



# LOK Frolic Orienteering Event

## Sunday 17<sup>th</sup> July 2011

### Hampstead Heath, NW London



A fun orienteering event for all the family!! With challenging courses for those looking for the next step up from park orienteering, plus a course for novices, children or those just after a walk with a view.

	<b>LOCATION</b>	Good views across London from one of London's highest points (134m), just 3km from Regent's Park.
	<b>PUBLIC TRANSPORT</b>	British Rail to Hampstead Heath - 5mins walk (check for weekend engineering work). Underground to Belsize Park or Hampstead on the Northern Line - 15mins walk.
	<b>CAR DIRECTIONS</b>	<a href="#">East Heath Car Park</a> (Pay & Display), East Heath Road, Hampstead, London NW3 1TH (grid reference TQ 271859) or free parking in local side roads (if early).
	<b>TERRAIN</b>	London heathland, runnable with some contours and some slightly technical bits especially in the Sandy Heath area. Courses planned to avoid summer vegetation (e.g. brambles and nettles), however, leggings are advised as smaller paths will have overhanging nettles.
	<b>MAP</b>	<ul style="list-style-type: none"> <li>• 1 : 10,000, 5 metre contours.</li> <li>• Pre-marked waterproof maps - no plastic bags supplied.</li> </ul>
	<b>COURSES</b>	<ul style="list-style-type: none"> <li>• Frolic course (Light Green) – 3.1km</li> <li>• Frolic + extension – .86 km</li> <li>• Yellow 1.9km – for juniors and those who want a run a shorter course</li> <li>• SportIdent electronic punching will be used</li> </ul>
	<b>FROLICS</b>	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 team points totals will be aggregated from a club's best four scores out of the five.
	<b>TIMES</b>	<ul style="list-style-type: none"> <li>• Registration: 09:30 – 11:00</li> <li>• Starts: 10:00 – 11:30</li> <li>• Start and finish 1 min walk from Registration.</li> <li>• Courses close: 13:30.</li> <li>• All competitors must report to download.</li> </ul>
	<b>FEEES</b>	<ul style="list-style-type: none"> <li>• Seniors £7 (£2 discount for BOF members with card)</li> <li>• Juniors, full-time students £2</li> <li>• Dibber Hire £1 (£30 if lost)</li> </ul>
	<b>TOILETS</b>	• 5 minutes walk near to Hampstead Heath station
<b>RESULTS</b>	<a href="http://londonorienteering.co.uk">londonorienteering.co.uk</a>	

**Competitors take part at their own risk.**