

Many thanks for running in the Harold Wood summer orienteering series event last night. This was a record turnout for one of these events, helped by the large contingent of Harold Wood Running Club members. Thank you to HWRC for use of their clubhouse (shared with the cricket club) for the post race refreshments.

It was hot! Too hot for many (me included!) and that meant the long course in particular was a little too long. Sorry for that. And sorry for the mass of nettles and tall vegetation to a couple of controls. When I planned the courses a couple of months ago those areas were runnable semi open, so it was a bit of a shock to see waist high nettles last night. With that and my like of legs where you have to make a choice as to which way to run to the next control, it made the course, which had a straight line distance of 7.3km, more like 11km, (and that was if you went straight to each control without any errors!). That is a little long. So, apologies to those of you who were out for an inordinate amount of time. At least the weather was nice!

Short course runners fared a little better – I got that length right at least! I hope you enjoyed the different parts of the park – the formal urban park at the start/finish – the more rough open area once you got over the stream, and then the blocks of woodland in Pages Wood. You would have seen a couple of the wooden sculptures as you ran to the controls.

For those new to orienteering, I hope you enjoyed the format of making your own way round courses in an area you have no doubt run a lot on in the past. There are lots more opportunities to experience orienteering if you enjoyed it! There is a race at Hornchurch country park this Sunday, with a couple of easier courses. Then, the next of this series in Colchester in a couple of weeks, a bit closer in Thorndon Park in a month, and then we have a Twilight series of events after the summer holidays, in South Ockendon, South Woodham Ferrers and Brentwood. Full details for all of those can be found on the HAVOC [website](#). In addition, don't forget you get discounted entry at all those events if you are a member of HAVOC – full details of membership options are also on the [website](#).

Back to last night then, and quickest round the courses was Seb Parris, and David Game (on his first run – a glutton for punishment he also then ran the Long!). Both held on to win on handicap as well, although on the Long this win was shared with Paul Beckett.

Full details of the scoring can be found [here](#). This also shows the positions in the league after six races. With two to go, it is still all to play for. Colin Jackson leads the short course standings from David Game and Marc Owen, and Seb Parris holds the Long course lead, from Paul Beckett and Kevin Machin. With top six scores counting for the overall leaderboard, scores will now start to be dropped in the final two races if runners have entered all races to date.

Details of the all the results in the series, links to details for upcoming races, and to anytime maps and instructions can be found on the series [homepage](#).

The next event of the series is at Lexden, Colchester, on July 9th. Details on the SOS [website](#).

HAVOC's next event will be based at the Greyhound pub in Little Warley, and will take you into Thorndon Country Park. This will be the final event of the series for this year, and takes place on July 23rd. Details, [here](#).