



LOK Frolic Orienteering Event
Sunday 28th June 2009
Horsenden Hill, North West London



A new orienteering area!
A fun orienteering event for all the family!!
No need to book just turn up and walk or run a course !

LOCATION	Horsenden Hill is just off the A40 in the London Borough of Ealing.						
PUBLIC TRANSPORT	Perivale station (Central Line) – 0.8 miles. Come out of station and turn north (right)						
DIRECTIONS	Parking and start/finish will be at the Horsenden Hill car park (TQ159844) on Horsenden Lane North, UB6 7QL , which runs between the A40 and A4090.						
TERRAIN	Highest point in the local area, rising to 84m (in fact, during WW2, it was the site of an anti-aircraft battery). Two distinct areas: Horsenden Hill to the east is wooded with many small paths (the area for the Frolics and Yellow course), and the remaining 40% of the area to the west being open, hedged grass fields (visited by Extension course). Grand Union Canal runs through the area (it's the blue line on the map can ONLY be crossed at the one bridge!).						
MAP	<ul style="list-style-type: none">• 1:5,000, 5m contours – new map, drawn by Mike Elliot (MV) in May 2009.• Maps will be printed on waterproof paper and won't be bagged.• Sport-Ident e-punching will be used (if you haven't got one, we'll hire you one for £1).						
FROLICS	For the more serious orienteer, don't forget you'll be running for your club as this Frolic event is one of six this summer that are open to all, with every competitor running the same course ('light green' standard). Then there is a handicap system - 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 the rules have been changed so that team points from ALL six events will count, making every event important!						
COURSES	<ul style="list-style-type: none">• Frolic course (Light Green) – 3.1km + 95m• Frolic + extension - 7km + 120m• Yellow 1.5km – for juniors and those who want a run a shorter course• SportIdent electronic punching will be used						
STARTS	<ul style="list-style-type: none">• Registration times: 09:30 – 11:00 no booking required, just turn up on the day• 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	<table><tr><td>• Seniors</td><td>£5.50</td></tr><tr><td>• Juniors, full-time students</td><td>£2.00</td></tr><tr><td>• Dibber Hire</td><td>£1.00 (£26 if lost)</td></tr></table>	• Seniors	£5.50	• Juniors, full-time students	£2.00	• Dibber Hire	£1.00 (£26 if lost)
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TOILETS	<ul style="list-style-type: none">• None at car park, although various outlets in shopping park do have toilets (please use discretely!)						
CONTACT	Neil Brooks: neilbrooks@msn.com or 07973 101469						
RESULTS	londonorienteering.co.uk						

Competitors take part at their own risk.



