

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>

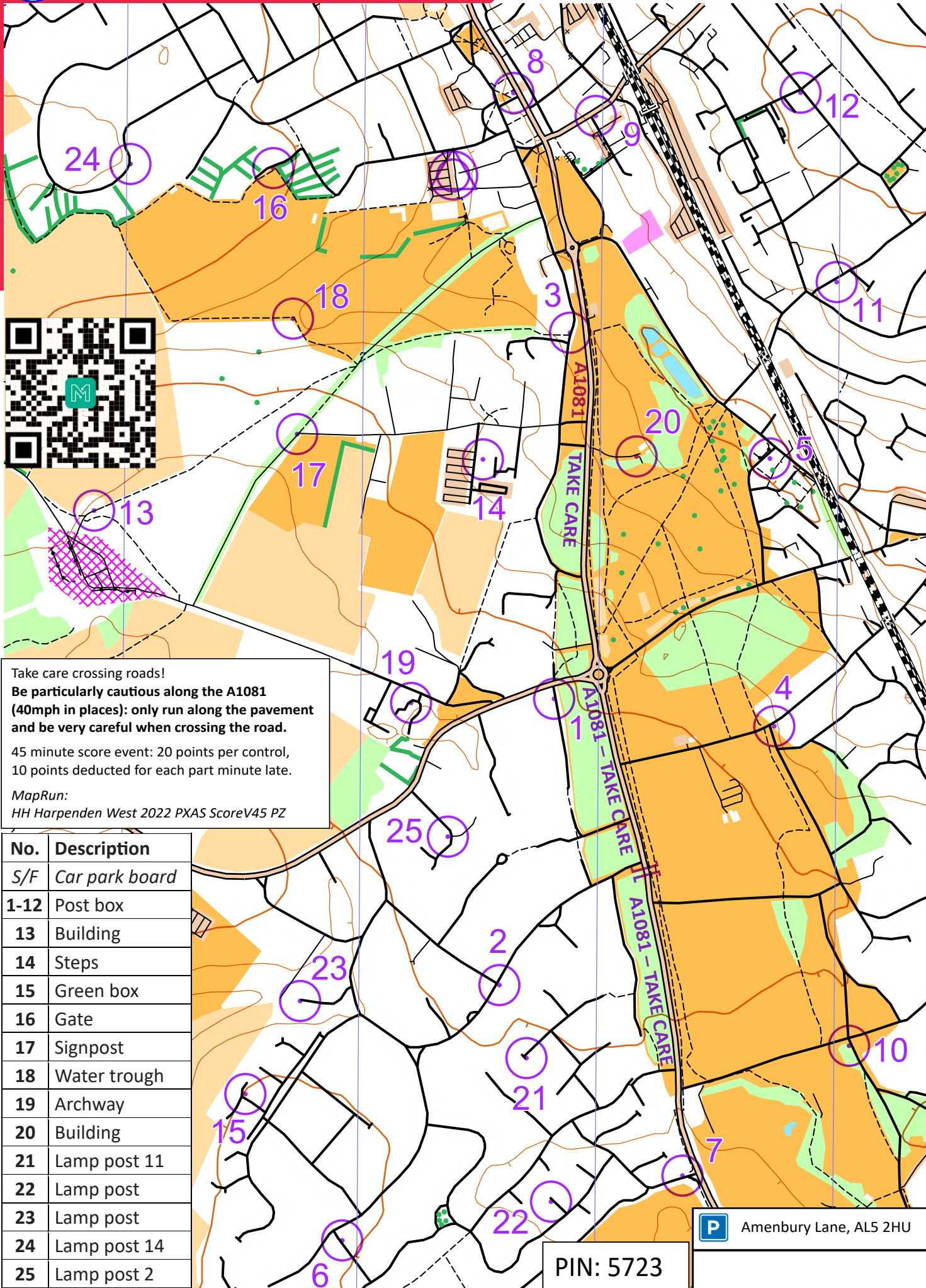
Run responsibly

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>



Take care crossing roads!
Be particularly cautious along the A1081 (40mph in places): only run along the pavement and be very careful when crossing the road.

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MapRun:
 HH Harpenden West 2022 PXAS ScoreV45 PZ

No.	Description
S/F	Car park board
1-12	Post box
13	Building
14	Steps
15	Green box
16	Gate
17	Signpost
18	Water trough
19	Archway
20	Building
21	Lamp post 11
22	Lamp post
23	Lamp post
24	Lamp post 14
25	Lamp post 2

P Amenbury Lane, AL5 2HU

PIN: 5723