

## 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>



# POTTERS BAR EAST

scale 1:10000, contours 10m  
500m



**Please take care crossing the roads!**

You have **45 minutes** – check each answer.

**20 points/control**, **10 points deducted/minute late**

MapRunF: HH Potters Bar East PXAS ScoreV45

No	Description	Check
S/F	Pedestrian gateway entrance to park	
1	Pavement corner - _____ Barbers	Zorro
2	Sign to N - Billy Lows _____	Lane
3	Sign to N - Leading to _____ field	Heron
4	NW sign - Anthorne _____	Close
5	Water hydrant (low down) SV 100 ____	8
6	Lamp post number	13
7	Sign to S - Ladbrooke _____	Drive
8	Parking _____	K
9	Middle of path _____	CATV
10	_____ Tree Lane	Cherry
11	Sign to SE - Lake View Numbers	1-16
12	Telephone Pole number	1
13	Grass island – No of trees?	2
14	Green Box number	28
15	How many trees (from centre)?	7
16	Post Box number EN6 _____	13
17	Lamp Post number _____	8
18	Coopers _____ Care Home sign	Croft
19	Family _____ Service	Centre
20	House name _____ lea (No. 93)	Oak
21	Permit Holders Only (N side of road)	2-3 pm
22	_____ for rent	Garages
23	Permit Holders Only (NE sign)	8:00-6:30
24	_____ business image centre	Cre8

