

## 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.

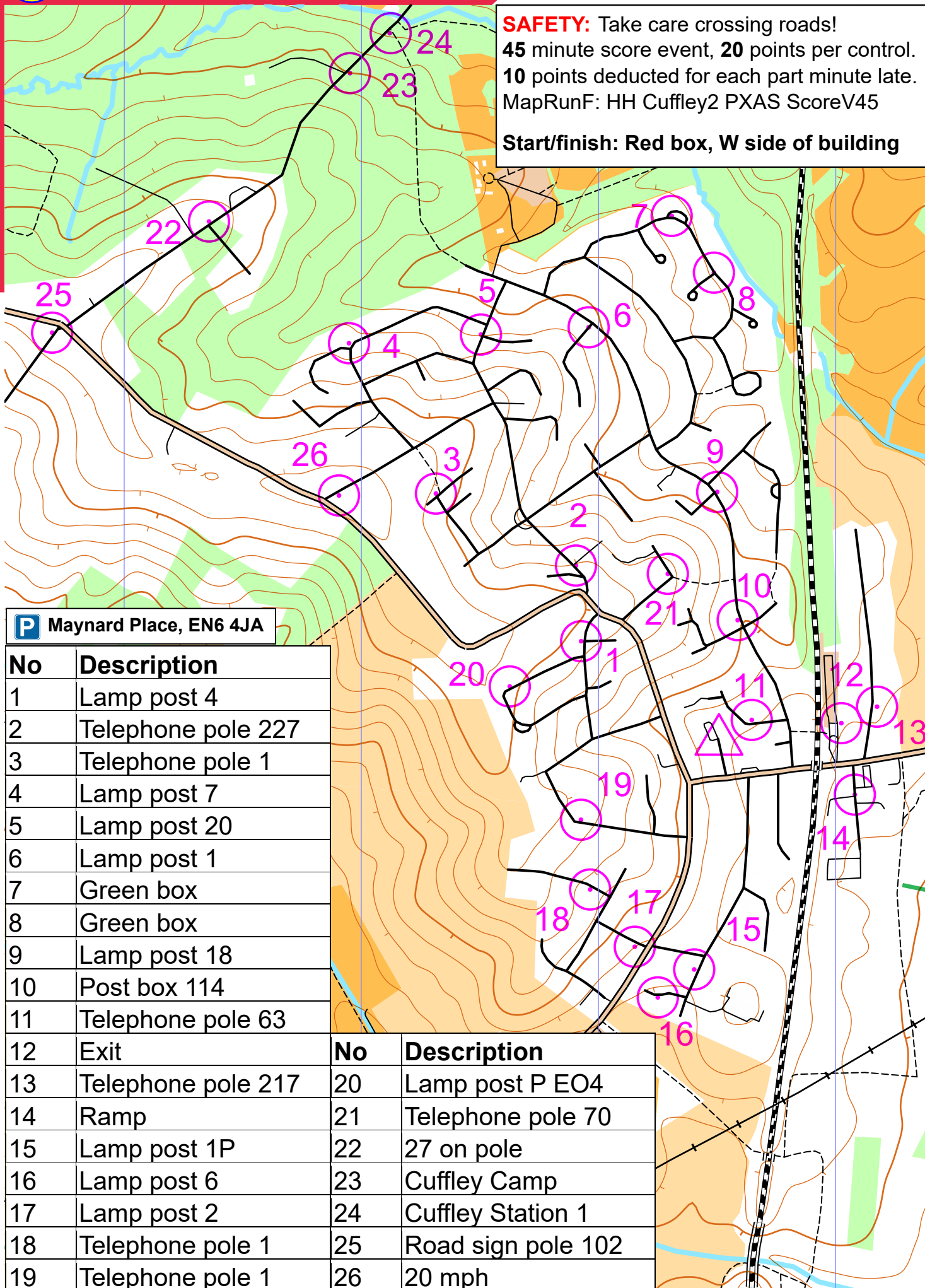
Maybe we're stating the obvious. In essence, there is no reason why this should be different from any other run – or walk, or jog – you do. But sometimes we concentrate too hard on the map, or get carried away with beating the clock. So keep safe:

- 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>



**SAFETY:** Take care crossing roads!  
**45 minute score event, 20 points per control.**  
**10 points deducted for each part minute late.**  
 MapRunF: HH Cuffley2 PXAS ScoreV45  
**Start/finish: Red box, W side of building**



**P** Maynard Place, EN6 4JA

No	Description	No	Description
1	Lamp post 4	20	Lamp post P EO4
2	Telephone pole 227	21	Telephone pole 70
3	Telephone pole 1	22	27 on pole
4	Lamp post 7	23	Cuffley Camp
5	Lamp post 20	24	Cuffley Station 1
6	Lamp post 1	25	Road sign pole 102
7	Green box	26	20 mph
8	Green box		
9	Lamp post 18		
10	Post box 114		
11	Telephone pole 63		
12	Exit		
13	Telephone pole 217		
14	Ramp		
15	Lamp post 1P		
16	Lamp post 6		
17	Lamp post 2		
18	Telephone pole 1		
19	Telephone pole 1		