



SOUTH LONDON ORIENTEERS AND WAYFARERS



present

The 3rd Event of the 2004 FROLICS

Sunday 11th July 2004

Richmond Park and Sheen Common

Juniors and beginners especially welcome

- Car park:** Richmond Park, Sheen Gate car park - grid reference TQ203744. Approach from the South Circular Road A205 and turn south into Sheen Lane at the traffic lights in the centre of East Sheen. Alternatively, take any entrance into Richmond Park and follow the perimeter road to Sheen Gate.
- Entry Fee Collection:** **We are not allowed to collect money inside Richmond Park.** You therefore have the following options for paying:
a) Send a cheque in advance to the organiser (preferred option).
b) Park first, then walk outside the gate (about 200m) to pay the official.
In both cases, you will collect a receipt, which you then take to the tent inside the Park to register for your courses. Note that one person may pay for several entries on the one form. To simplify the process please use the form on the back of this flier.
- Courses:**
(a) Frolics course (light green).
(b) Sprint course. This is about 2 Km, of medium difficulty and has more controls than a normal course.
(c) Yellow course (easy)
(c) String course
- Punching:** Sport Ident punching will be used. Sport Ident "dibbers" can be hired. Instruction will be available for anyone who has not used one before.
- Map:** 1:10,000 for the Frolics course. 1:5,000 for the Sprint course.
Planner: Andy Jones (SLOW)
- Registration:** 09:30 to 11:30
Starts: 10:00 to 12:00
Courses close: 14:00
- Entry Fees:** One course: £5.00 seniors, £1.50 juniors (£1 / 50p discount for SLOW/BOF members).
Second course: £1.00 seniors, 50p juniors.
String course: free.
Sport Ident dibber hire fee: £1.00 seniors, 50p juniors
- Dogs:** Allowed.
Results: SLOW web-site - www.slownet.org.uk - or by post (30p).
- Organiser:** Nigel Saker (SLOW)
0208 942 0771 or 07957 306793
nsaker@blueyonder.co.uk
- SEOA Answerphone:** 020 8948 6056

SLOW FROLICS EVENT - RICHMOND PARK & SHEEN COMMON 11th JULY 2004

PRE-PAYMENT FORM

Please note that this form records your payment only.

You must still register for your course(s) on the day in the registration tent.

If you would like a receipt, please enclose s.a.e. or give your e-mail address below.

NOTE: Cheques will not be paid in until after the event, so if you cannot run on the day you will not be charged.

Course	Cost	Number of competitors	Total cost
Example	£4.00	3	£12.00
First course - senior (BOF/SLOW member)	£4.00		
First course - junior (BOF/SLOW member)	£1.00		
First course - senior (not BOF/SLOW)	£5.00		
First course - junior (not BOF/SLOW)	£1.50		
Second course - senior	£1.00		
Second course - junior	£0.50		
Sport ident dibber hire - senior	£1.00		
Sport Ident dibber hire - junior	£0.50		
TOTAL			

Name

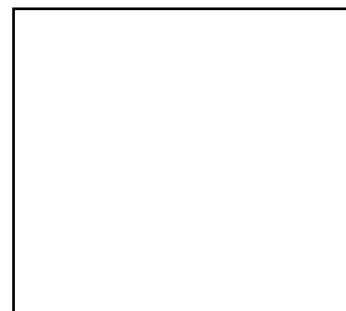
Address.....

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Phone

e-mail (for receipt)



Please send this form with your cheque, payable to "SLOW", to:

Nigel Saker, 6 Lyndhurst Drive, New Malden, Surrey, KT3 5LL