

Welcome to **INteresting 147**.

There has been a lot of orienteering in the last few weeks, these are some of the highlights:

Thanks to the team that helped put on a lovely local event at **Almondell**

Many congratulations are due for winners and podium places at the **Scottish Champs** in Grandtully.

Interlopers Ellie Bales, Mairi Eades, Eddie Narbett, Freddie Carcas and Jason Wong competed in the **first round of IOF World Cup in Locarno** featuring individual, knock-out and relay sprints. More details at...

- <https://interlopers.org.uk/InterlopersatWorldCupRound1>

Interlopers Ellie Bales, Mairi Eades, Freddie Carcas, Eddie Narbett and Jason Wong competed in the **second round of IOF World Cup** at Skara and Lidköping, Sweden. More details at

- https://www.britishorienteering.org.uk/news/6796/world_cup_round_2_round_up

Lucy Ward performed well at the **European Youth Orienteering Championship** achieving 6th place in the sprint and running the anchor leg in the W16 relay that finished 4th

Congratulations to Interloper teams competing at **Venla and Jukola** relays in Finland!

The **British Sprint Championships** in Bristol 27th and 28th June saw Eddie Narbett and Ellie Bales both finish 4th in the individuals and also interloping in the AROS team that won the Sprint Relay. The Interlopers sprint relay, team of Alice Wilson, James Ackland, Jason Wong and Roanne Lilly finished in 6th place.

After Edinburgh's Sprint World Champs in 2024, next week sees the **Sprint World Orienteering Champs 2026** in Genoa from 7th to 11th July. Aoife McCavana represents Ireland with Freddie Carcas and Eddie Narbett representing **Team GB** – good luck all!

Have a good summer wherever your route choice takes you.

Graham McIntyre, Interloper Comms

■ Interloper events

We have the following events scheduled

- Wed July 8th: Sprintelope at **Colinton Dell**
- Wed 5th August : Sprintelope at **Gracemount**
- Sat 3rd Oct : Local event at **Braidburn Valley Park**
- Saturday 7th November : Local Event at **Mortonhall**
- Saturday 5th December **ESOA Champs and SoSOL 10**

■ Forthcoming events

- Sunday 2nd to Friday 7th August: [Lakes 5 Days](#)
Entry fees go up after 12th July, looks like late entries will be accepted up to the event
- Saturday 5th September: SOUL 5 Scorguie, Inverness
Sunday 6th September: SOL 3 at Glen Affric North
- Sunday 13th September: SOL 4 at Cademuir
- Monday 14th – Friday 18th September: Coast & Islands, Coll

- Saturday 19th / Sunday 20th September: Veteran Home Internationals, South Yorkshire
- Sunday 20th September: SOUL 5 Kames, AYROC
- Saturday 26th / Sunday 27th September: Junior Inter Regional Champs, East Anglia
- Saturday 3rd / Sunday 4th October: Senior Home Internationals
- Saturday 10th October: SOL 5 at Edinchip
- Saturday 10th / Sunday 11th October: Junior Home Internationals, Edinchip and Loch Ard
- Sunday 18th October: CompassSport Cup Final, East Grinstead
- Saturday 24th October: Scottish Score Champs, Culbin
Sunday 25th October: SOUL 6, Keith

■ Thursday Off-road training runs

Setting off 6.30, all welcome

- 09/07/2026 [Bonaly, Harbour & Capelaw from Bonaly Country Park car park](#)
- 16/07/2026 [Braids & Mortonhall from N side of high point of Braid Road](#)
- 23/07/2026 [Torpin, Woodhall Mains, Water of Leith, Lymphoy, Rosebank, Poets Glen, Kinleith, Clubbiedean, Torduff \(Hill\), dam gate/golf course FP](#)
- 30/07/2026 [Swanston & Dreghorn from Swanston car park](#)
- 06/08/2026 [Corstorphine & Ravelston from Cairnmuir Road car park](#)
- 13/08/2026 [Harlaw, Bells Hill, Logan & big Dam from Harlaw Farm public car park](#)
- 20/08/2026 [Colinton Dell from Craiglockhart Drive South \(mid to W end\)](#)
- 27/08/2026 [Bonaly & Kinleith from Bonaly Country Park car park](#)

■ Useful Links

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

■ Regular Training Sessions

- Meadows Intervals, Tuesday, 7:55pm at the corner of the playpark
- 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)

From SOA Club Dispatches

2026 SOA Training opportunities for all Club Members:

Details of all our courses, including registration documents, can be found here: [Training Calendar](#). Any queries should be directed to judy@scottish-orienteeing.org

Date	Sign up	Delivery	Info
Planner None scheduled currently			
Controller			
17th October	Grade C	In person	Venue TBC. Please use form to express interest
Event Safety			
Late June	Event Safety Workshop	On line	Use form to give preference for date 19th/22nd/26th or 29th June
Coaching			
Summer	Coaching Foundation	On line	Expression of Interest Form - dates will be determined to suit applicants. The course will be before the Club Coach course.
Late August	Club Coach	In person	2 Day In Person course in central Scotland