

Tegg's Nose+ Summer Evening Spunch - Wednesday 19 July - Final Details V3 - PLEASE READ

Summary

- Everything at Tegg's Nose Country Park Visitor Centre & Tea Room. Registration from 1730 to 1845. Start window 1800 to 1900 (we may allow earlier starts for the 90/120 min courses if we are ready!)
- Plentiful on-site parking for all cars (Cheshire East pay and display)
- On MapRun Select Event: UK/Manchester/Spunch/Teggs Nose 60 or 90 or 120
- 120min course option - for those runners / walkers who enjoy a longer outing
- SpunchPix photo comp to win free SpunchEntry
- NEW: Two different map styles and scales - Whoa!
- Food and drink available from the Tea Room after you finish

Event Centre

Parking, toilets, registration, start, finish, VAR, food and drink are all at Tegg's Nose Visitor Centre & Tea Room, Buxton Old Road, Macclesfield SK11 0AP. About 3k East of Macclesfield town centre.

📍 Tegg's Nose Country Park

What3words [directly.thankful.tacky](https://www.what3words.com/directly.thankful.tacky)

It is on google maps, easy to find and will not be signed.

Car Parking / Transport

The venue has good on-site parking for all cars.

Please don't forget to pay at the machine by cash, card or phone. £2 up to 3 hours. £3 over 3 hours.

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 places to lock your bike at the venue.

Public Transport: If you wish to come by bus or train please contact Andy Thornton (07751 932749) 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 two different format maps

1. An enlarged and enhanced extract of the OS Explorer Map at a scale of about 1:12500
2. A more detailed specialist O map of the Country Park at a scale of 1:5000

You can choose whether to go for 60, 90 or 120 minutes when you "Select Event" on the MapRun app. There are 70 (yes 70!!) Spunchpoints (checkpoints) – 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.

All 70 Spunchpoints are shown on the whole-of-area OS map, however you will need to use the more detailed O map for navigation within the Country Park.

There is a much higher density of checkpoints within the Country Park (on the O Map) compared to outside the Country Park (on the OS Map). Whichever course you choose you are more likely to score points at a higher rate within the Country Park so you may wish to factor that into your thinking when determining your route plan!

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. seat, junction, footbridge, fence corner etc) on the map.

When using the O map within the Country Park you can treat the area as open access and you are free to roam off the paths / take short cuts. That said it will often (almost always) be quickest to use the paths rather than venturing into the undergrowth! Please also do not cross fences or walls within the Country Park other than at the marked stiles / gates.

When using the OS map outside the Country Park, 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 two sided waterproof A4 map. O Map on one side / OS map on the other. 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 are steep slopes to negotiate. Some of the paths are rocky and/or can become slippery after rain.

The Maps

This event uses two maps as described above. Each of the 70 checkpoints are marked by a circle; **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/Teggs Nose 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 Visitor Centre Gallery and will be open from 1730 to 1845.

Enquiries, advice, and help for newcomers 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 1800 to 1900. 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 start before 1830.**

- 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 Spunchbeep 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 be a corner of the car park. You must get a Spunchbeep 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 Orders

Thanks to Laura & the team at Tegg's Nose Tea Room the following food will be available on the night:

- Cheesy Oatcakes with side salad £5 (v)
- Chicken & bacon wrap with side salad £7
- Red Pepper, rocket and hummus sandwich on malted bread with side salad £7 (vegan)
- Beef chilli with tortilla chips £7.50
- Courgette, garlic and herb soup with a bread roll £6.50 (v) – gluten free is available on request

There will be a limited supply of these items on a first come, first served basis. Please help the staff by pre-ordering these at the Tea Room counter **before you go for your run/walk** and let them know the time you expect to be back from your run/walk.

In addition there will be coffees, cakes, cold drinks, teacakes, toast and potato cakes etc.

Safety & Reputation

Roads / traffic – part of your course may be on minor roads with varying traffic levels. Any busier roads are marked as out of bounds on the map. 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.

The Old Buxton Road in particular is out of bounds apart from one short section immediately to the North West of the car park. Participants may **with great care** cross the road here to access a few checkpoints to the North.

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. 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. Within the Country Park, where you are allowed to and in some cases will need to venture off-piste, you may well encounter rough terrain including rocky ground, bilberry, heather, brambles etc. Mark the course-setter has run most of the paths in the last couple of weeks in shorts without problem however we do recommend full leg cover. . Some of the paths are steep and rocky and can be slippery/muddy when wet. We recommend trail shoes with good grips.

Weather – the current forecast for the evening is warm (17degC) with a low probability of any rain. However, being an evening event in the hills, and given the recent unsettled conditions, it can get wetter and cooler quickly, so (especially walkers / slower runners) please plan to dress accordingly and consider carrying a warmer, waterproof / windproof layer.

When outside the Country Park, 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.

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

Always observe the [Countryside Code](#)

Under 16s must be accompanied by a parent/guardian if intending to visit the checkpoints where traffic may be encountered. Under 16s are allowed to go solo or in a junior pair using a restricted area which is mainly within the Country Park. This restricted area will still provide access to at least 40 checkpoints.

Please carry a mobile phone for safety. The emergency phone number is Andy on 07751 932749 or Mark on 07870364741. Please put these into your phone. They 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) 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!

Acknowledgements

Big shout outs to Cheshire East and especially the Ranger Martin for allowing us to use the Park & the venue [Tegg's Nose Country Park](#)

& to Laura & the team at the Tegg's Nose Tea Room for opening late to provide post match refreshments 'specially for us.

That's all - see you on Wednesday!

Andy Thornton (Co-ordinator) & Mark McDermott (Course-setter)