

# Kingdom of Fife Orienteers

## News

### January 2015

It is hoped that we will have coaching sessions at  
Waterstone Crook Community Hub, Newport.  
Beath High School Community Hub, Cowdenbeath.  
Lochore Meadows Community Hub, Lochgelly.

Our juniors are also able to attend the ESOA coaching sessions usually held in Edinburgh once a month. If you require more information of these please let Ian Doig know

#### Local Events

It is proposed to hold the following events. These events are open to the general public and will be advertised in local schools; local newspapers and the FifeDirect 'what's on page' as well as our own website.

If you are available to help with any of the Local Events below please let Ian Doig know well in advance. If you want to try and plan a course on any of these let me know. There are usually a White, Yellow and Orange courses at each event.

The entry costs of these events will be:

Club Members: Juniors £1.00; Seniors £2.00; Family £3.00

Non members: Juniors £2.00; Seniors £4.00; Family £5.00

Sat 21 <sup>st</sup> February 2015	Pittencrieff Park, Dunfermline 11:30 – 13:00
Sat 21 <sup>st</sup> March 2015	Beveridge Park, Kirkcaldy 11:30 – 13:00
Wed 8 <sup>th</sup> April 2015	Townhill Woods, Dunfermline 11:30 – 13:00
Wed 15 <sup>th</sup> April 2015	Dunnikeir Park, Kirkcaldy 11:30 – 13:00
Sat 16 <sup>th</sup> May 2015	Lochore Meadows, Lochgelly, 11:30 – 13:00
Wed 10 <sup>th</sup> June 2015	Pittencrieff Park, Dunfermline. 16:00 – 17:30
Wed 24 <sup>th</sup> June 2015	Beveridge Park, Kirkcaldy. 16:00 – 17:30
Sat 4 <sup>th</sup> July 2015	Craigtoun Park, St Andrews. 11:30 – 13:00

#### School Events

We are holding 2 events in 2015 with another event to take place in October 2015. Details will be posted when available.

The event held in May is part of the Dunfermline and West Fife Sports Festival when we have up to 200 children taking part from about 6 schools. It is hoped that this year we will have about 300 children attending the festival.

Please let Ian know if you are available to help at this event.

Mon 30 <sup>th</sup> March 2015	Rosyth Public Park 9:00 – 12:00
Fri 1 <sup>st</sup> May 2015	Pittencrieff Park, Dunfermline. 10:00 – 13:00

#### Junior Coaching Sessions

This year we are about to re-establish the coaching sessions in Dunfermline. They will be held on the last Thursday of each month starting in April.

The sessions are designed to teach the basics of Orienteering up to Orange Standard and will last 90mins. The sessions are open to all juniors (P5 – S3) and the cost will be £2.00 for KFO Club members and £5.00 for non-members per session. It would therefore, be beneficial for non-members to join KFO. Places must be pre-booked through the Leisure Centre or by contacting [ian@kfo.org.uk](mailto:ian@kfo.org.uk)

Thur 30 <sup>th</sup> April 2015	Dulloch Leisure Centre. Dunfermline 15:45 – 17:15
Thur 28 <sup>th</sup> May 2015	Dulloch Leisure Centre. Dunfermline 15:45 – 17:15
Thur 25 <sup>th</sup> June 2015	Dulloch Leisure Centre. Dunfermline 15:45 – 17:15
Thur 30 <sup>th</sup> July 2015	Dulloch Leisure Centre. Dunfermline 15:45 – 17:15

Others dates will be posted when they become available.

#### AutoDownload Course.

Over the years we have put on a number of successful events and our computer teams have proved their worth again and again. We now have 18 SI units (including start and finish and check) and 20 SI cards with a 3 year license for AutoDownload. We should be using these more especially on the schools events.

With this in mind I have asked Robin Strain if he would hold a one day tutorial for KFO. If you think you would like to learn about the ins and outs of the SI system please let me know and I will organize a date and venue in Fife, probably sometime in February or March.

#### Club Development Plan.

A club development plan has been in place for a number of years now and we are now looking at updating this over the next couple of weeks for submission to the AGM. We will be looking at various aspects of how the club will evolve over the next 5 years.

Some of the main items within the Plan are:

- Increasing membership.
- Increasing event attendance.
- Mapping new areas.
- School development.
- Coaching.

A copy of the development plan will be posted on the web site after the AGM at the end of January.

#### Club Benefits.

As well as the usual benefits shown on the British Orienteering and Scottish Orienteering Association website KFO members can also benefit with a 10% discount at **Run and Become**, Queensferry Street, Edinburgh.

It is hoped that a News sheet will be issued at least every 2 months.

If you have any info you would like us to report on within the next News Sheet please e-mail me on

[ian.doig@btinternet.com](mailto:ian.doig@btinternet.com)

#### AGM.

The Kingdom of Fife Orienteers AGM will be held on Saturday 31<sup>st</sup> January 2015 at The Topsy Nipper (Glenrothes Airport) starting at 6.00pm with lunch there after. It's not too late to book your place.