

## 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>

# RICKMANSWORTH 17/06/2025

scale 1:10000, contours 5m  
500m




No	Description
S-F	Finger post
1-10	Postbox
11-17	Bridge
18-19	Telecom pole
20-29	Lamp Post
30-31	Path Junction
32-33	Bench
34	Lock
35	Gate

**PIN:9273**

**P** WD3 1NB

**SAFETY: Take care crossing roads!**  
**BUSY ROAD, DO NOT CROSS**

Use marked crossing points 

45 minute score event

20 points per control.

-10 points for each part minute late.

MapRun: HH Rickmansworth 2025

Results and more info:

<https://herts-orienteering.club/>

