**Instructions – Brentwood South - Long**

**Directions / Parking**

Event centre is the Brave Nelson public house, 138 Woodman Road, Brentwood CM14 5AL.  Grid Ref TQ 598925.  Free car parking in the pub car park or on-street.

Directions: From A12 southbound turn left at M25J28 up the hill towards Brentwood (A1023).  Turn right at traffic lights at top of hill onto Kings Road heading towards the rail station.  Head south along B186 past the rail station and up Warley Hill.  Near top of hill (just before the Shell garage) turn left into Woodman Road, pub is on left (north side) after 300m.

What3Words location of start: corner.locked.jumps

**Facilities**

Toilets available in the pub for customers.

**Terrain Description**

The course is approx. 90% on roads, and 10% off street on footpaths, and through a couple of areas of park/woods. There are route choices involving potentially muddy footpaths (depending on weather). Please wear suitable footwear.

### Course Information

Long Course      6.1km

This is the straight line running distance. Depending on route choice, you will run further. Take controls in the correct order, like a traditional line course.

OOMap 1:10,000

### Safety and Risk

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

### Results

These are tabulated on the MapRun6 software.

### Questions

Please email maprun@orienteering-havoc.co.uk

### Problems identified

Please also email maprun@orienteering-havoc.co.uk

I do hope that you enjoy this activity. Any feedback would be welcome to the above email.

Enjoy your run!