

Participant Pre-read

Start at the triangle just North of the car park, visit as many controls as you can and return to the double circle (same place as triangle) within 45 minutes.

20 points per control visited, -10 points per minute or part minute late.

If you are uncertain of the map symbols or the control description symbols see <https://www.maprunner.co.uk/>. The most important thing you need to know for the map is that white is not grassland – that’s yellow – but open runnable forest. Blue symbols are water, black either rock features (not many in Hertfordshire) or man-made features such as paths, brown is contour features and green vegetation. The yellow with green dots that covers much of the map is rough open land with some trees / bushes.


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.

Heartwood specifics

Heartwood					
Score 45 minutes	25 controls	108	Bench	118	Path
	Start: Notice Board / Statue	109	Crossing Point	119	Bench
101	Notice Board / Statue	110	Bench	120	Path Junction
102	Notice Board / Statue	111	Hedge, NW. End	121	Fence, S. End
103	Path/Fence crossing	112	Bench	122	Fence bend
104	Bench	113	Path bend	123	Bench
105	Path Junction	114	Fence, S. Corner (outside)	124	Notice Board / Statue
106	Bench	115	Bench	125	Notice Board / Statue
107	Bench	116	Pond, NW. Edge		
		117	Notice Board / Statue		

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

