

Kingdom of Fife Orienteers Duloch Park 8th November 2025

Thank you for entering the KFO event at Duloch Park on Saturday.

Getting to the start

There is a public car park off Nightingale Place. What3Words yappy.flexed.trophy

The KFO flag and shelter will be by the park entrance. There is also parking at Tesco and Aldi (time limited) so you can park there if you are using their shops as part of your trip.

If you are coming by public transport then the 89 bus runs from Inverkeithing Station to the park, among many other options.

Start Times

We have allocated start times to spread people out over the event. You can see your start time by going to your entry on SiEntries

https://www.sientries.co.uk/list.php?event_id=16553

You can collect your hired dibber from Registration before you start.

You must report to the Finish even if you do not complete the course. This allows us to account for everyone.

Maps

The map scale is 1:5000. There are 5 metre contours. The maps are A4 waterproof paper.

On the Green course you have to turn the map over halfway through. This is important. Remember to continue with page 2.

Loose control descriptions will be available for the Green course.

What to wear

Wear good footwear. The courses go into the woods where recent rainfall has made a lot of the marshes very wet.

Other park users

Lots of other people and their dogs will be using the park and woods. Please give way to other users.

Medical Conditions

If you have a medical condition that we need to know about in an emergency please bring this information to registration in a sealed envelope with your name on it. We will destroy the envelope after the event.

There are ticks in the woods. Remember to check for tick bites in the days after the event.

Results

Live results will be available at www.kfo.org.uk/latest-results/

Refreshments and toilets

The Leisure Centre and lots of nearby shops have cafes and toilets.