**Instructions – Leigh-on-Sea - Long**

**Directions / Parking**

The event starts and finishes outside The Elms, 1060 London Rd, Leigh-on-Sea, Southend-on-Sea, Leigh-on-Sea SS9 3ND

What3Words location of start: flute.erase.areas

**Facilities**

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

**Terrain Description**

The course is approximately 65% on paved surfaces. There are route choices involving potentially muddy footpaths (depending on weather). Please wear suitable footwear.

### Course Information

Long Course    Direct route approx. 7.3km

You will run further, and depending on route choice, you may run much 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, and available on the HAVOC website.

### 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!