



## Keeping in Touch

We have a web site and a facebook page.

We aim to speak personally with any new people at our events in Fife. We are able to e-mail you with forthcoming local events and to keep you informed of other club socials or events. Please leave your e-mail address with the person running the enquiries desk to be kept up to date with what is happening.

## Further Information

If you want to find out more, please contact:

Ian Doig 01383 412273 or

John Emeleus 01592 561291 or

info@kfo.org.uk



## Membership

The club welcomes new members regardless of your age, ambition or ability. Our membership includes people who enjoy the sport simply for the fun of it as well as those who take it more seriously and compete at a national level.

### Why Join?

You don't need to be a member of a club to take part in orienteering events. However, the benefits of membership are:

- Discounted entry at larger events;
- Access to Junior coaching in Edinburgh;
- Scottish and British Orienteering magazines delivered for free;
- Some competitions are reserved for club members only;
- The opportunity to meet and socialise with other members.

Join at [www.britishorienteering.co.uk](http://www.britishorienteering.co.uk) > Join Now.



Photo Wendy Carlyle

## Information



[www.kfo.org.uk](http://www.kfo.org.uk)





## What is Orienteering?

Orienteering is a challenging outdoor sport that exercises both the brain and the body. The aim is to navigate in sequence between control points marked on a map and decide the best route to complete the course in the quickest time. It does not matter how young, old or unfit you are, as you can complete the course at your own pace.

Orienteering can take place anywhere from remote forest and countryside to urban parks and school playgrounds. It's a great sport for runners who like a navigational challenge in a scenic setting. Or for anyone who enjoys maps and the outdoors.

## Who are KFO?

The Kingdom of Fife Orienteers (KFO) is a sports club formed in 1978.

We promote orienteering and provide opportunities for people to have a positive experience of orienteering by:

- Organising events and competitions;
- Producing orienteering maps;
- Working with partners like Active Schools Fife to encourage participation;
- Providing coaching.

## What do we do?

In a typical year we put on a Spring series of events and an Autumn series of events in Fife. These are small events suitable for those developing their orienteering skills.

We also host a larger event which would attract orienteers from outside Fife. We also work with Active Schools and host two events a year exclusively for Fife schools.

We also have fun, participating in many competitions and events further afield.

## Getting Started

As we are a very small club, our ability to put on events is limited. However, events staged by other clubs are within reasonable travelling distance.

The best websites to search for events are:

- [www.rstrain.ndtilda.co.uk/ESOA.htm](http://www.rstrain.ndtilda.co.uk/ESOA.htm)
- Tayside Orienteers
- British Orienteering > Events > Fixtures

Google will direct you to these sites.

Unfortunately orienteering has a lot of jargon and acronyms which is daunting to newcomers. Please get in touch if you need help or translations.

## Juniors

Many young people enjoy orienteering.

At some events there is a free "string course" suitable from "very small" to around age 6. This is a course marked out with string (so no one gets lost). It will have pictures along the way with an interesting theme e.g. Winnie-the-Pooh. Everyone who has-a-go is usually rewarded with a treat at the end!

Children are encouraged to start independent orienteering by going round a course with a parent or in family groups.

From around age 10, coaching is provided in Edinburgh in conjunction with the other clubs in the east of Scotland. Please ask the secretary for details about this.

There are some competitions exclusively for juniors (ages 10 -18).

## Equipment

You don't need any special kit to start orienteering at a basic level. Just wear comfortable outdoor clothes suitable for the weather. Once your orienteering skills progress, or if you are an advanced beginner you will need a compass.

If you decide you want to take up orienteering more seriously, most people purchase off road running shoes and lightweight, breathable clothes in due course.

KFO has a navy blue and red club top.