

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.

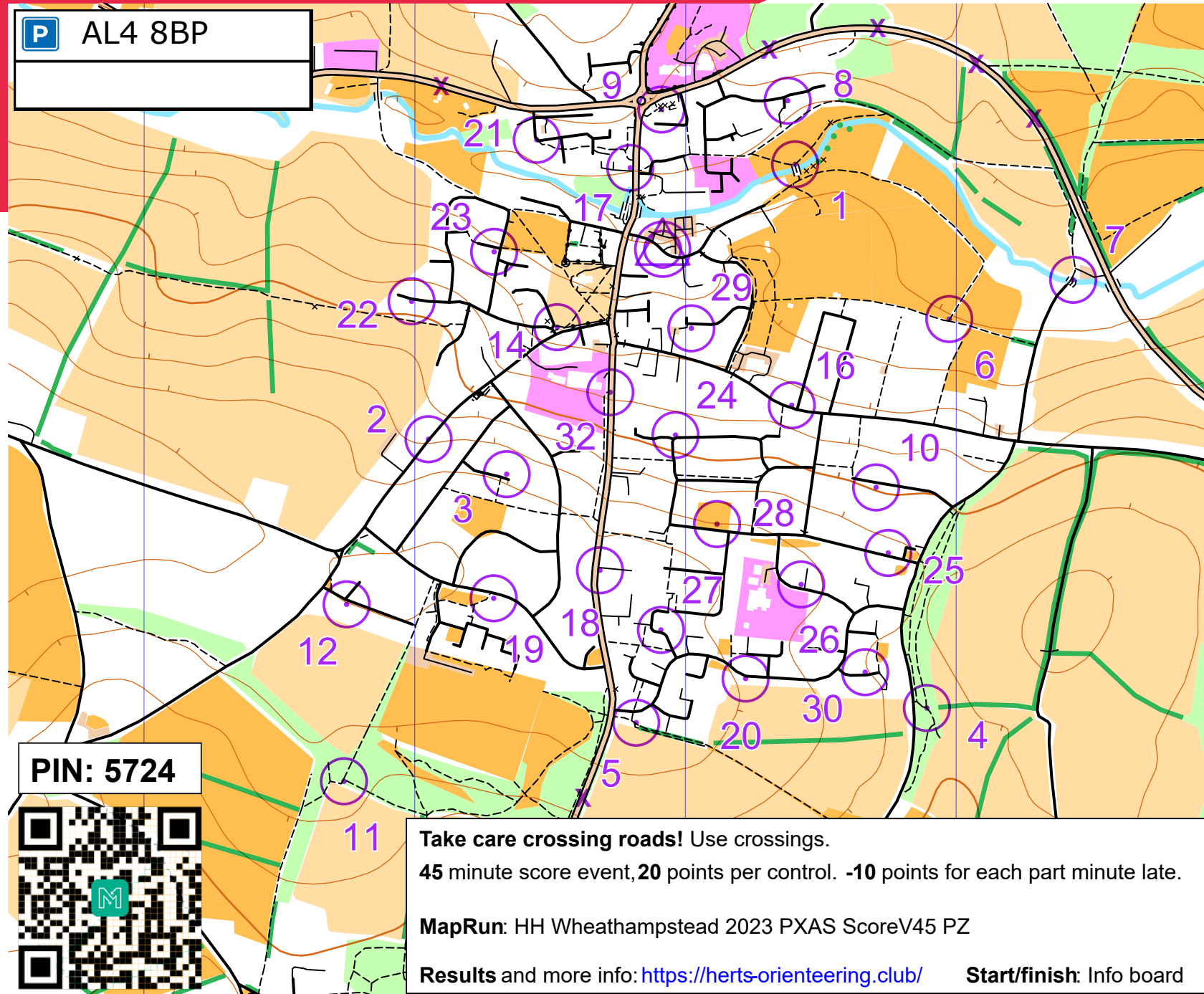
<https://www.herts-orienteeing.club>

HH WHEATHAMPSTEAD 2023

scale 1:10000, contours 5m



P AL4 8BP



No	Description
1	Bridge, North end
2	Lamp post 40
3	Lamp Post 2
4	Bottom of stairs
5	Path Junction
6	Fence, west corner
7	Eastern Bridge, N end
8	Lampost 9
9	Picnic Bench
10	Telegraph Pole
11	Path junction
12	Telegraph Pole
14	Postbox: AL4 119
16	Postbox: AL4 39
17	Postbox: AL4 163
18	Postbox: AL4 10D
19	Postbox: AL4 276D
20	Postbox: AL4 140
21	Lamp post 3
22	Lamp post 9
23	Lamp post 15
24	Assembly point sign
25	Telegraph pole
26	No Parking sign
27	Lamp post 6
28	Bench
29	Lamp post 4
30	Lampost 3
32	Bottom of steps

PIN: 5724



Take care crossing roads! Use crossings.
45 minute score event, 20 points per control. -10 points for each part minute late.

MapRun: HH Wheathampstead 2023 PXAS ScoreV45 PZ

Results and more info: <https://herts-orienteeing.club/> **Start/finish:** Info board