundary, then you risk being penalised, including disqualification.

If you are in any doubt about interpreting the map, please ask before you start. Many of you will not have used this type of very detailed International Standard map before - there are no daft questions!
There will not be a legend on the event map itself, but there is an excellent map legend here:
https://www.maprunner.co.uk/resources/Maprunner-sprint-map-symbols.pdf
Please pay special attention to the asterisked symbols - these are the ones that really matter.

The Map

You will be issued with a 2-sided A3 International Standard Urban (ISSprOM) map at a scale of 1:4000. 1cm on the map = 40m on the ground IRL. It has been newly drawn this year - many thanks to Joe Sunley of Edinburgh University the map-maker. Some people carry a compass (but this is not mandatory) and a watch to ensure you stay within the time limit on the score courses. The MapRun app, or MapRunG will also display both elapsed time and time remaining.

All about MapRun

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 you're using MapRunG, you may have to manually sync your watch and phone, depending on your settings. Help is available if you need any help with this. If your result doesn't automatically appear, you can do a manual upload when you have a data signal.

We are continuing to **trial** a new near-real-time flexible results service at this event (developed by Ian Watson). You should be able to see your result, and view it in a variety of different ways via this link mdocresults.co.uk This beta version is still in development.

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 Digital Review System (DRS) official after you have finished!** If it is clear from your GPS track that you should be credited with visiting 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!

First time using the MapRun App?

Before you come to the event:
-Ensure you have the app loaded on your device and **your User Profile details entered**
-Ensure your device battery is well charged
-Select Event from the MapRun home screen on the app and download

- **UK/Manchester/Spunch/MCR2 SpunchBag60 (or 90) or**
- **MCR2 SpunchLine10k Long**

-Also we 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;
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 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 and will be open from 1800 to 1930. Enquiries and advice will also be available at Registration. **You must go to Registration to sign in before going to the Pre-Start.**

There will be a rolling start, at your convenience from 1830 to 1930. 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 60 min SpunchBag or line course please do not start before 1830. If you are opting for the 90min SpunchBag you must start before 1900 (so you get back before dark)

- On arrival go to registration to have your name checked off on the start / safety list and to get your waterproof map (SpunchBag courses). 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 just outside the venue. 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 proceed to the start.
- The start is 200m away along Grosvenor Street and across the busy A34 Upper Brook Street. Please cross carefully, there is no rush
- **There will be a start assistant. If you do not get a 'beep' at the start the assistant will try to help you fix any problem. DO NOT continue unless you have got the start 'beep'.** The time shown on the screen should be increasing!
- SpunchLine course maps must only be picked up after you have a successful start beep
- We will not operate a strict start limit interval for any of the courses. People can start whenever they wish.
- The finish will also be 200m away - near to the start. You must get a 'beep' at the finish to complete your run correctly. Please cross the A34 safely to return to the finish Gazebo. **You MUST report your name to the finish gazebo 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

Sandbar offer a full range of drinks from the bar. Also there is a pizza and pint for £10 deal available to Spunchers. Just ask when you order your pizza.

Safety & Reputation

ROADS / TRAFFIC – We consider TRAFFIC to be the biggest risk in this area. Although the courses have been planned to make most use of the less busy areas, there are some busy roads that you will run along and cross. Please stay alert to the TRAFFIC risk at all times. Use the pedestrian pavements where possible, use recognised crossing points. Always look, listen and check carefully before crossing. Take extra special care at road junctions and around traffic lights. Safety is more important than speed. **DO NOT TAKE RISKS AROUND TRAFFIC. Even though it is daylight, we also advise you to wear hi visibility running tops.**

Other visitors & locals – Please give way to pedestrians, horse riders, motorcyclists, cyclists, other runners and walkers and their dogs - all popular in this area. If you meet other competitors, members of the public or residents (particularly around locals' homes) please behave with courtesy. **Please take extra special care to avoid collisions or upsetting others - members of the public should not have to take evasive action to avoid you - always run or walk with due care & consideration for others.**

Strangers - In some parts of this urban city area there is a slight risk you may encounter unsavoury characters who may have unfortunately lost their way in life. (Though course mapping & checking has been carried out without any such encounters). Please act with courtesy and avoid any protracted engagement or conflict. Give others a wide berth where appropriate. **There is the option to run in pairs or small groups if you are concerned about any encounters with strangers.**

Trips/Falls/Collisions - In this urban environment there are lots of hazards that could lead to a trip, fall or collision. (Steps, kerbs, bollards, posts, low walls, temporary construction machinery, buildings, corners, other people or animals). Quite simply, look where you are going and take care!

Dogs - If you wish to take your dog then you are doing so entirely at your own risk. Please keep it on a lead and under control at all times.

Off Road Trail Conditions - Some of the paths you may encounter can be slippy/muddy especially when wet. We recommend trail shoes with good grip; Metal-studded shoes are not necessary. **You may encounter some mud!** However, you will be unlucky to encounter any undergrowth. The event can be run in shorts without problem (subject to weather).

Weather – the current forecast is looking pretty good - cool but dry and possibly even sunny - but conditions can change quickly so please plan to dress accordingly. Carrying a warmer layer and / or a waterproof and windproof top is strongly recommended.

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. Please put this 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 gazebo at the end of your run so that we know you are back

MapRun Live Tracking [optional safety feature]

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!

Urban SpunchPix Photo Comp - Win free entry to a future event

We like to see pics/selfies of smiley people with maps running (or not!) These can be pre start, mid event, at the finish or even in the pub! We especially like to see humour or action (whether it is posed or not) or colourful Manchester / Brunswick Urban "scenery"!

Any pics WhatsApp'd (07751932749) or emailed (1andythornton@gmail.com) to me within 48hours of the event will be considered for the SpunchPic of the evening photo comp.
The SpunchPic of the day photo taker will receive a free entry to a future Spunch event of their choice.
Get snapping!

Big Shout Outs to:

- Dave & the team at Sandbar, for hosting us
- The individuals helping both before & on the day (especially Joe, Ian, Peter, Mike, Eddie, James, Egg, Fiona, Clare, Rik, Duncan, Cecilia, David, Poppy, Tim). Apologies if I missed anyone!
- Manchester & District Orienteering Club (MDOC) for supporting the event

That's all - see you Tomorrow evening!
Andy Thornton - Event Organiser
Peter Taylor-Bray - Course Planner

ps. Next Spunch & MDOC events:
27/4 Warslow Spunch, nr Leek, 30/4 SpunchMCR3 Sandbar, 11/5 Northwich Woodlands Spunch
3-6 May MDOC Manchester in May - 4 days, 4 different events mdoc.org.uk