

Participant Pre-read

Simply visit as many controls (numbered circles) as you can. Start and finish at the triangle.

45 minute score event, 20 points per control.

10 points deducted for each minute or part minute late.

If unsure of what to do or what the symbols mean, see our guide:

<https://www.herts-orienteering.club/uploads/wiki/DIYO-guide.pdf>

Run responsibly

You should abide by British Orienteering's Covid-19 [Code of Conduct](#), particularly social distancing.

Maybe we're stating the obvious. In essence, there is no reason why this should be different from any other run – or walk, or jog – you do. But sometimes we concentrate too hard on the map, or get carried away with beating the clock. So keep safe:

- Watch out for hazards, especially the ones we specifically mention on the front of the map. Others include trip hazards, impacting hard objects and passers by.
- Pay particular attention to traffic on roads.
- Keep social distance. These are public areas.
- Dress appropriately for the weather & avoid extreme conditions. For our forest courses full leg cover is better.
- Consider how much guidance your child or vulnerable adult needs. We do not recommend street courses for unaccompanied under 16s.

<https://www.herts-orienteering.club>

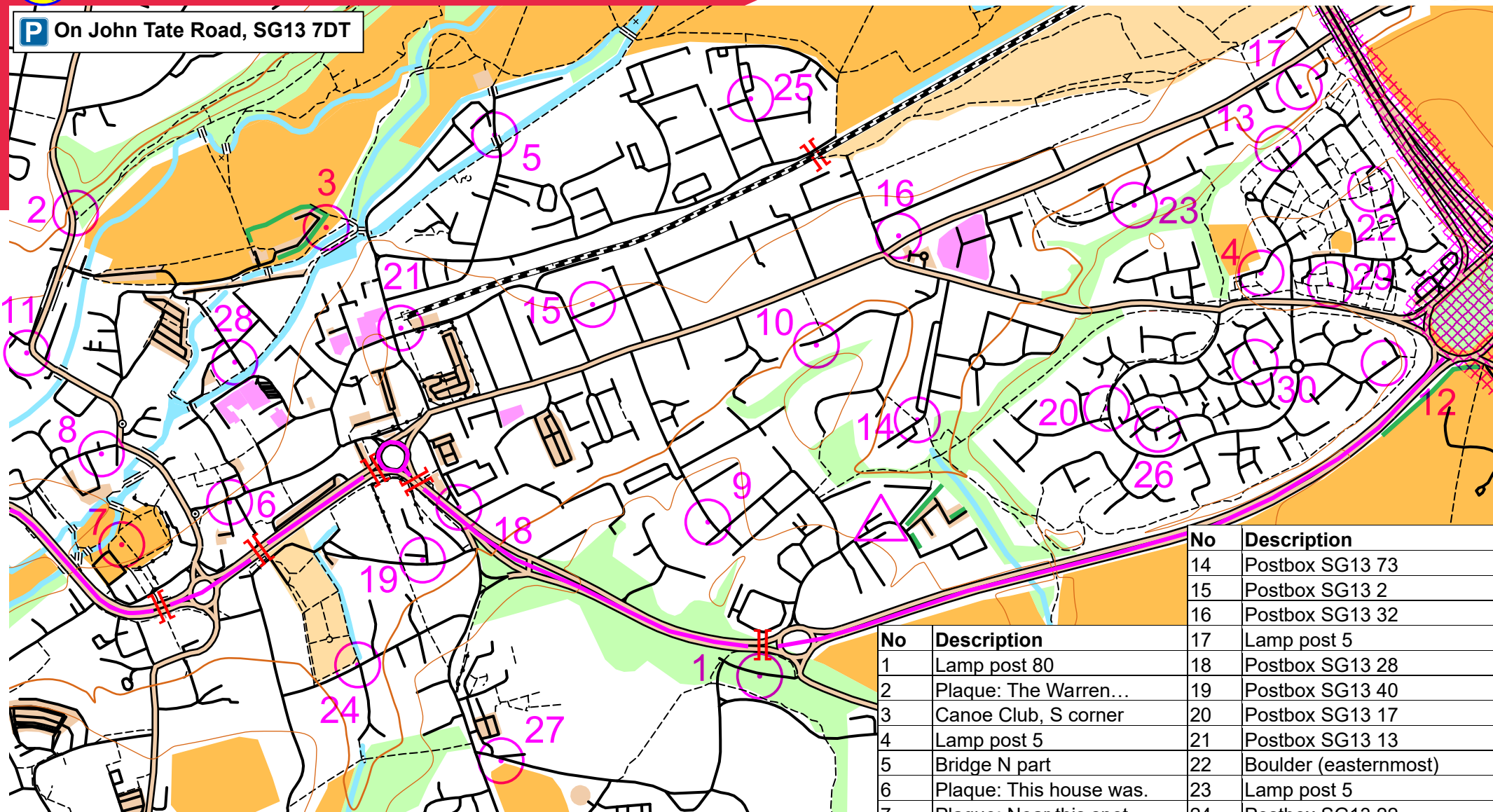


HERTFORD EAST

scale 1:10000, contours 10m
500m



P On John Tate Road, SG13 7DT



SAFETY: Take care crossing roads & railway! DO NOT CROSS dual carriageways, main roundabouts and railway except at marked crossing points. Beware of rivers.
45 minute score, **20** points per control. **10** points deducted for each part minute late.
MapRunF: HH Hertford East PXAS ScoreV45

Start/finish: Green box, near Spacelabs Healthcare

No	Description	No	Description
14	Postbox SG13 73	17	Lamp post 5
15	Postbox SG13 2	18	Postbox SG13 28
16	Postbox SG13 32	19	Postbox SG13 40
1	Lamp post 80	20	Postbox SG13 17
2	Plaque: The Warren...	21	Postbox SG13 13
3	Canoe Club, S corner	22	Boulder (easternmost)
4	Lamp post 5	23	Lamp post 5
5	Bridge N part	24	Postbox SG13 22
6	Plaque: This house was.	25	Lamp post 7
7	Plaque: Near this spot...	26	Lamp post 8
8	Plaque: In this house...	27	Gate
9	Gate A	28	Postbox SG14 14
10	Lamp post 11	29	Fire hydrant 100/10
11	Plaque: Capt. W. E. Johns...	30	Lamp post 1
12	Lamp post 5		
13	Lamp post F22		

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OOM created by Oliver O'Brien. Make your own: <http://oomap.co.uk/>