



Havering and South Essex Orienteering Club and










Essex Stragglers Orienteering Society



## Essex Midweek Winter Series 2024/25

**A series of app-based (MapRun) low-key night events**

**suitable for newcomers, improvers and more experienced runners**

| Date                      | Location              | Public Transport  | Planner/Organiser      |
|---------------------------|-----------------------|---|------------------------|
| 30 <sup>th</sup> October  | Chelmer Village       | Chelmsford <br>Followed by bus (8 min)           | Jackie Sibthorp (SOS)  |
| 13 <sup>th</sup> November | South Woodham Ferrers | South Woodham Ferrers                            | Simon Fowler (HAVOC)   |
| 27 <sup>th</sup> November | Galleywood            | Chelmsford <br>Followed by bus (14 min)          | Lyn & Colin West (SOS) |
| 11 <sup>th</sup> December | Laindon               | Basildon   | Chloe Fowler (HAVOC)   |
| 15 <sup>th</sup> January  | Billericay            | Billericay                                     | Graham Batty (HAVOC)   |
| 29 <sup>th</sup> January  | Maldon                | Chelmsford <br>Followed by bus (39 min)        | Dean Pepper (SOS)      |
| 12 <sup>th</sup> February | Ongar                 | Epping  Followed by bus (21 min)               | Seb Parris (HAVOC)     |
| 26 <sup>th</sup> February | Tiptree               | Colchester Town <br>Followed by bus (33 min) | David Game (SOS)       |
| 12 <sup>th</sup> March    | Shenfield and Hutton  | Shenfield                                      | Paul Beckett (HAVOC)   |
| 26 <sup>th</sup> March    | TBC                   | TBC   | TBC (SOS)              |

Further details will be on <https://www.orienteering-havoc.co.uk/> and <https://www.stragglers.info/> with flyers for each event.

**Format:** Paper maps and timing via the MapRun app: either have a smartphone with you whilst you run, or load the MapRunG app onto a compatible Garmin watch. Details of how orienteering works with this app can be found on [this](#) webpage, with a userguide and links to the app. Using this app makes it easier to run the event on the day, and allows you to instantly see results and compare routes taken with other competitors.



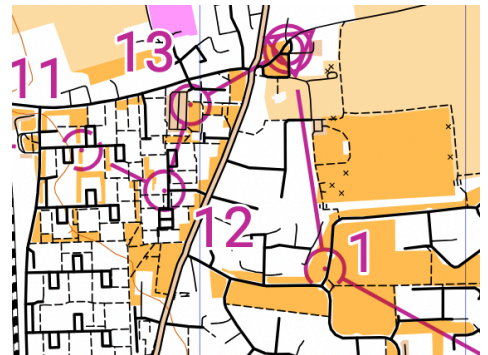
**Costs:** Small cost per event to cover map printing, permissions, BOF levy and a donation to the app developers. £4 senior, £2 junior, additional £1 for non BOF members. Golden Ticket available for entry to all events in the series for a reduced rate.

**Entry:** Will be on <https://racesignup.co.uk/>  
Entry in advance will be required for each event. Golden Ticket holders are automatically entered for each event.

**Timing:** Starts 6.30pm-7.30pm, courses close 9pm

**Maps:** All events will use OpenOrienteeringMap, an example of which is shown on the right.

The controls you are looking for are shown by circles on the map, with a direct line linking to the next control. You normally won't be able to run along the direct line, so your route choice will be critical for optimising your run.



**Courses:** Most events will have a Long course of around 5km straight line, and a Short course of around 3.5km straight line. Expect to run around 50% more than this. Controls must be taken in order. (There is a possibility that the format of an individual event will vary – details will be provided before the event). If you believe to be in the right place but the software isn't recognising the control then run on, as sometimes the GPS signal can be off. Your track can be viewed at the end, and the controls you visited credited. If you fail to find a control, a missing control costs a 5 minute penalty.

**Series league:** There is a leaderboard for the Short and the Long courses. All times are handicapped based on age and sex. Best 6 out of 10 results determines series winner.

**Meeting point and Après-O:** Meeting points in a pub with nearby start and finish. See flyers or website for exact details ahead of events.

**Series website:** Full details of all events, plus series details and scoring can be found [here](#).

**Series co-ordinator:** Please contact [streeto@orienteering-havoc.co.uk](mailto:streeto@orienteering-havoc.co.uk) for further details or any queries.