

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-orienteeing.club/uploads/wiki/DIYO-guide.pdf>

Run responsibly

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

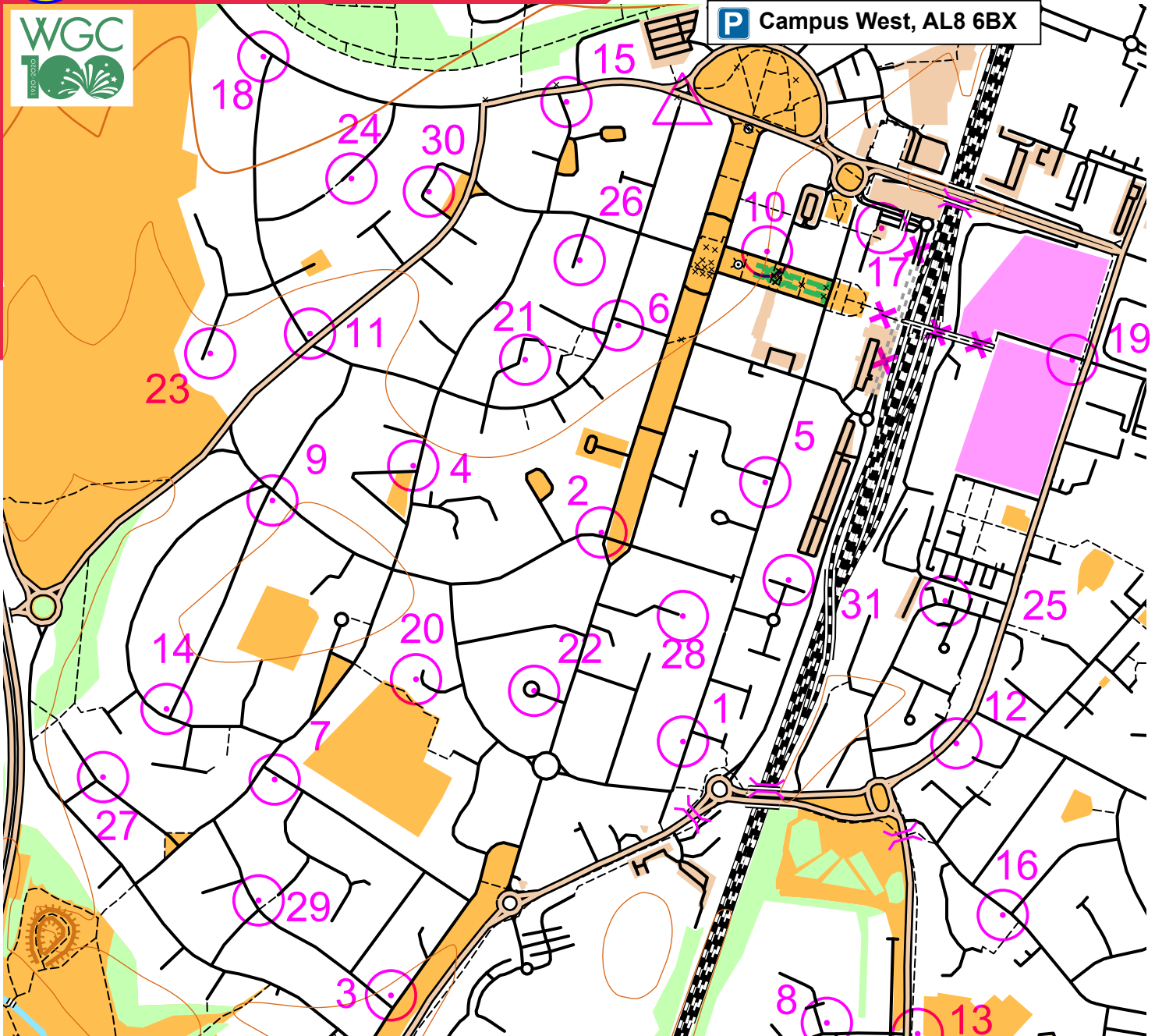
Maybe we're stating the obvious. In essence, there is no reason why this should be different from any other run – or walk, or jog – you do. But sometimes we concentrate too hard on the map, or get carried away with beating the clock. So keep safe:

- 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-orienteeing.club>



P Campus West, AL8 6BX



Take care crossing roads – esp. main roads:
45 minute score event, 20 points per control.
10 points deducted for each part minute late.
MapRunF: HH Welwyn GC South PXAS ScoreV45

Start/finish: Bollard at North end of road

No	Description
19	Postbox AL7 194
20	Lamppost 4
21	Lamppost 5
22	Lamppost
23	Lamppost 7
24	Lamppost 5
25	Lamppost 15
26	Lamppost 2
27	Lamppost 7
28	Lamppost 6
29	Sign post to Marsden Close
30	Lamppost 4
31	Lamppost 6

No	Description	No	Description
1	Postbox AL8 234	10	Former postbox
2	Postbox AL8 183	11	Postbox AL8 177
3	Postbox AL8 254	12	Postbox AL7 316
4	Postbox AL8 159	13	Postbox AL7 182
5	Postbox AL6 235	14	Postbox AL8 189
6	Postbox AL8 185	15	Lamppost 1
7	Postbox AL8 241	16	Postbox AL7 232
8	Postbox AL7 1	17	Postbox AL8 313
9	Postbox AL8 242	18	Postbox AL8 147