

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>



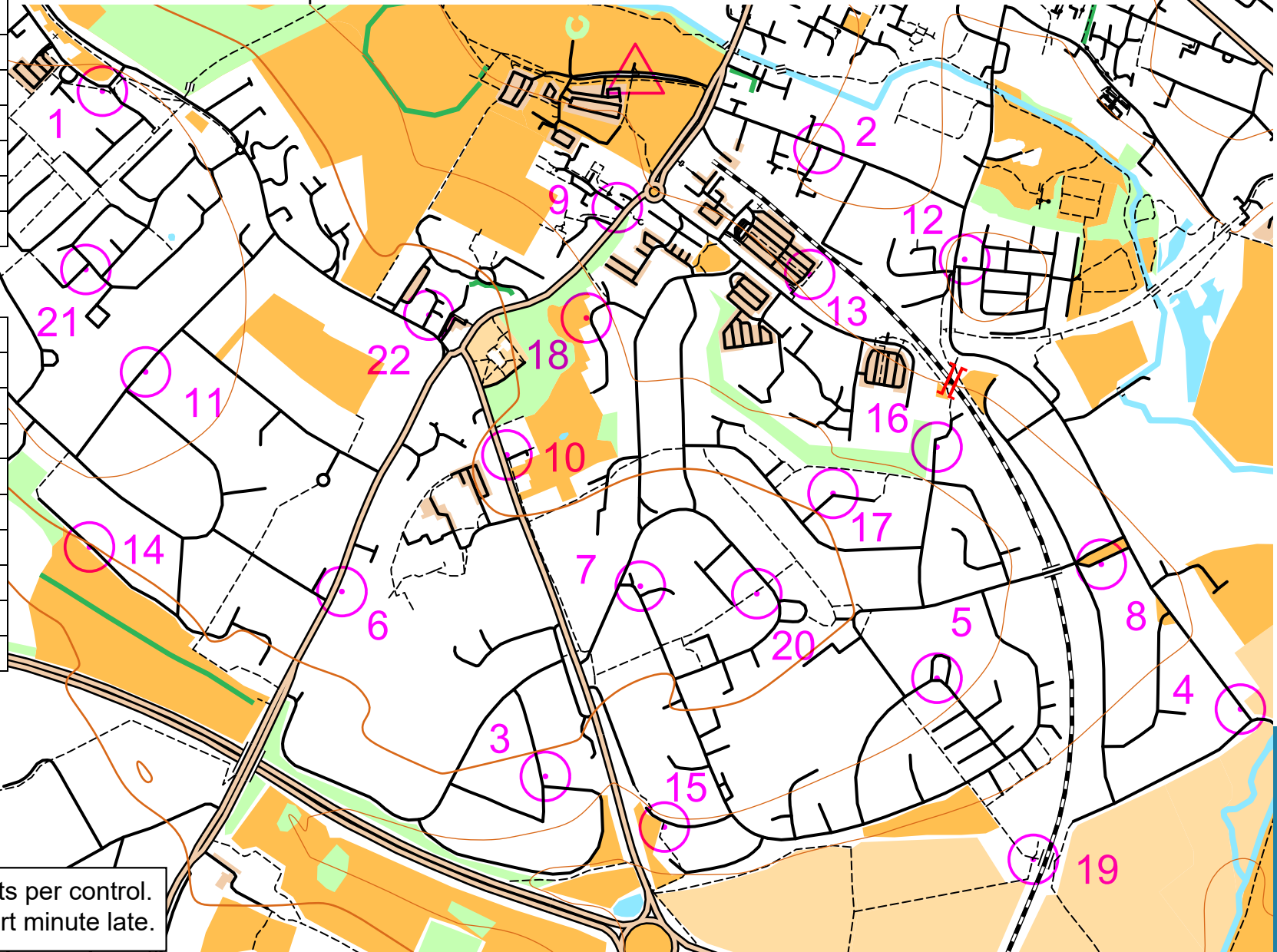
ST ALBANS SW

scale 1:10000, contours 10m
500m



1	Postbox AL3 356
2	Postbox AL1 4D
3	Postbox AL1 258
4	Postbox AL1 54
5	Postbox AL1 223
6	Postbox AL3 198
7	Postbox AL1 138
8	Postbox AL1 208
9	Postbox AL1 298
10	Postbox AL1 68
11	Postbox AL3 265
12	Postbox AL1 197
13	Postbox AL1 384
14	Green box AL1 22-33
15	Green box AL1 21-13
16	Green box AL1 22-18
17	Green box AL1 22-15
18	Red bin
19	Footpath 45
20	Green lamppost
21	Grey 240v box
22	Manhole Nuneaton

Start and Finish at S side of zebra crossing on Westminster Lodge access road, by the litter bin.
Take care crossing roads, some are busy.
The marked path / railway line crossing is a level crossing, take extra care.
 MapRunF: HH StAlbans Southwest PXAS ScoreV45



45 minute score event, **20** points per control.
10 points deducted for each part minute late.

Map data (c) OpenStreetMap, available under the Open Database Licence.
 Contains OS data (c) Crown copyright & database right OS 2013-2017.
 OOM created by Oliver O'Brien. Make your own: <http://oomap.co.uk/>