

INTEResting #133 – 31 Jan 2025

Hello Interlopers,

Lots going on, and plenty of events coming up including Night Championships two weekends running.

Essentials:

- **CSC Trophy heat:** Sunday 23rd February in Perth – sign up and help the club get to September's Final! See Rob's email and let him know your course choice.
- Help shape the club's plans this year: give **your feedback on club socials and communications** - fill in [Katherine's quick survey](#) by Sunday night
- Enter the **Scottish 6 Days (Deeside)** and the **JK** (Sheffield and surrounding area) - links below. ***Six Days Early Bird rates go up at midnight TONIGHT***
- We need an **on-the-day organiser** (to coordinate volunteers and equipment) for the **Craigmillar Castle event**, Sat 1st March. Offers asap to William please!

See you out there (with headtorch!) Please send any news to share with the club to interesting@interlopers.org.uk. Reports and photos for sharing via Facebook / Instagram and the website very welcome too.

William

--- INTERESTING #133 (Friday 31st January 2025) ---

Get Involved - Volunteering, Training and Webinars

- **BOF Development Conference** - Lots of interesting talks over the next few weeks. See [full list](#).
- Seeking **organisers and planners** for our local events - on-the-day organiser for Craigmillar Castle (1st March), organiser and planner for Oriam (7th June), and two summer Sprintelopes. Plus organiser for our SOL at Gullane on Sunday 21st September
- The **SOA Coaching Courses** for 2025 have been announced - see [SOA website](#) for full details.
- **SOA** has also started its annual series of monthly online **evening Community Conversations**, on a range of themes. The next one on Mon 3 Feb (7.30-8.30pm) will be on **Development and Attracting Newcomers** - see [SOA website](#) for more details and to sign up.

News

- A big welcome to **new member Ellie Bales**, formerly of EUOC, who planned the Big Weekend classic race this year
- Congratulations to **Tessa Strain** on being the new **club champion for 2025** (determined by run-in times at the Big Weekend)
- **CSC Trophy Heat** is on Sunday 23rd February at Kinnoull Hill in Perth - see Rob's email and let him know which course you want to run.
- Congratulations to **Iain and Zoe Harding**, former Interlopers, who had a baby girl named Mairi on 2nd January.
- A little bird tells me that **Interlopers are currently leading the SICC (Scottish Inter-Club Championships)** after the Big Weekend, ahead of FVO (and ESOC), with particular credit going to **Mary Ross** for a big win on short green. Long may it last! The algorithm has been tweaked slightly since last year so more clubs should have a full set of counting results by the end of the year.
- **ESOC are celebrating their 60th anniversary** on 21st June with a '[Race Across Edinburgh](#)' - 60 controls across 6 parks, travelling between them by foot or public transport.
- Thanks to Lorna who is continuing to run the weekly S&C sessions. For those who can't make this but want to do the exercises another time, they are now up on the website ([Go Orienteering -> Strength and Conditioning](#))
- **Sprintelopes** now have their own page on the [ESOA website](#), along with the [Interlopers-specific page](#) for our events.

Results

- **Big Weekend** - see [full results](#). FWTN turned into Fight with the Daylight / Twilight as it had to be postponed due to Storm Eowyn, but all in all a great set of events, and good to be back in the city centre. Just watch out for those slippery closes!
- **Cammo** - [full results](#). Great local event with the 'fun' of the corridor course which had legs on alternating sides of the map, randomly positioned. Very hard aligning the map, but very rewarding ...

Forthcoming Events

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

February

- [ELO Balgone Local Event](#) (before Night Champs, White/Yellow/Orange only) - Saturday 1st February
- [ELO Scottish Night Championships, Balgone](#), - Saturday 1st February
- [ELO Musselburgh urban race \(SOUL 2\)](#), Sunday 2nd February
- [EUOC FWTN 8](#), location TBC, Thursday 6th February
- [FVO British Night Championships, Touch \(Cambusbarron near Stirling\)](#) - Saturday 8th February
- [FVO Plean Regional Event \(UKOL\)](#) - Sunday 9th February
- [RR Eildon Hills local event](#) - Sunday 9th February
- [ESOC SoSOL Corstorphine Hill](#) - Sunday 16th February
- [ELO Local Event](#) - Saturday 22nd February
- [TAY CompassSport Cup Heat](#), Kinnoull Hill - Sunday 23rd February (counts for SICC)
- [EUOC FWTN 9](#), Royal Mile - Thursday 27th February

March

- [INT Craigmillar Castle Park local event](#) - Saturday 1st March
- [RR Bowmont Forest local event](#) - Saturday 8th March
- [TAY Open Score Event, Perth](#) - Sunday 9th March
- [FWTN #10, Craigmillar](#) - Thursday 13th March
- [British Middle Champs \(MV\), Holmbush and Buchan Country Park, Crawley](#) - Saturday 15th March
- [ESOC Mary Erskine and Ravelston Woods local event](#) - Saturday 15th March
- [KFO local event](#) - Saturday 22nd March
- Scottish Middle Champs ([INVOC](#)), Dallaschyle - Saturday 22nd March
- [MOR SOL1](#), Lady Culbin - Sunday 23rd March
- [ELO local event](#) - Saturday 29th March

Later

- [JK 2025](#), South Yorkshire - 18th - 21st April [Entries close 28th March]
- [ESOC Race Across Edinburgh](#) - Saturday 21st June
- [Scottish 6 Days, Deeside](#) - 27th July - 1st August [Entries close 30th June for competition classes]

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)