Thank you for all that came to run around Canvey Island last night.

Firstly, reassurance that John Pettifer who took a fall during the run, and had to go to hospital after suffering severe bleeding, is fine, and was out running again tonight!  Big thanks to those runners who stopped to help - specifically Roy Read and Jackie Sibthorp.  I have credited the actual run times that you told me in the results.

It was a small field as the location was a bit far south - but I thought the density of roads would make for some interesting route choices and orienteering challenges in the dark.  Hopefully that was the case, and I had some appreciative comments to suggest that you enjoyed the challenge.

Graham Batty took the top spot in the short course, and held onto the lead after handicaps were taken into account.  On the long course it was Seb Parris with the fastest time, a few minutes ahead of Roy Read in second.  However, once handicaps are factored in, Roy gets the 100 points, just ahead of Paul Beckett in second and Seb Parris in third.

Looking at the overall tables, and we have Veronica Machin leading the way in the short course, 3 points clear of Colin Jackson in second.  It's even closer in the Long course, as Paul Beckett leads Roy Read by a single point.

The next event is in a couple of weeks at Greenstead in Colchester.  Full details of all events and results to date can be found on the HAVOC website: <https://www.orienteering-havoc.co.uk/havoc-sos-midweek-winter-street-o-league>

Ahead of that event, I have set up the long course from last night on MapRun6.  Details are here: <https://www.orienteering-havoc.co.uk/maprun-courses>

If you run the course in the next two weeks then I will credit the results in the league.  You will have a penalty of 10 mins to reflect the fact that you can run it in the daylight rather than the night, which potentially makes it easier, and you can see the map ahead of your run.

There is of course also a MapRun bonus for running in any MapRun from HAVOC or SOS during the series, so after this initial 2 week period, the course will then become valid for that.  If you liked Canvey and wanted to experience some more seaside running there is the Westcliff MapRun, just a little bit further up the coast.  I am also just finalising the Rochford MapRun, just to the north of Southend-on-sea, so that should be available very soon.