



LOK Frolic Orienteering Event

Sunday 13th July 2008

Alexandra Park, North London

A fun orienteering event for all the family!! This may not be the most challenging orienteering in the South East, but there are courses for all ages and abilities and a host of 'extra' benefits including:

- Fantastic views across London from Alexandra Park
- Farmers Market operating from 10-3 right next to our car park so you can stock up on good food!
- Children's play areas with swings slides etc.
- Animal enclosure with deer
- Reservoir views for bird watching
- Acres of grass for fun and games
- Ice cream van
- Cafes
- Boating Lake

- LOCATION** Parking and start/finish will be in Alexandra Park at [TQ 295896](#)
- PUBLIC TRANSPORT** Alexandra Palace (BR, from King's Cross) – 1.1km
Wood Green (Piccadilly Line) – 1.6 km
For travel options, visit <http://www.alexandrapalace.com/location.html>
- DIRECTIONS** FREE car park within Alexandra Park, accessed off A504 opposite where A1201 joins it ([TQ 293893](#)), or from the A109 ([TQ 305907](#)). Signposted from Alexandra Palace Way. Visit http://www.alexandrapalace.com/alexandra_palace_roadmap.pdf to see further a field.
- TERRAIN** Mixture of gently undulating open parkland and wooded areas, some brambles but leg cover is not essential.
- MAP**
- 1:10,000, 5m contours – re-surveyed in 2007 by Janet Biggs (HAVOC).
 - Maps will be printed on waterproof paper and won't be bagged.
 - Sport-Ident e-punching will be used.
- FROLICS** For the more serious orienteer, don't forget you'll be running for your club as this Frolic event is one of five this summer that are open to all, with every competitor running the same course ('light green' standard). Then there is a handicap system (see poster) - 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.
- COURSES**
- Frolic course (Light Green) - 4km
Frolic + extension - 7km
Yellow 1.5km – for juniors and those who want a run a shorter course
 - **Free string course** (you just follow the string to find the Ballamory characters and win a prize at the end).
 - 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 £5.50
 - Juniors, full-time students £2.00
 - Dibber Hire £1.00 (£23 if lost)
- TOILETS**
- Toilets 700m from parking (at boating lake), so be prepared!
- RESULTS** londonorienteering.co.uk

Competitors take part at their own risk.