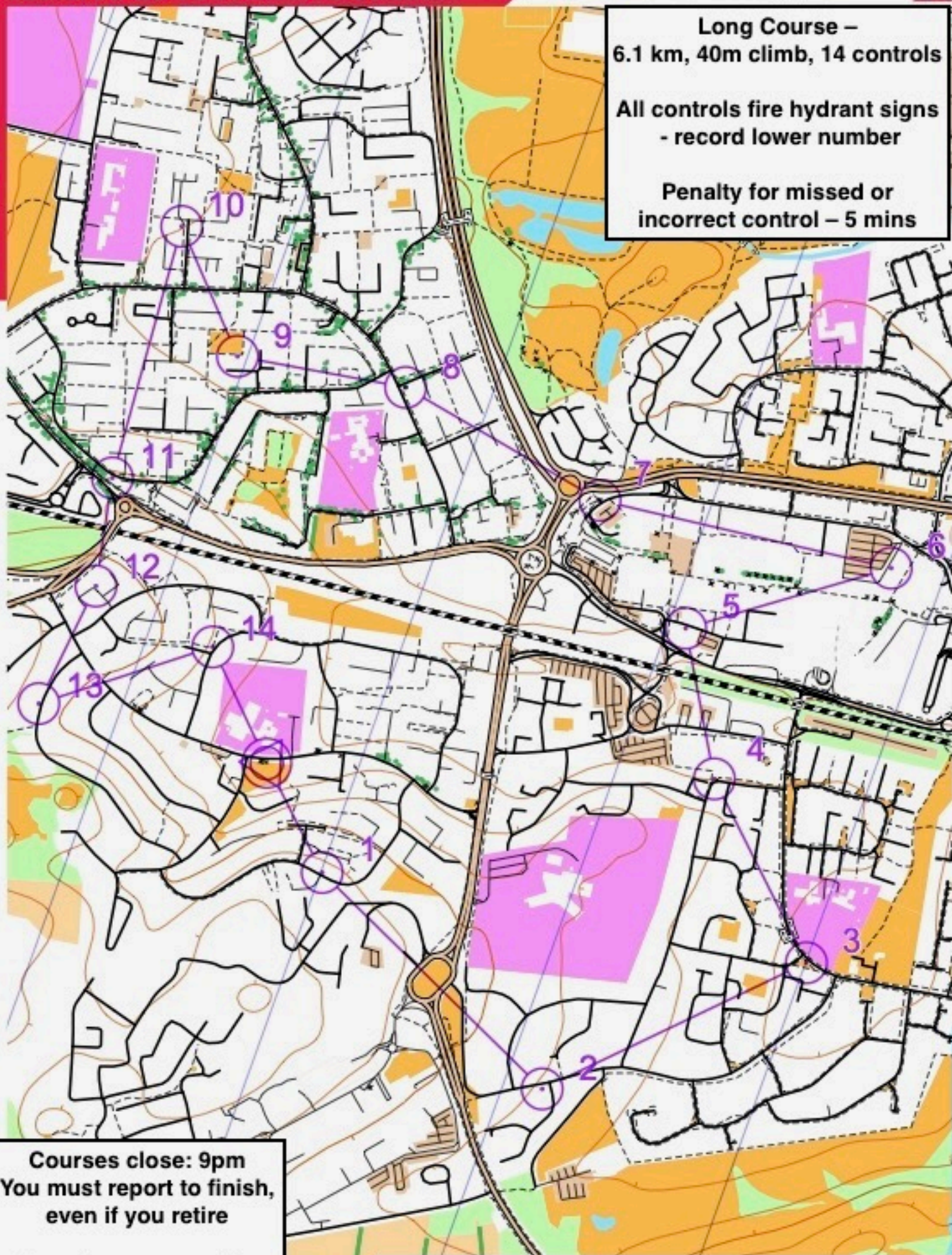




**Long Course –
6.1 km, 40m climb, 14 controls**

**All controls fire hydrant signs
- record lower number**

**Penalty for missed or
incorrect control – 5 mins**



**Courses close: 9pm
You must report to finish,
even if you retire**

**Organiser contact No:
07727 229810**

**Havering & South Essex Orienteering Club (HAVOC)
www.orienteering-havoc.co.uk**