

INteresting #124 – 05 Apr 2024

Hi,

Well done to our JK Champions (Lucy and Luke), and everyone else who went to the JK last weekend. Hope you enjoyed the mud! Our next event is Calderwood this weekend, though check out the events page on the club website for any weather-related updates, as Storm Kathleen approaches ...

News

- [Latest newsletter](#) now up on the club website - thanks to everyone for their input and to Katherine for collating and editing.
- **Sprintelopes** start next week, in Portobello ...
- Good to see Interlopers in action at the first SOL of the year, part of the **Scottish Spring Weekend**. Good write-up on the SOA website [here](#).
- [Report from the JK](#) (thanks to Lorna) up on the club website and in the newsletter.
- Katherine has been working hard updating the Braidburn Valley Permanent Orienteering Course (POC). You can see details and get maps on the [club website](#), and they are also available via the [BOF POC portal](#) (along with lots of other POCs)
- Don't forget to enter the [WOC Tour](#) - early bird prices until 15th April.

SOA Matters

- Coaching foundation course: The next [Coaching Foundation](#) course starts w/b 15th April 2024. Please register by **1st April** to allow us to complete the course admin. This is the first step on the SOA coach education pathway and is a low-key fun course designed to allow those interested in helping out with coaching to acquire some hints and tips to get started and unassessed practical experience. Please contact Suzanne on suzanne@scottish-orienteering.org with any questions you might have.
- Volunteer Day: this will be held on Sunday 2nd June. Two places have been allocated per club initially and any remaining spaces will be opened up from 1st May. The [registration form](#) is now open - 13th May is the absolute last day to register but it would really help SOA planning if you could sign up as soon as possible.
- SOA Strategy: there will be 2 sessions, on 16th and 18th April, to discuss the draft SOA strategy for the next 5 years. See SOA newsletter out today (you have signed up, haven't you?) and there will be updates on the website soon.

Forthcoming Events

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

- [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 Haddington West Sprintelope](#), Wednesday 17th April
- [Scottish Middle Distance Champs \(TAY, Hill of Alyth\)](#), Saturday 20th April (entries close Friday 12th)
- [SOL2 \(MAROC, Balfour Hill\)](#), Sunday 21st April
- [ESOC Alnwickhill Sprintelope](#), Wednesday 24th April
- [British Middle Championships](#), Saturday 27th April

- [ELO Lochend Woods Local Event](#), Saturday 27th April
- [ELO Dunbar Sprintelope](#), Wednesday 1st May
- [Sprint Scotland](#), Saturday 4th - Sunday 5th May
- [INT Polkemmet Local event](#), Saturday 4th May
- [INT Sprintelope](#), Wednesday 8th May
- [STAG Glasgow City Races and Relay](#), Saturday 11th - Sunday 12th May
- [WOC Tour](#), Thursday 11th - Tuesday 16th July

Useful Links

- Edinburgh Car-Sharing [What's App Group](#)
- [Interlopers Website](#)
- Interlopers [Thursday Training Runs](#)
- [WOC2024 website](#)
- [Interlopers Facebook](#)

Have fun out there!

William