**Instructions – Wickford South - Long**

**Directions / Parking**

Start is to the North side of the main car park in Wickford, SS12 9AJ

What 3 words for the start is gangs.bake.ropes

**Facilities**

There are NO toilets available at the start/finish.

**Terrain Description**

The course is approx. 90% on roads, and 10% off street on footpaths, and through a couple of areas of park/woods. There are route choices involving potentially muddy footpaths (depending on weather). Please wear suitable footwear.

### Course Information

Long Course      9.6km

This is the optimal running distance. Depending on route choice, you may run 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!