

INteresting #131 – 29 Nov 2024

Hi,

Plenty of championships and cups to report on, Junior planners training, along with a couple of socials next month (BBQ after Vogrie Parkrun taster session and club Xmas Party) ...

Get Involved - Volunteering, Training and Webinars

Lots of ways to get involved and help your club ...

- **Colinton Dell** - look out for details from Mairi Eades on how you can help. We haven't used the area in a few years but all the bridges are open again so should be fun!
- **Vogrie Taster session + BBQ** - see Lorna Eades' email for details. Like we did at Holyrood last month, we're staging a Park Run takeover followed by some introductory orienteering courses for Parkrunners followed by a club lunch at the Vogrie BBQ site. Don't miss it!
- Following **our AGM** we are still looking for a new **Chair**.
- There's an online **Event Safety Workshop (ESW)** coming up on Monday 9th December. This is definitely going ahead and we have 6 places remaining if you have new event officials in need of one. Please ask members to sign up using [the form](#) by **Mon 2nd Dec**
- There's a series of **workshops for Junior Planners** in January, to be held on Zoom and run from 7:30pm to 9pm. Please look at the [registration form](#) for more information and to sign up. Deadline is **Monday 16th December 2024**
- On 5th December (7-8.30pm) **Tom Bray**, British Orienteering [Development Squad](#) coach, will present how the British Squad teach orienteering at the Talent, Development and Performance levels. Please sign up for this using [the registration form](#) by Friday 29th November (**TODAY!**)
- Lastly, there will be 2 **SOA workshops for organisers** on 10th and 31st March. More details to follow

News

- Squad Selections: Congratulations to **Laurence Ward** who has been selected for the **Talent Scotland** squad (one of 3 regional BOF Talent Squads for 15-18 year olds), **Freddie Carcas** (BOF Performance Squad), and **Eddie Narbett, Luke Fisher, James Ackland, Pippa Carcas and Mairi Eades** (all BOF Development Squad)
- **BOF subscriptions** for 2025 are now due - [click here](#) to renew.
- The **BOF Ranking list** has been updated so you can see where you rank purely on urban or forest orienteering - see [article on BOF website](#).
- The **club's Christmas Party** is on Friday 20th December, 6pm onwards Chez Carcas (see your email for details)
- Lorna's weekly **Wednesday Strength and Conditioning** sessions are now well underway. Contact Lorna for details.
- **Xmas Cup entries** are now open, with some cracking new areas in the Trossachs to look forward to

Results

- **55th OMM Glen Artney** - well done to all those who took part in the OMM in Glen Artney this year, in remarkably clement weather. It all came down to a sprint finish (over 500+ metres and 2 stream crossings!) on the Linear B course with your editor and Robin Galloway just making it to the line ahead of Max Carcas and Colin Eades.

- **Vogrie SCORE Champs** - congratulations to Andy Kitchin (M55), Paul Caban (M60) and Laura Kitchin (W12) on winning their classes.
- **Blairadam KFO ESOA Champs** - well done to cup winners Lucy Ward, all 4 Eades(!), Mary Ross and Ben Stevens who won silverware (or possibly wood in some cases)
- **SoSOL League results** for the year are out - congratulations to Ember Chepelin (4th, Yellow), Inis Chepelin (3rd, Orange), Colin Ledlie (1st, Green), Mary Ross (8=, Green), Pat Bartlett (13th, Blue) and Ben Stevens (5th, Brown)

Forthcoming Events

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

- [ELO Butterdean Wood local event](#) - Saturday 30th November
- Lakeland Warrior Weekend, Saturday 30th November - Sunday 1st December
- [STAG Glasgow Parks Champs](#) - Sunday 1st December
- [INT Colinton Dell Local Event](#) - Saturday 7th December
- [AROS FWTN 6.5](#) (yes, you read that right) - Thursday 12th December
- [INT Vogrie Post-Parkrun Taster Session](#) - Saturday 14th December
- [ESOC Hailes Quarry Park Local Event](#) - Saturday 14th December
- [ELO Festive Frolic](#) - Saturday 28th December
- [Masterplan Adventure's Christmas Cup](#) - Sunday 29th December - Wednesday 1st January
- [ESOC Cammo Local Event](#) - Saturday January 18th
- [EUOC Big Weekend](#), Friday 24th - Sunday 26th January

Useful Links

- Edinburgh Car-Sharing [What's App Group](#)
- Interlopers [What's App Community](#) (various sub-groups to join)
- [Interlopers Website](#)
- [Interlopers Facebook](#)

Regular Training Sessions

- Meadows Intervals, Tuesday, 7:55pm at the corner of the playpark
- Wednesday evening S&C sessions, 6:30 - 7:30pm. Details from Lorna Eades on request
- Interlopers [Thursday Training Runs](#)
- Carnethy hill reps, Arthur's Seat, Thursday (may need to be a member)
- HBT (Hunter's Bog Trotters) Intervals, Thursday (may need to be a member)

See you out there! If you have any INTEResting news, please send it to interesting@interlopers.org.uk for inclusion in the next issue, and likewise if you have any reports for the website, send them on, ideally with photos.

William