



The 2008 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. After some tight competition, the 2007 series was again won by SLOW, but only at the final event. We expect competition to be as tight again this year.

June 29:	Putney Heath (www.sloweb.org.uk)	OS sheet 176 TQ 233737
July 6:	Addington Hills nr. Croydon (www.dfok.co.uk)	OS sheet 177 TQ 354642
July 13:	Alexandra Park (www.londonorienteering.co.uk)	OS sheet 176 TQ 296897
July 20 :	Nork Park, nr Epsom (www.mvoc.org)	OS sheet 187 TQ 236593
July 27:	Whippendell Woods, nr Watford (www.happyherts.org.uk)	OS sheet 176 TQ 091978

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.