

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>

ST ALBANS ABBEY

scale 1:10000, contours 5m
500m



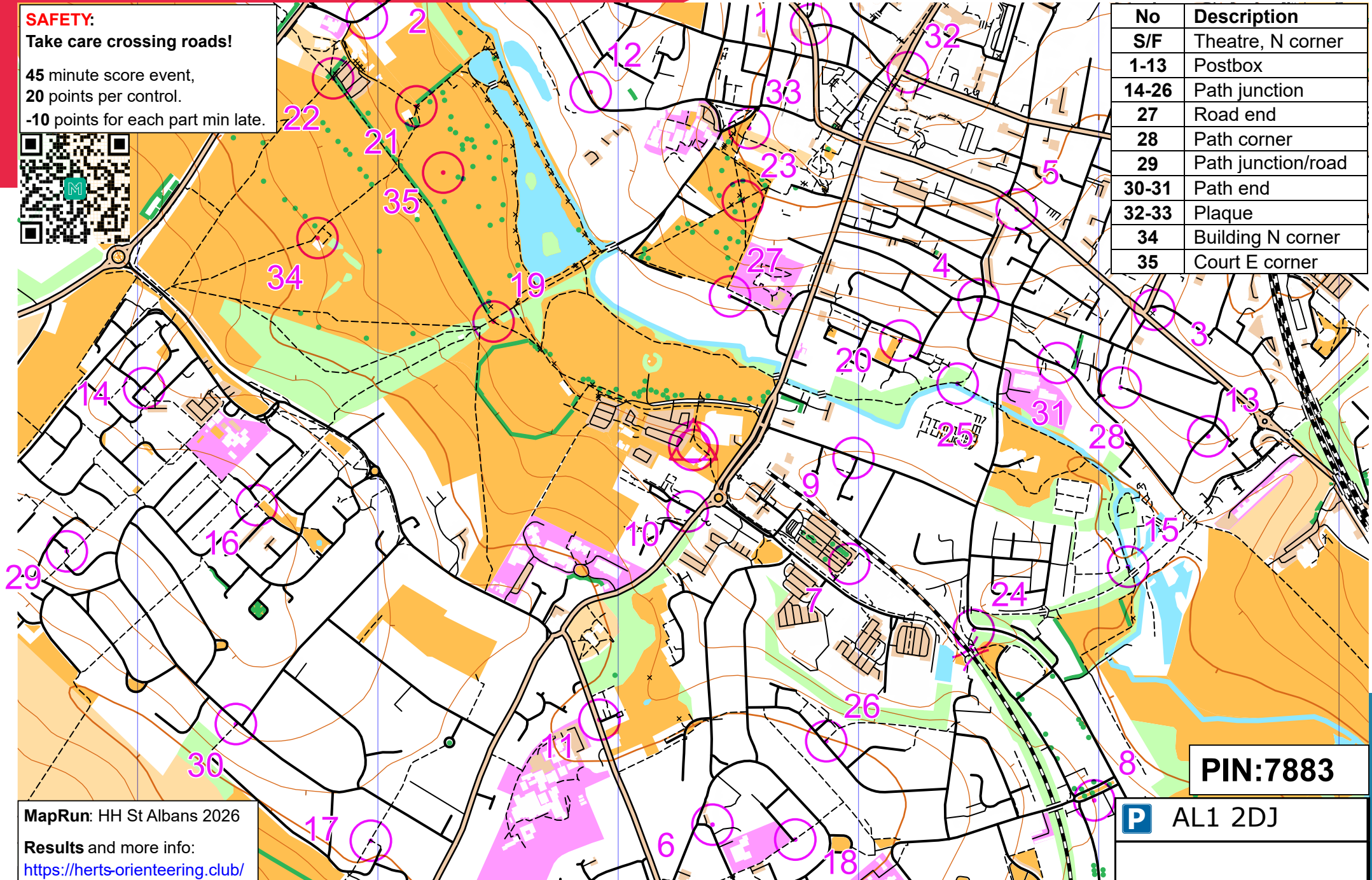
SAFETY:

Take care crossing roads!

45 minute score event,
20 points per control.
-10 points for each part min late.



No	Description
S/F	Theatre, N corner
1-13	Postbox
14-26	Path junction
27	Road end
28	Path corner
29	Path junction/road
30-31	Path end
32-33	Plaque
34	Building N corner
35	Court E corner



PIN:7883

P AL1 2DJ

MapRun: HH St Albans 2026
Results and more info:
<https://herts-orienteering.club/>

Map data: © OpenStreetMap contributors; Open Database Licence.
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OOM created by Oliver O'Brien. Make your own: <https://oomap.dna-software.co.uk/>

OOM v4 developed by David Dixon
Map ID: 6a00ed2485f5d