

Thank you all for venturing to the London borough of Havering to run around the eastern side of Hornchurch. We were fortunate with the weather after the torrential rain most of the day before. It was a cold night of 6 degrees and still wet in places. I apologise to all of you on the long course that had to get your feet wet immediately prior to your pint! It wasn't always like that I promise!

I decided to incorporate the river Ingesbourne on both courses as it's a very distinct feature in the area and has some well-maintained paths. Both courses visited controls along it's northern and southern banks and the river had to be crossed by all competitors at least twice. The long course grazed the south side of Harrow lodge park, visiting the towering flats of the park hill estate, and ended up on the airfield estate, with plenty of route choice amongst some very tightly packed controls. The short course hugged hacton lane, at the beginning, and its array of garaged alleyways. Then it needed some cunning route choices while moving through the streets around Hacton Primary School. Hope you enjoyed the challenge, as one competitor commented to me" its better than sitting at home watching tv".

Cheers