



The 2007 FROLICS

Once again we have *five* Frolics events this summer. For the uninitiated, the events are open to all, every competitor runs the same course (of 'light green' standard) and there is a handicap system which adjusts not just for age and sex, but also for previous history of orienteering - being an experienced orienteer can be a substantial disadvantage. Come along and see how you *really* compare with the stars.

At each event, the top six finishers on handicap for each club count towards their club's score. This year again, team points totals will be aggregated from a club's best four scores out of the five, except that - to keep up the suspense - the final event must count. The results, and running scores and positions, will be put on the LOK website (www.londonorienteering.co.uk) as the season progresses, and the FROLICS 'London Bus' Trophy will be presented to the winning club at the end of the season. The 2006 series produced a dead-heat between SLOW (the 2005 champions) and LOK. We expect competition to be as tight this year again.

June 24:	Shooters Hill/ Oxleas Wood Organiser: Philip Craven (020 8697 7008) (www.dfok.co.uk)	OS sheet 177 TQ 445757
July 1:	Ham Riverside, Richmond Organiser: tba (www.sloweb.org.uk)	OS sheet 176 TQ 178712
July 8:	Bedfords Park, Romford Organisers: Brian and Jane Daniel (01245 421326) (www.orienteering-havoc.co.uk)	OS sheet 177 TQ 520925
July 15 :	Trent Park, Enfield Organiser: Neil Brooks (01494 872578) (www.londonorienteering.co.uk)	OS sheet 176 TQ 279966
July 22:	Epsom + Ashtead Commons Organiser: tba (www.mvoc.org)	OS sheet 176 TQ 180600

At each event there will also be at least one easier course for newcomers, plus a longer extension of the main course for enthusiasts. Full details of the events (directions, parking, start times, additional courses, etc.) will be available on club flyers and found at the club websites listed from June.



LOK Frolic
Sunday 15th July 2007
Trent Park, North London

- LOCATION** [TQ 281969](#)
FREE car park accessed off A111 (Cockfosters Road)
- PUBLIC TRANSPORT** Cockfosters Underground station on the Piccadilly Line. 0.4 km walk (allow 10 minutes).
- DIRECTIONS** Signposted off the A111, 300 m north of Cockfosters Underground station. From the M25 J24, follow the A111 south towards Cockfosters and Southgate. After 3.5 km, turn left in to Trent Park, drive for 300m and park in the public car park.
- TERRAIN** Mixture of gently undulating open parkland and wooded areas, some brambles.
- MAP** 1:10,000, 5m contours. Maps will be printed on waterproof paper and won't be bagged
- FROLICS** This Frolic event is one of five this summer that is open to all, with every competitor running the same course ('light green' standard). Then there is a handicap system which adjusts not just for age and sex, but also for previous history of orienteering - being an experienced orienteer can be a substantial disadvantage!
At each event, the top six finishers on handicap for each club count towards their club's score. This year again, team points totals will be aggregated from a club's best four scores out of the five, except that - to keep up the suspense - the final event must count.
Further details can be found at www.londonorienteering.co.uk
- COURSES**
- Light Green (Frolic course) 4km, 60m
Frolic + extension 8km, 120m
Yellow 2km, 30m – for juniors and those who want a run a shorter course
 - SportIdent electronic punching will be used
- STARTS**
- Registration: 09:30 – 11:00
 - Starts: 10:00 – 11:30
 - Start and finish less than 5 min walk from car park.
 - Courses close: 13:30.
 - All competitors must report to download.
- FEES**
- Seniors £7.50 (BOF members £5.50)
 - Juniors, unemployed, full-time students £2.00
 - Dibber Hire £1.00 (£20 if lost)
- FACILITIES**
- Toilets
 - Squash at finish
- OFFICIALS**
- Organiser Neil Brooks – neilbrooks@msn.com
Planner Graham Williams
Controller TBA
- LATE INFO** Please check www.londonorienteering.co.uk for late changes

Competitors take part at their own risk.