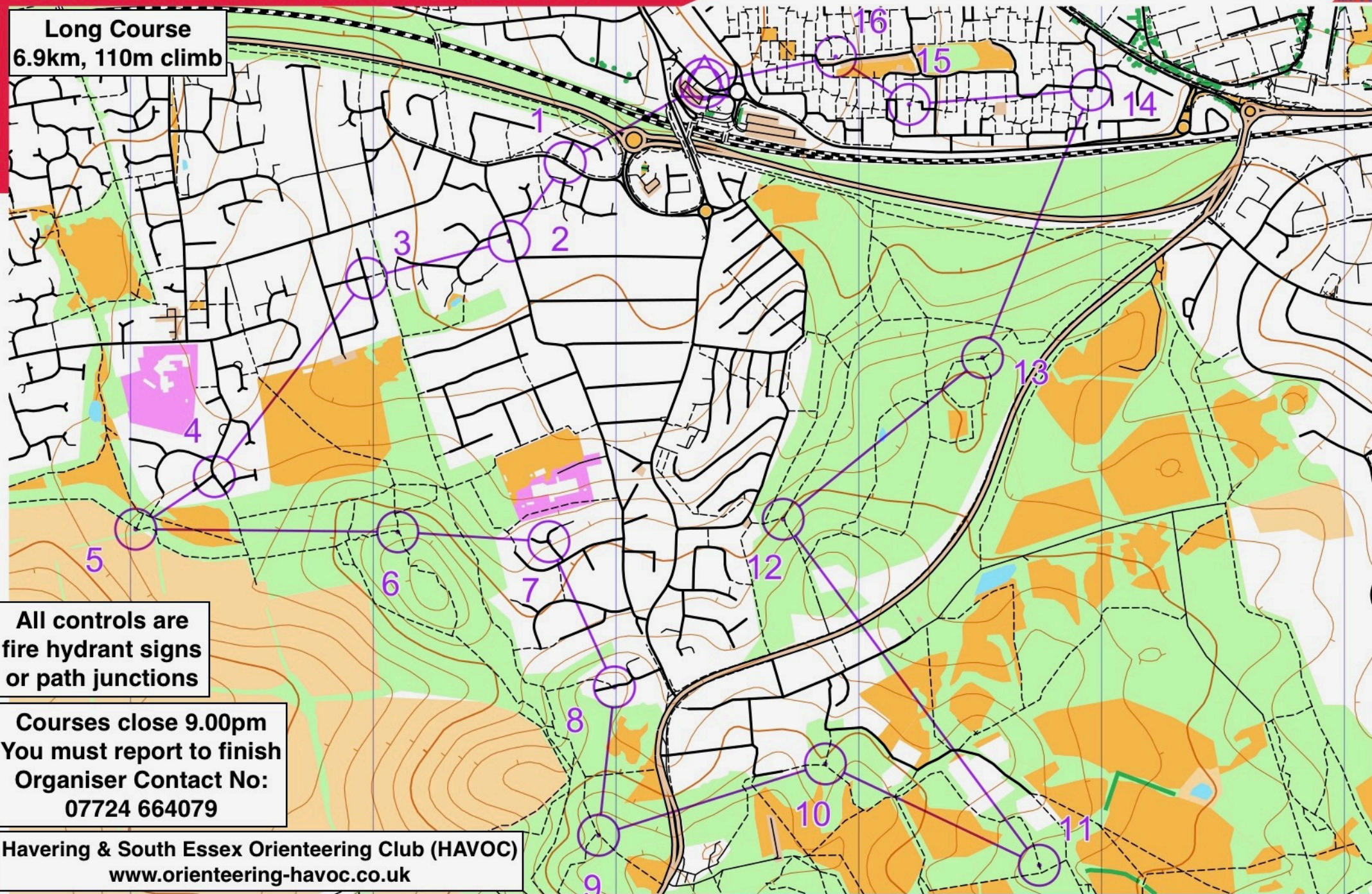


# ESSEX SUMMER 2026 - LANGDON HILLS LONG

scale 1:10000, contours 5m  
500m



**Long Course**  
6.9km, 110m climb



**All controls are  
fire hydrant signs  
or path junctions**

**Courses close 9.00pm  
You must report to finish  
Organiser Contact No:  
07724 664079**

**Havering & South Essex Orienteering Club (HAVOC)**  
**[www.orienteering-havoc.co.uk](http://www.orienteering-havoc.co.uk)**