

# Sunday 12 July 2009

## WIMBLEDON COMMON



### South London Orienteers present Frolics Series 2009 - Race 4

**Parking:** Wimbledon Rugby Football Club, Barham Road SW20 0ET Grid Ref: TQ220704  
It is in a residential area, please drive slowly. The route will be signposted from the miniroundabout at A238 (Coombe Lane)

**Public transport:** Train to Raynes Park mainline station, then 20 mins walk or Bus 57 from Stop H to Cottenham Park Road then 5 mins walk. Nearest tube is Wimbledon

**Courses:** Light Green (Frolic) 4km + Optional Extra Loop 2km  
Yellow 2.4km  
White 1.1km  
"Naughty Numbers" course for young children

**Map:** Professional re-survey April 2008  
Printed on waterproof paper

**Registration:** 9:30 am to 11:30 am                      **Starts:** 10:00 am to 12:00 am

**Facilities:** Registration in clubhouse. Toilets and refreshments available.

**Fees:** £6.00 for seniors (£4 for BOF members), £2.00 for juniors. Add £1 (free to juniors) if you need to hire an SI card (electronic timer). FREE entry for SLOW juniors and Kingston schools orienteering teams.

**Terrain:** Mix of woodland, open heathland and golf course.

**Change over Frolic and optional loop:** The control at the finish on the Frolic course is the start triangle on the extra loop. The extra loop is on the back of the map. When you finish the extra loop, you must punch the finish control again. This means you will punch the finish control twice

**Frolic:** This is part of the Frolic series. Everyone who completes the light green Frolics course will have their time adjusted according to their age, gender and badge standard to give the results. The best 6 runners from each club taking part will count towards the club score. All club scores from the Frolic events this summer will count towards the 2009 Frolic trophy

**New comers and beginners:** Everyone is very welcome. If you need help to get started, please ask at the registration or feel free to call the organizer before the event

**Organiser:** Dorte Torpe Hansen [secretary@sloweb.org.uk](mailto:secretary@sloweb.org.uk) 020 8785 3969 or 07785 720 283

**Planner:** Don McKerrrow

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

**Competitors run at their own risk**