**Instructions – Basildon – Northlands Park - Long**

**Directions / Parking**

The event starts and finishes at the North side of Northland Park near the play area and cafe.  
Main car park on Felmores approximately 100m from start/finish  
Alt car park to north

What3Words location of start: stat.goat.send

**Facilities**

There are NO toilets available at the start/finish.

**Terrain Description**

Open Orienteering Map 1:10,000 scale

Mostly street running, however, some routes across parkland, so ensure proper footwear worn.

### Course Information

Long Course      6.2km

This is the straight line distance. Depending on route choice, you will run further. Take controls in the correct order, like a traditional line course.

### 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!