

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! Use crossings.
45 minute score event, **20** points per control.
10 points deducted for each part minute late.
 MapRun: HH Kings Langley 2023 PXAS ScoreV45 PZ

No	Description	No	Description
S/F	Goal	17	Lamp post 1
1	Bench	18	Bench:
2	Post-box	19	Black post, sign missing!
3	Finger sign	20	Path/track junction
4	Lamp post 3	21	Bench
5-7	Post-box	22	Lamp post 1
8	Bridge	23	Telegraph pole DP1031
9	Post-box	24	Lamp post 6
10	Bin	25	Lamp post 7
11	Height restriction barrier	26	Finger post sign
12	Lamp post H625	27	post-box:
13	post box	28	Telegraph Pole 2
14	Lamp post ?	29	Lamp post H447
15	post-box	30	Lamp post 5
16	Lamp post 3	31	RES Entrance gate

PIN: 5284

P WD4 8ES

