

Thank you all for coming along to run in Rayleigh tonight. I hope you enjoyed the format - you had a decision to make whether to go for more controls or more dumbbells. It was also a bit hilly to the south of the railway, a bit flatter to the north - but the controls were a little further apart here. Some of the dumbbells were relatively close, but some much further apart. Chloe got the most bonuses at 5.

The MapRun results don't reward the dumbbells, and also give 20 points per control instead of 10, so, the correct results are linked below.

Hope you enjoyed the fireworks that were going off as you were running round. At least there were no organised displays to get in the way. Apologies for the locked gate up by the windmill. Hopefully it didn't spoil your run.

I am waiting on two results on the short course to be shown on MapRun. I will update the results once they get uploaded.

Details of the scoring can be found at this [link](#).

Details of the all the results and future fixtures in the series can be found on the series [homepage](#).

If you missed the event tonight, but want to run it on Anytime catchup, details are on the series webpage, including maps and instructions. You will still score points for the league (if you run in the next 2 weeks), subject to an Anytime penalty of 6 mins (long) or 4 mins (short).