

SOUTH LONDON ORIENTEERS AND WAYFARERS

present

The 4th Event of the 2003 FROLICS

Sunday 20th July 2003

Ham Lands and Ham Common

Courses to suit all abilities

Juniors and beginners especially welcome

- Car park:** Hawker Leisure Centre, Kingston-on-Thames - grid reference TQ178712. Signposted from the A307 between Kingston and Richmond at the junction of Richmond Road and Lower Ham Road. The car park is free. Competitors can use the changing rooms, showers, cafe and bar.
- Courses:** Frolics course (light green), yellow and String. There is also a Frolics extension course for those who want a longer run. Ham Lands is a flat area by the River Thames consisting of a mixture of rough open land and areas of dense vegetation. The extension course uses Ham Common, which is mainly deciduous woodland.
- Punching:** Sport Ident punching will be used. "Dibbers" can be hired. Instruction will be available for anyone who has not used one before.
- Map:** 1:10,000 newly resurveyed for this event.
Planner: Frank Lyness (SLOW)
- Registration:** 09:30 to 11:30
Starts: 10:00 to 12:00
Courses close: 14:00
- Entry Fees:** £3.00 for seniors, £1.00 for juniors
Sport Ident hire fee: £1.00
- Dogs:** Allowed.
- Results:** SLOW web-site (free) or by post (30p).
- Organiser:** Nigel Saker (SLOW),
0208 942 0771 or 07957 306793
nsaker@onetel.net.uk
- SLOW on the web:** <http://www.slweb.org.uk/>
- SEOA Answerphone:** 020 8948 6056