**Instructions – Langdon Hills and the Plotlands - Long**

**Directions / Parking**

Langdon Hills Medical Centre, Nightingales, Langdon Hills, Basildon SS16 6SA

what3words ///leave.dining.digits

Latitude/Longitude:  51.56611N, 0.40800E

**Facilities**

There are NO toilets available at the start/finish.

**Terrain Description**

The course is approx. 50% on roads, and 50% off street on footpaths, through fields and woods. There are route choices involving potentially muddy footpaths (depending on weather). Please wear suitable footwear.

### Course Information

Long Course      6.3km

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!