You can look up the grid reference for your record's location on this useful website: https://gridreferencefinder.com.

Zoom in on the map to the site where you saw your record.

You can put in the address or name of the location - or a post code - to get to the general area. The name of a town or village, a park or a wood, all work.

Then look for the precise location of your record - and right click on the chosen spot on the map.

A window pops up which includes the 6-figure grid reference, eg SE342050. This represents a 100 by 100 metre square on the ground with your record in it. The equivalent 4-figure (1 km square) grid reference would be SE3405.

If you want to see the information again, left click on the 'pin' that appeared on the map.