**Directions / Parking**

Labworth Cark Park, 11 Western Esplanade, Canvey Island SS8 0AY

**Facilities**

There are toilets available at the start/finish.

**Terrain Description**

The course is mainly on roads, pavements and footpaths.  There is one route choice involving a potentially muddy footpath (depending on weather).

### Course Information

Long Course  5.7k     These are direct distances between controls. 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!