

Riverside Park Glenrothes Orienteering

Sat 11th Oct, Starts between 11am – 12 noon. Courses close 1:30pm.

Parking: W3W ///name.pace.means and W3W ///desk.limit.unity



Quick Info

- **Yellow** map participants, hired dibbers, and beginners, to go to registration first.
- Everyone must return to registration afterwards for dibber return, download and safety reasons.
- Dibbers are free to hire but £30 charge if lost.
- Loose control descriptions are available to print at home, at the end of this document.

Directions Navigate to the “Preston” roundabout, the intersection of the A92 and A911 on the east side of Glenrothes. Follow signs to the town centre, west, on the A911, along “Queensway” to the third roundabout, “Rothes Roundabout”. Proceed straight around the roundabout, signposted “Glenrothes North”.

Parking options:

1. After 550m turn **left** into the Riverside Park “original” car park. W3W ///desk.limit.unity.
2. After 350m turn **right** into the skatepark car park. W3W ///name.pace.means. EV charging & toilets.
3. Overspill parking: At the Rothes roundabout turn right into Fullerton Rd. The car park marked “Private” before Lidl is allocated for Riverside Park users at the weekends.

Public Transport

Glenrothes Bus station is 20 minutes walk away. The 37 and 37A from Glenrothes Bus station stop at the Riverside Park on Leslie Road. Train stations are 4 miles away (Glenrothes-with-Thornton) or Markinch (2.5 miles). Both to the east of Glenrothes.

Public toilets are available at the Skatepark. Alternatively, on the way to the event, at Lidl, on Fullerton Road, off the Rothes roundabout.

Registration (X on the map) is located as shown below. From the skatepark use the route indicated. It is easier to find the Registration tent via this route, rather than crossing Leslie Road opposite the car park.



Map & Terrain

- Specification ISSprOM map at 1:4000, A3 size.
- Under passes are mapped like this ->



All courses will encounter this.

- All rivers and the pond are marked as uncrossable. Use the mapped bridges to cross.
- All courses will have at least two controls in the maze.
- There will be map updates for the Green course at the [pre] start.
- The park can be quite muddy and there are some steep slopes. Grippy shoes are recommended for Orange and Green courses.

Course info

Course	Length Km	No of Controls	Climb m	Collect Map at:
Yellow	1.6	17	25	Registration
Orange	2.0	17	70	Start
Green	3.4	23	100	Start

There are no pre-allocated start times. Please make your way to the start any time between 11-12 noon.

[Entries](#) after the sientries closing date (Monday 6th October 23:00) may still be available, subject to map availability. Please contact the organiser mappingmum@gmail.com.

Pre-Orienteering or warm-up

Participants are welcome to attend the Riverside Park, parkrun, beforehand, at 9:30am. Attendance at parkrun will not make you non-competitive at the orienteering event.

Results

- Live Results at www.kfo.org.uk/latest-results
- Routegadget (for sharing your route choices after the event) will be available afterwards.

Health and Safety

You must report back to download / registration if you don't complete the course, else we will start a search for you. Please also remember to return hired dibbers.

Competitors are reminded they take part at their own risk, and are responsible for their own safety. Please take care of natural and man-made hazards.

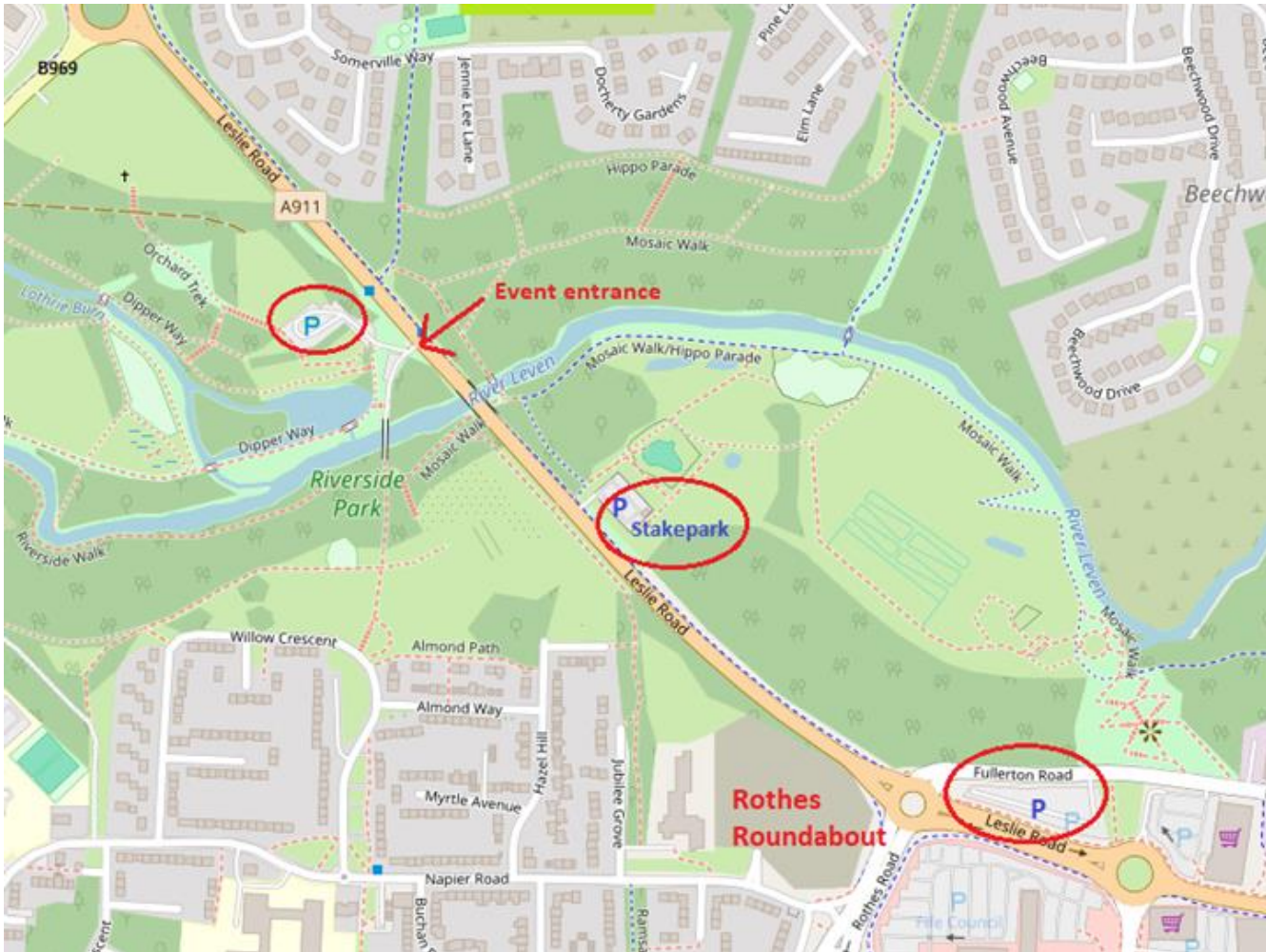
Dogs must be kept under control at all times.

There will be a qualified first aider in attendance. The nearest A&E is Victoria Hospital, Kirkcaldy, KY2 5AH.




Organiser (for any queries): Claire Duncan -> mappingmum [at] gmail [dot] com. 07767 005779. This will be the emergency contact number during the event also, and will be printed on the map.




Control descriptions are at the end of this document for you to print at home and bring to the event.

We hope you have a great day out. The weather is looking good for Saturday.



Riverside Park 11/10/2025									
Green			3.6 km			100m			
1	141								
2	125								
3	124								
4	144								
5	142								
6	134								
7	146								
8	145								
9	115								
10	117								
11	143								
12	135								
13	140								
14	121								
15	132								
16	143								
17	112								
18	128								
19	113			1m					
20	122								
21	119								
22	136								
23	131								
---- 45 m ---->									
Courses close 13.30									

Riverside Park 11/10/2025			
Orange		2.2 km	70m
		Boundary stone, Cairn, Northeast side	
1	138	Stairway, Foot	
2	112	Vegetation boundary, Northwest edge	
3	139	Thicket, West side	
4	113	Boulder 1m, Southwest side	
5	122	Root stock, West side	
6	137	Eastern Path Path Junction	
7	147	Thicket, East side	
8	115	Vegetation boundary, West edge	
9	145	Prominent tree, West side	
10	125	Re-entrant	
11	136	Boulder, North side	
12	123	Boundary stone, Cairn, Northwest side	
13	148	Thicket, South side	
14	142	Southeastern Linear thicket, Southeast corner (inside)	
15	134	Northeastern Linear thicket, East part	
16	146	Middle Linear thicket, Northwest corner (inside)	
17	131	Path Path Junction	
 ---- 45 m ----> 			
Courses close 13.30			

Riverside Park 11/10/2025			
Yellow		1.8 km	25m
		Boundary stone, Cairn, Northeast side	
1	138	Stairway, Foot	
2	133	Fence, Northeast End	
3	114	Eastern Path Path Junction	
4	129	Path Path Junction	
5	118	Southeastern Path Path Junction	
6	147	Thicket, East side	
7	120	Path Path Junction	
8	127	Fence, Southeast corner	
9	130	Path Path Junction	
10	126	Path Path Junction	
11	116	Fence, West End	
12	124	Vegetation boundary, North edge	
13	123	Boundary stone, Cairn, Northwest side	
14	148	Thicket, South side	
15	142	Southeastern Linear thicket, Southeast corner (inside)	
16	146	Middle Linear thicket, Northwest corner (inside)	
17	131	Path Path Junction	
 ---- 45 m ----> 			
Courses close 13.30			