

# Sunday 26 June 2011

## HAM ESTATE



## South London Orienteers present FROLICS Series 2011 - Race 1

**Parking:** Thames Young Mariners, Riverside Drive, Ham.  
TW10 7RX or Grid Ref: TQ166724.

**Courses:** Light Green ("FROLIC" - fairly tricky) c.4km + optional extra loop.  
Yellow (fairly easy) 2km  
White (very easy) 1km  
"Naughty Numbers" for young children

**Map:** The Ham Estate map used for the 2010 South-East Sprint Championships. Scale 1:4000.

**Registration:** 9:30 am to 11:30 am

**Starts:** 10:00 am to 12:00 am

**Facilities:** Toilets. Tea/coffee.

**Fees:** £5.00 for seniors, £2.00 for juniors.

Add £1 (free to juniors) if you need to hire an SI card (electronic timer).

FREE entry for SLOW juniors

**Public transport:** the 371 bus gets you close, and the 65 bus not so close. It's a nice cycle ride from Richmond or Kingston

**Enquiries:** Andy Robinson [fixtures@sloweb.org.uk](mailto:fixtures@sloweb.org.uk) 020 8255 7176

**SLOW website:** (results and general info) [www.slowneb.org.uk](http://www.slowneb.org.uk)

**FROLICS:** is a friendly inter-club competition run on the Light Green course, with a fiendishly complicated handicap scoring system which favours the less experienced - all courses are open to all-comers, whether beginners or experienced.

Details of FROLICS series at: [www.londonorienteeing.co.uk/frolics/index.htm](http://www.londonorienteeing.co.uk/frolics/index.htm)