**Instructions – Whitmore Park - Long**

**Directions / Parking**

The event starts and finishes in the Jolly Friar public House

Address: 18 Whitmore Way, Basildon SS14 3JT

Small car park at the front of the Jolly Friar or local roads but please park considerately for residents.

What3Words location of car park in front of pub: unity.hips.cape

**Facilities**

Toilets available in pub.

**Terrain Description**

Map OOM V3 urban   Scale 1:10,000 for the long and 1:7,500 for the short.

Controls are mostly be fire hydrants, with one exception:

2 – Rugby Posts

The course is approximately 95% on paved surfaces. There are route choices involving potentially muddy footpaths (depending on weather). Please wear suitable footwear.

### Course Information

Long Course      6.9km

This is the direct line distance. Depending on route choice, you may will 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.

### 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!