Thank you all for running in the Leigh on Sea event on Wednesday.

I really like this town, from the bustling sea front to the nature reserve on the hill and plenty of streets in between. Gave some interesting, if physically challenging, courses. The Long was maybe a shade too long, but I wanted to get three areas (sea front, hilly green area, and off road run through the golf course) in, so I thought it was worth it. With the wall to wall sunshine and the clear views out over the estuary, and down to Southend pier, it made for some pleasant running (and in my case, walking) I thought. And, I had to include a bit of street counting right at the end to tax the minds. Definitely caught one runner out there! I hope you enjoyed the courses. There were some nice comments after in the (cheapest pub I have been in for years) pub.

Seb Parris was quickest round the long, the only person to break the hour mark. He narrowly held on to the win after handicaps were taken into account. Top three finishers on the Short were all new names to the series, so well done there - hope you enjoyed it.

We move on to Stanway (SOS) for the next event in a couple of weeks. After that people will start to drop scores from the leaderboard, as it is only your top 6 scores to count. You will hang on to your on-the-night bonus though. And, don't forget the 100 point bonus for running an Essex map run before the end of the series. Three people have got that bonus in the bag so far.

David Game has used that to extend his lead at the top of the Short course standings. Paul Beckett continues to lead the way on the Long course. The top 6 on the Long have all attended all the events in the series so far.

Results of the race can be found [here.](https://www.orienteering-havoc.co.uk/results-archive/Leigh_on_Sea_Results.pdf)

Series page is [here.](https://www.orienteering-havoc.co.uk/havoc-sos-midweek-summer-street-o-league-2023)