

## INteresting #123 – 12 Mar 2024

Hi,

Lots of events to look forward to now the days are getting longer - Scottish Spring this weekend, a couple more SoSOLs and of course the JK down south. Don't forget to sign up to the SOA newsletter if you haven't already - see item below.

### News and Results

- The next **club newsletter** will be out soon - please contact Katherine (katherine AT [tusks.org.uk](mailto:tusks.org.uk)) with any material (articles, photos etc.)
- The **SOA** is keen that everyone gets a copy of their regular newsletters. If you haven't signed up, please use the [sign-up form](#) on their website.
- Well done to everyone who took part in the Compass Sport Trophy heat at Birnam - what a glorious day and fantastic area. Interlopers came first so have booked their place in the final. Sadly we won't have a chance to take our revenge on SBOC as they failed to make it through their heat this year.
- We had a great local event at **Craigmillar** - thanks to planner Robin, organisers Max and Jane, and to everyone else who helped out. [Report](#) on the website.
- There's a report on the [first SoSOL of 2024](#), ESOC's Dalkeith Country Park event, up on the club website. Interlopers took first in 5 of 8 courses, with the top two on brown, blue and green courses.

### Forthcoming Events

Don't forget about the club's weekly Thursday runs ([details on the website](#)) as well as all of these events:

- [FWTN #9, Exchange District](#), Thursday 14th March
- [Scottish Spring Middle Distance and Sprint](#), Saturday 16th March
- [Scottish Spring SOL1](#), Sunday 17th March
- FWTN #10, Whinny Hill, Thursday 21st March
- [ESOC Mary Erskine School local event](#), Saturday 23rd March
- [ELO SoSOL, Balgone](#), Sunday 24th March
- JK (entries closed), 29th March - 1st April
- [INT Calderwood SoSOL](#), Saturday 6th April
- [ESOC Portobello Sprintelope](#), Wednesday 10th April
- [ESOC Blackford Hill local event](#), Saturday 13th April
- [British Orienteering Championships and Relays](#), Sat 13th - Sun 14th April
- ELO Sprintelope, Wednesday 17th April
- [Scottish Middle Distance Champs \(TAY, Hill of Alyth\)](#), Saturday 20th April
- [SOL2 \(MAROC, Balfour Hill\)](#), Sunday 21st April
- [ESOC Alnwickhill Sprintelope](#), Wednesday 24th April

### Useful Links

- Edinburgh Car-Sharing [What's App Group](#)
- [Interlopers Website](#)
- Interlopers [Thursday Training Runs](#)
- Wednesday [S&C Session Zoom Session](#) - password is available from Lorna (lorna DOT eades AT [ed.ac.uk](mailto:ed.ac.uk))
- [WOC2024 website](#)

Have fun out there!

William