

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>



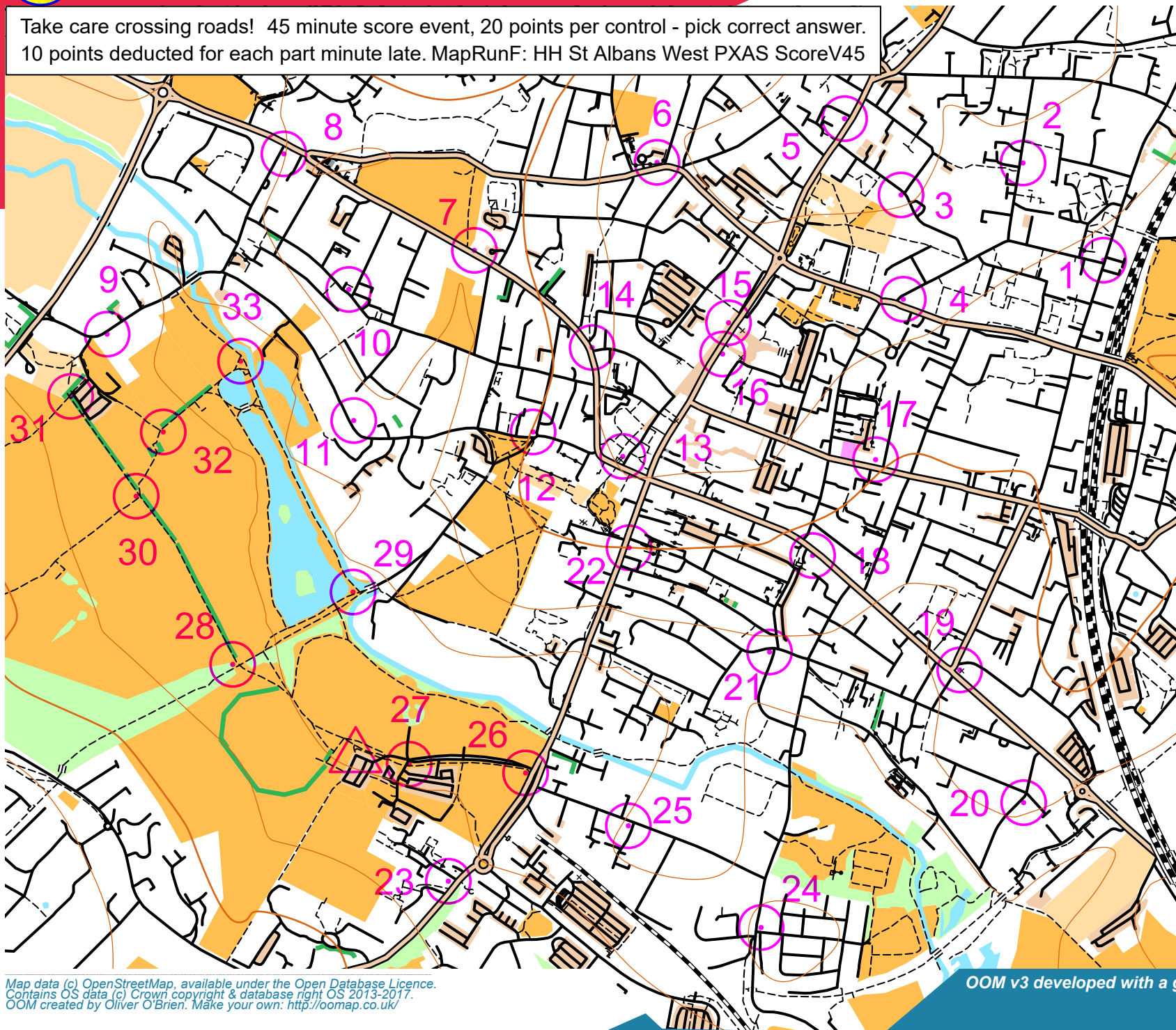
ST ALBANS WEST

scale 1:10000, contours 10m

500m



Take care crossing roads! 45 minute score event, 20 points per control - pick correct answer.
10 points deducted for each part minute late. MapRunF: HH St Albans West PXAS ScoreV45



No	Description			
S/F	Path start at NW corner of car park			
1	Last coll.	5:15	5:30	5:45
2	No. AL1	11D	30	42D
3	No. AL1	33	61D	75D
4	No. AL1	20D	24D	29D
5	Last coll.	5:00	5:15	5:30
6	No. AL3	15D	25D	35D
7	No. AL3	66D	77D	88D
8	No. AL3	81	83	85
9	Last coll.	4:00	4:30	5:00
10	No. AL3	50D	75D	295D
11	No. AL3	40D	60D	80D
12	Last coll.	4:00	4:15	4:30
13	Last coll.	4:15	4:45	5:15
14	Last coll.	4:15	4:30	4:45
15	Last coll.	4:45	5:00	5:15
16	No. AL1	6	7	9
17	Last coll.	4:15	4:30	4:45
18	No. AL1	325	417	492
19	Last coll.	5:00	5:15	5:30
20	No. AL1	49D	56D	78D
21	No. AL1	19D	24D	33D
22	Last coll.	4:00	4:15	4:30
23	No. AL1	35D	74D	298D
24	No. AL1	58D	132D	197D
25	No. AL1	4D	126D	259D
26	fingers	2	4	7
27	fingers	2	3	7
28	fingers	1	7	9
29	fingers	1	3	7
30	fingers	1	5	7
31	fingers	2	6	7
32	fingers	1	3	6
33	fingers	2	4	5