

# SLOW presents 2005 FROLICS 1 on Sunday 3<sup>rd</sup> July

Find SLOW at <http://www.sloweb.org.uk>

SEOA Orienteering Answerphone 020 8948 6056

**Frolics.** This is the summer Inter-Club Series contesting the London Bus Trophy. This year there are four events in the series, on the first four Sundays in July. At each event everyone runs the same course, of medium length and technical difficulty. An overall results list is produced by allowing a time adjustment to each runner based on their age, sex and experience, with the best 6 runners from each club counting to an overall event result. Originally the "First Running Of London Inter Club Series" there was a strong bias to the social side with events in London Parks on Saturday mornings and pre-entered teams of 8 from different clubs locked in friendly rivalry before recourse to the pub. Nowadays the events have become more normal: Sundays, entry on the day, and no limit on team size, but it is hoped the basic sociability coming from everyone running the same course carries on.

Last year's top 3: 1<sup>st</sup> Happy Herts - 78 pts. 2<sup>nd</sup> HAVOC - 76 pts. 3<sup>rd</sup> SLOW - 69 pts.

This year's other events: 10<sup>th</sup> Foot's Cray Meadows, 17<sup>th</sup> Hogsmill Open Space, 24<sup>th</sup> Hampstead Heath.

The **handicap allowances** have been refined over the years and are now as follows. 20's and 35's get 1 minute, 40's 2 minutes, 18's and 45's 3 minutes, 50's 4 minutes, 16's and 55's 6 minutes, 14's and 60's 8 minutes, 12's and 65's 10 minutes. Women get 7 minutes. Those without a recent gold get 4 minutes, without a recent silver 7 minutes, and beginners with no regional event form at all 10 minutes.

**Location.** The YMCA Hawker Centre, off the junction of Lower Ham Road with Richmond Road in Kingston. Bus 65 goes past, and the 371 goes very close. Large parking area – choose your own space.

**Terrain.** The event takes place on Ham Riverside, a typical Frolics area of runnable grassland with paths, trees and bushes, by the Thames. There is negligible climb. Runners may wear shorts.... but are advised not to as it is easy to get scratched by some of the vegetation.

**Other forest users.** It is a popular area with the public.

**Map.** 1:10 000.

**Frolics Course** Light Green, 3.9km. There will also be a 1750m yellow course, an "extension" that can be run after the Frolics, and a novelty "naughty numbers" course suitable for all ages.

**Registration.** Open from 0930 to 1130, in the Hawker Centre Clubhouse.

**Facilities.** Indoor Registration. Changing rooms, toilets and showers. Bar open later. Food may be on sale.

**Starts.** 350m from the clubhouse. From 1000 to 1200.

**Punching.** SportIdent electronic punching will be used.

**Fees.** Seniors £4, less £1 with a BOF membership card, plus £1 for the extension.  
Juniors £1.  
SportIdent dibber hire £1.

**Dogs.** Fine on the competition area.

**Safety Statement.** Competitors take part at their own risk and are responsible for their own safety.

**Officials.** **Organiser** Paul Street (SLOW) 020 8940 9583 [pstreet@btinternet.com](mailto:pstreet@btinternet.com)  
**Planners** Don McKerrow (SLOW), Nicky King (SLOW)