

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>



Take care crossing roads – esp. main roads: ==

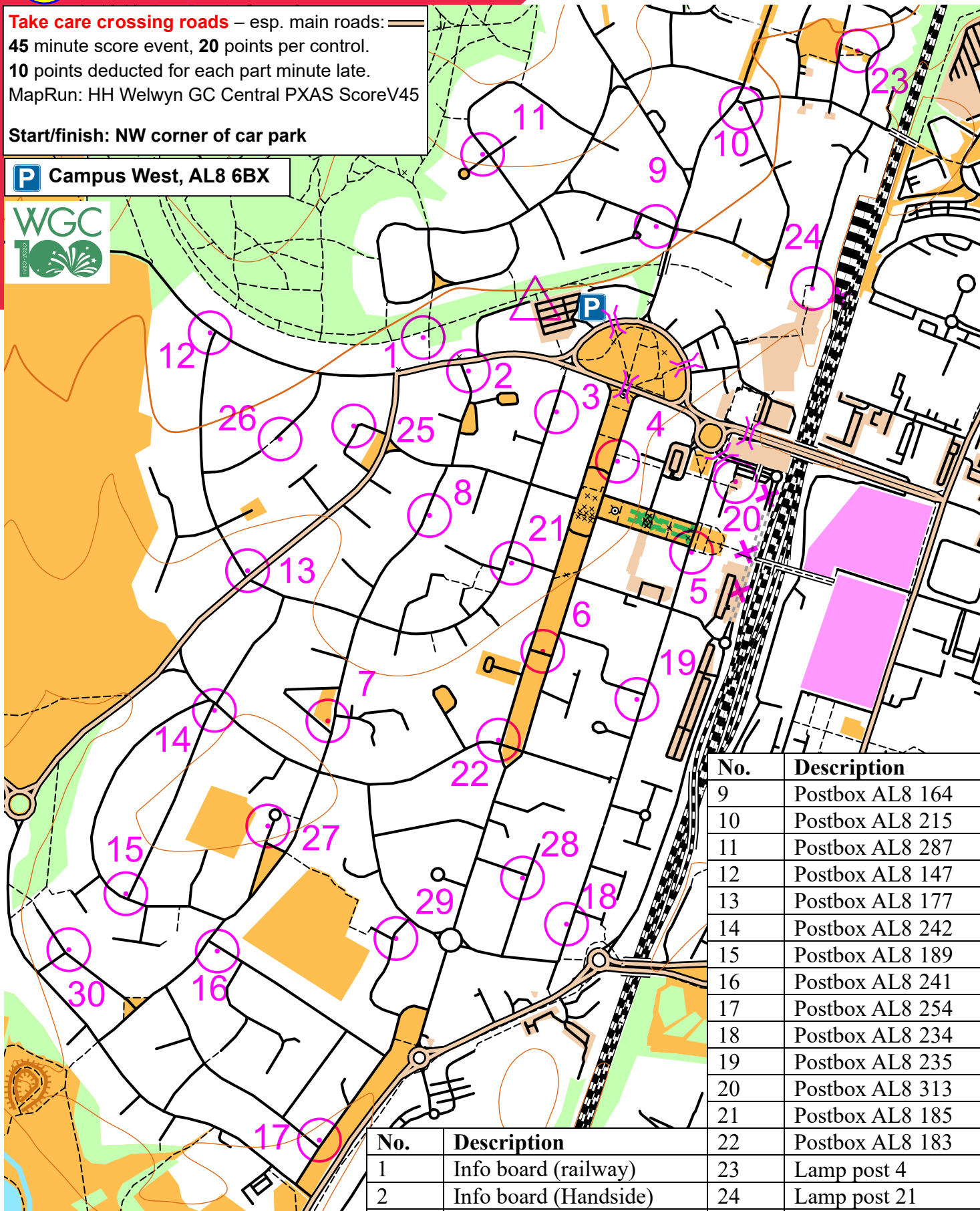
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MapRun: HH Welwyn GC Central PXAS ScoreV45

Start/finish: NW corner of car park

P Campus West, AL8 6BX



No.	Description
9	Postbox AL8 164
10	Postbox AL8 215
11	Postbox AL8 287
12	Postbox AL8 147
13	Postbox AL8 177
14	Postbox AL8 242
15	Postbox AL8 189
16	Postbox AL8 241
17	Postbox AL8 254
18	Postbox AL8 234
19	Postbox AL8 235
20	Postbox AL8 313
21	Postbox AL8 185
22	Postbox AL8 183
23	Lamp post 4
24	Lamp post 21
25	Lamp post 2
26	Lamp post 5
27	Lamp post 2
28	Lamp post 7
29	Lamp post 2
30	Lamp post 7

This course uses some of the Welwyn Garden City Photo Trail



More information at:

<https://www.wgc100.org/calendar/outdoor-trails/>