



HAVERING & SOUTH ESSEX ORIENTEERING CLUB (HAVOC)

LEVEL C – REGIONAL EVENT
Incorporating South & West Essex Local League (SWELL) round #3
and Essex & Suffolk Schools Orienteering League (ESSOL)

SUNDAY 3 NOVEMBER 2019

LANGDON HILLS, Basildon, Essex TQ680865

FINAL DETAILS

DIRECTIONS: From **M25 Junction 29**: Head east along the A127 towards Southend for 6 miles. Take the slip-road at the Dunton interchange and turn right onto the B148 (West Mayne). Turn right at the first roundabout (with the clock) onto the B1036, signed Superstore (Tesco) then left at the next roundabout. Continue for about 1 mile then turn right at the roundabout, signed Langdon Hills then right again at the next roundabout. After passing through Langdon Hills village, turn right at the T junction onto the B1007 (Staneway). Pass the Miller and Carter restaurant and in 250m turn left onto Dry Street then right into the car park field. **Free car parking.**

Nearest postcode **SS16 6HU**

NB. Approaching by car from the east along Dry Street is not recommended.

Nearest railway station is Laindon, on the London Fenchurch Street to Shoeburyness line, about 1 mile from the car park.

COURSES:

Course	Length	Climb	No. of controls	
White	1.6k	30m	11	Easy–junior beginners
Yellow	2.0k	50m	10	Fairly easy–junior improvers/adult beginners
Orange	3.1k	90m	14	Moderate-competent juniors/adult improvers
Light Green	3.7k	115m	16	Fairly hard-experienced juniors/competent adults
Short Green	3.3k	115m	14	Hard-experienced orienteers
Green	4.4k	170m	14	Hard-experienced orienteers
Blue	7.0k	200m	19	Hard-experienced orienteers
Brown	9.9k	250m	25	Hard-experienced orienteers

There is a course suitable for all abilities. Help available for beginners.

MAP: Resurveyed and drawn to **ISOM 2017** standard by Tom Edelsten, with autumn 2019 updates. 1:10000 scale with 5m contours.

NOTE: Blue and Brown have road crossings and a 95m run along a road. Neither this nor the road crossings will be marshalled. Therefore, under 16's must not enter these courses.

Orange, Light Green and Short Green have a timed-out, marshalled road crossing.

White, Yellow and Green do not have any road crossings. White has some "smiley faces" to keep competitors on the right path.

There is a separate finish for White and Yellow in the SW corner of the car park field. All other courses will use the main finish in the S of the car park field.

DESCRIPTIONS White, Yellow and Orange written control descriptions printed. All other courses have pictorial descriptions. Loose descriptions are available at the Start.

TERRAIN The terrain includes mature woodland and open areas with significant hills, as you can see from the climb shown above.
Come and experience some Essex contours!

TIMES: Registration: 10:00 am to 12:00 noon.
Starts: 10:30 am to 12:30 pm
Courses close: 2:30 pm
Start close to the car park field; Registration and Finishes in the field.

ENTRY FEES: Seniors: £9; non-British Orienteering members: £10
Juniors (under 21): £3.
Families/groups/pairs as for Seniors but pick up one map only please.
Electronic punching will be used; SI-card hire £1
Fees include all national, regional and local access levies and car parking.

FIRST AID: A first aid kit will be available at Download. A club first aider will be available if required. The nearest A&E is at Basildon University Hospital, SS16 5NL – off the A176 Nethermayne. **Note** the direct route via Dry Street. The organiser has a location map.

FACILITIES: Toilets 300m from the centre of the car park, crossing Dry Street at the NE corner of the car park. Miller and Carter restaurant nearby is open from 12noon.. Dogs welcome if under control.

ENQUIRIES: fixtures@orienteering-havoc.co.uk

PLANNER: Chris Shaw (HAVOC)

ORGANISER: Colin Jackson (HAVOC)

CONTROLLER: Janet Biggs (HAVOC)

All competitors take part at their own risk and are responsible for their own safety.

www.orienteering-havoc.co.uk