

Kingdom of Fife Orienteers

News

March 2015

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 Event 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.

As part of the local event series we are introducing an informal schools league in which any juniors taking part will accrue points which will count towards their individual schools total. After 2 events Waid Academy top the Secondary Schools list while Kirkcaldy West lead the Primary Schools league.

The entry costs of these events will be:

Club Members: Juniors £1.00; Seniors/Families £2.00

Non members: Juniors £2.00; Seniors/Families £4.00

Wed 8 th April 2015	Townhill Woods, Dunfermline 11:00 – 12:30
Thurs 16 th April 2015	Dunnikeir Park, Kirkcaldy 11:00 – 12:30 (note change of date)
Sat 16 th May 2015	Lochore Meadows, Lochgelly, 11:00 – 12:30
Wed 10 th June 2015	Pittencrieff Park, Dunfermline. 16:00 – 17:30
Wed 24 th June 2015	Beveridge Park, Kirkcaldy. 16:00 – 17:30
Sat 8th July 2015	Craigton Park, St Andrews. 11:30 – 13:00
Sat 4 th July 2015	

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 these events.

Fri 24 th April 2015	Rosyth Public Park 9:00 – 12:00
Fri 1 st 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 30th

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 – S1) 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

Thur 30 th April 2015	Duloch Leisure Centre. Dunfermline 15:45 – 17:15
Thur 28 th May 2015	Duloch Leisure Centre. Dunfermline 15:45 – 17:15
Thur 25 th June 2015	Duloch Leisure Centre. Dunfermline 15:45 – 17:15

Thur 30th July 2015 Duloch Leisure Centre. Dunfermline 15:45 – 17:15
Others dates will be posted when they become available.

Our juniors are also able to attend the ESOA coaching sessions usually held in Edinburgh monthly between September and April. If you require more information of these please let Ian Doig know.

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/local events.

A course had been organized for Saturday 25th April in the Kirkcaldy Area, however Robin has cancelled this due to other commitments. I am awaiting a new date.

This course is free to all members. I do have a list of 5 people who wish to be included on the course. I will be contacting you soon to confirm.

Club Development Plan.

A club development plan has been in place for a number of years now and we have updated this. We are 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.

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.

Members achievements

Phil and Heather retained their titles in the M65 and W65 classes respectively at Scottish Sprint Champions for 2015 having won at Erskine on 14th February this year.

WOC and Scottish 6 Days.

We have been asked to help on Day 3 at Darnaway, and would like to thank all those who answered my call help. It has been confirmed that we have been allocated one of the starts. Once I have further information I will let you all know what tasks are on offer on the day.

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 edition please send an e-mail to. ian.doig@btinternet.com

If I don't know it, I cannot report it.