



The 2009 FROLICS

This year, possibly for the first time ever, we have *six* Frolics events in the series. For those who haven't tried it before, the events are open to all, every competitor runs the same course (of approximately 'light green' standard) and there is a handicap system which adjusts not just for age and sex, but also for previous experience - being a top performing orienteer can be a substantial disadvantage. Come along and see how you *really* compare with the stars.

At each event, the first six finishers on handicap for each club count towards their club's score. The results, and running scores and positions as the season progresses, will be put on the LOK website (www.londonorienteeing.co.uk). The winning club will be entitled to call itself 'FROLICS 2009 champions' for the year. LOK managed to regain the title last year, and in fact were never headed from the first event despite some tight competition, but we expect the rivalry to be just as intense as usual this year.

June 21	CHIG (www.chig.org.uk)	Claybury Park, nr Woodford ***new Frolics area***
June 28	LOK (www.londonorienteeing.co.uk)	Horsenden Hill, Ealing ***new Frolics area***
July 5	DFOK (www.dfok.co.uk)	Shooters Hill
July 12	SLOW (www.slweb.org.uk)	Wimbledon Common
July 19	MV (www.mvoc.org)	Nonsuch Park, Ewell
July 26	HAVOC (www.orienteeing-havoc.co.uk)	Epping South West

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.