**Directions / Parking**

Middlemead, just south of the junction with Church Lane, CM2 8UT

The start/finish area will be on the open area to the north of Middlemead, near the PostBox.

On street parking along Middlemead.  Please park tidily.  Please park on the main part of Middlemead, not in the semicircular residential parking area.

**Facilities**

There are no toilets available at the start/finish.

**Terrain Description**

The course is on roads, pavements, footpaths and trails.

### Course Information

The Long course is a Score course – the score format is just to give you more route choice.  It is expected that most competitors will be able to visit all controls, taking between 45 and 75 minutes.

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!