**Instructions – Hornchurch East - Long**

**Directions / Parking**

The event starts and finishes at Optimist Tavern, Hacton Lane, Upminster, RM14 2XY.  Grid Ref TQ TQ549856.

What3words sheep.shuts.dads

**Note:** This is inside the ULEZ zone.  Alternative public transport options exist - the nearest stations are Hornchurch and Upmister Bridge on the District Line.  Upminster National rail station is 2km away.

**Facilities**

There are toilets available at the start/finish, in the pub, for customers.

**Terrain Description**

The course is approximately 90% on paved surfaces. There are route choices involving potentially muddy footpaths and parks (depending on weather). Please wear suitable footwear.

### Course Information

Long Course      7.5km

This is the straight line distance. You will run further, and depending on route choice, potentially a lot 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!