



"5 Sundays in July" - the 2006 FROLICS

This year, for the enjoyment of all - young or old, super-fit or less fit, keen competitor or casual jogger, there are no fewer than *five* Frolics events. 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, team points totals are 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. South London Orienteers (SLOW) will be keen to defend their 2005 title.

July 2:	Whippendell Woods, nr Watford (www.happyherts.org.uk)	OS sheet 176 TQ 091 978
July 9:	Foots Cray Meadows, nr Sidcup (www.dfok.co.uk)	OS sheet 177 TQ 476 713
July 16:	Trent Park, Enfield (www.londonorienteering.co.uk)	OS sheet 176 TQ 279 966
July 23:	Horton Country Park, nr Epsom (www.mvoc.org)	OS sheet 176 TQ 190 625
July 30:	Wimbledon Common (www.slweb.org.uk)	OS sheet 176 TQ 216 723

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.