



FROLICS Handicaps

In minutes deducted from individual times

1 Current badge standard:

Gold 0
Silver 4
Bronze 7
None 10

Badge standard is determined under BOF rules, i.e. badges are awarded on the basis of performances in qualifying events (the British Championships, the Jan Kjellstrom individual events, National Events or Regional Events) over a two year period. Competitors must have reached the required standard in three events in the same class within the two years. A badge standard remains current for two calendar years including the year in which it was achieved (i.e. if you have moved up an age class you still keep the badge standard you had previously).

2 Age class and sex:

M10	12
M12	10
M14	8
M16	6
M18	3
M20	1
M21	0
M35	1
M40	2
M45	3
M50	4
M55	6
M60	8
M65	10
M70	12
M75	14

W10	19
W12	17
W14	15
W16	13
W18	10
W20	8
W21	7
W35	8
W40	9
W45	10
W50	11
W55	13
W60	15
W65	17
W70	19
W75	21



FROLICS Clubs

These are the clubs which are automatically counted in the calculation of points for the Frolics London Bus Trophy. Runners from other clubs can also take part and be handicapped but they will not form part of the Frolics aggregate scoring.

**CHIG
CROC
DFOK
HAVOC
HH
LOK
MV
SAX
SLOW
TVOC**