

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-orienteering.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-orienteering.club>



ST ALBANS SE

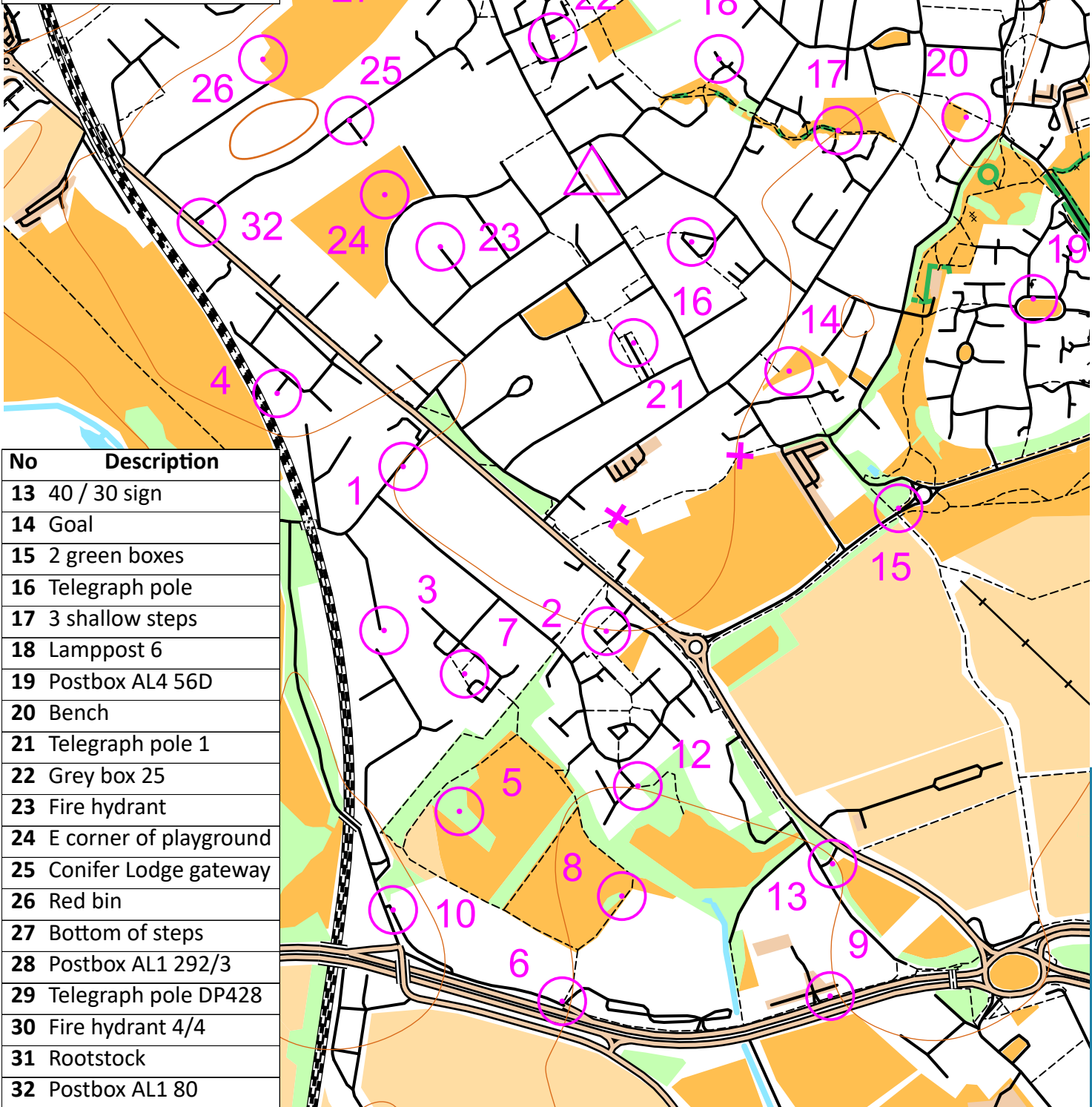
scale 1:10000, contours 10m
500m



No	Description
1	Post box
2	No Ball Games sign
3	Lamppost 5
4	Lamppost 7
5	W corner of ruin
6	Footpaths 98 & 99
7	Lamppost 9
8	E side of copse
9	Green box
10	N telegraph pole
11	W parking bay 69
12	Kissing gate

Take care:
Crossing roads
Use footpath, not dual carriageway!
 ✖ footpath closed

45 minute score event
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Start Post box in front of shops AL1 5PX
 MapRunF HH St Albans SE PXAS ScoreV45



No	Description
13	40 / 30 sign
14	Goal
15	2 green boxes
16	Telegraph pole
17	3 shallow steps
18	Lamppost 6
19	Postbox AL4 56D
20	Bench
21	Telegraph pole 1
22	Grey box 25
23	Fire hydrant
24	E corner of playground
25	Conifer Lodge gateway
26	Red bin
27	Bottom of steps
28	Postbox AL1 292/3
29	Telegraph pole DP428
30	Fire hydrant 4/4
31	Rootstock
32	Postbox AL1 80