

Participant Pre-read

Simply go from the start triangle to control 1 to control 2 ... to the finish (double circle).

Your time will be on MapRun if you have used the app. You should get a beep at start, each control and finish.

There is a legend on the map. If you are not certain of the control description symbols see <https://www.maprunner.co.uk/>.

MapRunF: UK > Hertfordshire > ParkO > HH Ellenbrook LightGreen PXAC

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 below or on the front of the map.
Others include trip hazards and passers by.
- Keep social distance. These are public areas.
- Dress appropriately for the weather & avoid extreme conditions. For our park courses full leg cover is better.
- Consider how much guidance your child or vulnerable adult needs.

Ellenbrook specifics

Control 10 is a bench, or rather was a bench. It has gone, but the hardstanding is still there so it may have been reinstated by the time you run. Navigate to either bench or hardstanding.

We have tried to plan courses so that you won't need to go near the worst areas, but of course you can take any route you choose:

- Take care near water, a lot of it is deep and some banks steep-sided.
- There are cattle in some fields, it varies from time to time. They are reasonably used to people but best to pass wide and slowly.
- Don't cross any fences except at mapped gates or stiles.
- Some of the area is overgrown. Full leg cover is strongly recommended.

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

Ellenbrook Fields

Scale 1:7,500
5m contours

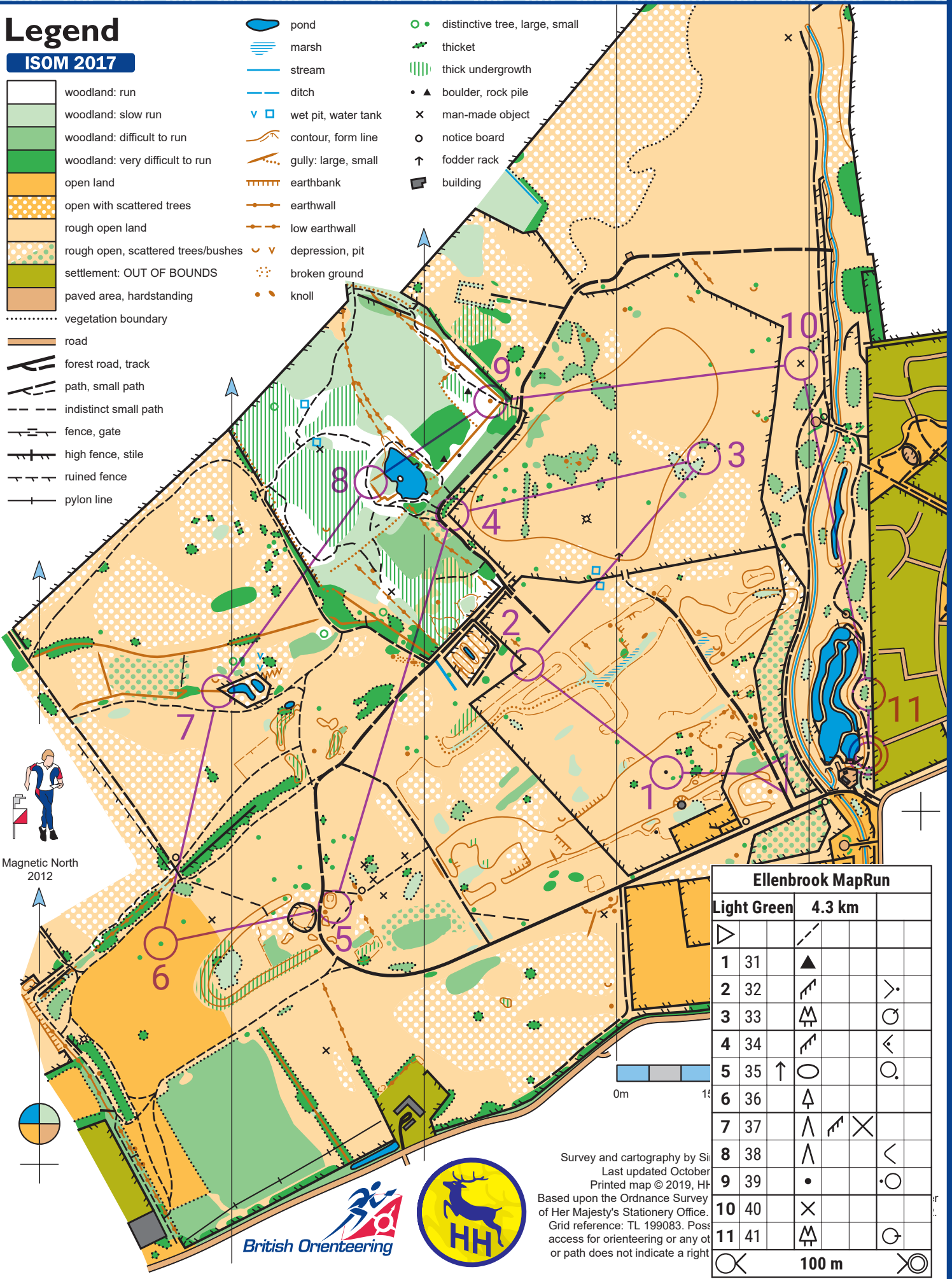
Legend

ISOM 2017

- woodland: run
- woodland: slow run
- woodland: difficult to run
- woodland: very difficult to run
- open land
- open with scattered trees
- rough open land
- rough open, scattered trees/bushes
- settlement: OUT OF BOUNDS
- paved area, hardstanding
- vegetation boundary
- road
- forest road, track
- path, small path
- indistinct small path
- fence, gate
- high fence, stile
- ruined fence
- pylon line

- pond
- marsh
- stream
- ditch
- wet pit, water tank
- contour, form line
- gully: large, small
- earthbank
- earthwall
- low earthwall
- depression, pit
- broken ground
- knoll

- distinctive tree, large, small
- thicket
- thick undergrowth
- boulder, rock pile
- man-made object
- notice board
- fodder rack
- building



Ellenbrook MapRun				
Light Green		4.3 km		
1	31			
2	32			
3	33			
4	34			
5	35			
6	36			
7	37			
8	38			
9	39			
10	40			
11	41			



Survey and cartography by Sill
Last updated October
Printed map © 2019, HH
Based upon the Ordnance Survey of Her Majesty's Stationery Office.
Grid reference: TL 199083. Poss
access for orienteering or any ot
or path does not indicate a right



100 m