

## 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>



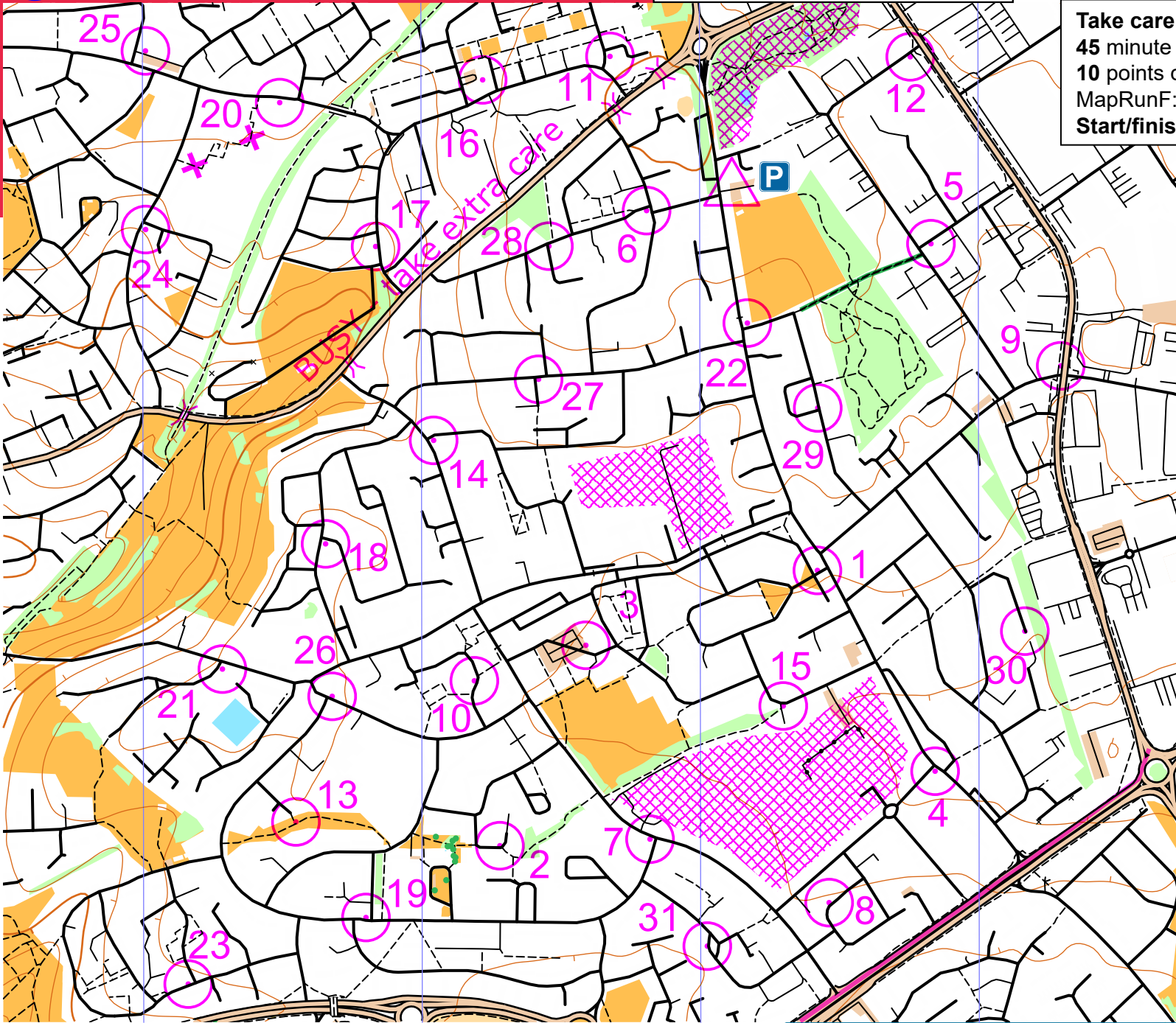
# HEMEL HEMPSTEAD EAST

**P** High Street Green, HP2 7AR

scale 1:10000, contours 5m  
500m



**Take care crossing roads! Wear high-vis.**  
**45 minute score event, 20 points per control**  
**10 points deducted for each part minute late.**  
 MapRunF: HH Hemel East PXAS ScoreV45  
**Start/finish: car park height restriction barrier**



| No | Description                    |
|----|--------------------------------|
| 1  | Postbox HP2 8                  |
| 2  | Entrance Door Flats 5-8        |
| 3  | Postbox HP2 31                 |
| 4  | Postbox HP2 34                 |
| 5  | Postbox HP2 27                 |
| 6  | Postbox HP2 20                 |
| 7  | Postbox HP2 29                 |
| 8  | Postbox HP2 158                |
| 9  | Postbox HP2 26                 |
| 10 | Postbox HP2 23                 |
| 11 | Postbox HP2 19                 |
| 12 | 2 green boxes                  |
| 13 | Black litter bin               |
| 14 | Postbox HP2 21                 |
| 15 | Lamppost                       |
| 16 | Postbox HP2 18                 |
| 17 | Postbox HP2 75                 |
| 18 | Postbox HP2 22                 |
| 19 | Postbox HP2 30                 |
| 20 | Postbox HP2 16                 |
| 21 | Postbox HP2 24                 |
| 22 | Green BT Box HH012-RT          |
| 23 | Postbox HP2 32                 |
| 24 | Postbox HP2 14                 |
| 25 | Postbox HP2 15                 |
| 26 | Green BT Box HH131-02          |
| 27 | Green BT Box HH011-23          |
| 28 | Green BT Box HH011-28          |
| 29 | Noticeboard                    |
| 30 | Lamppost, concrete, street end |
| 31 | VM Grey Box – HH131-11         |