Welcome to INTeresting 148

We look to wrap 2026 up in style with the East of Scotland Champs at Dechmont Law. Best wishes and good running in the festive period.

Graham McIntyre, Interloper Comms

Interloper events

We host the ESOA Championships and SoSOL 10 event at Dechmont Law on Saturday 5th December. Entries are open and any offers of help on the day are most welcome. We will also need a volunteer team for car parks, starts, finishes, registration and download. Also, we need someone to compere the prize giving ceremony if the weather gods are kind and we can get the results collated before it gets dark… Any help greatly appreciated!

Scottish 6 Days – Perthshire 2027

This event is being coordinated by East Area clubs with Interlopers contributing several members of the Central Organising Team. We also have responsibilities as one of the organising clubs of Day 1, the World Ranking Event at Deuchary Hill. There will be plenty of volunteer roles available, including some team lead positions, that need to be filled nearer the time. Mark the date down.

There are still some unfilled roles on the Central Organising Team, in particular Social Coordinator, Trader Coordinator and Information Team Coordinator. If anyone might be interested please get in touch with me, Graham McIntyre.

Forthcoming events

- 28/11/2026 ELO Local Event - Yellowcraigs
- 05/12/2026 ESOA Champs and SoSOL 10 - Dechmont Law
- 06/12/2026 STAG Glasgow Parks Championships
- 28/12/2026 ELO Festive Frolic - Vogrie
- 29/12/2026 Christmas Cup Day 1 – Cashel
- 30/12/2026 Christmas Cup Day 2 – Ross Wood
- 31/12/2026 Christmas Cup Day 3 - Rowardennan

Thursday Off-road training runs

Setting off 6.30, all welcome

- 26/11/2026 Bonaly, Harbour & Capelaw from Bonaly – ***meet at Pip and Chris' after run***
- 03/12/2026 Braids & Mortonhall from N side of high point of Braid Road
- 10/12/2026 Torphin, Water of Leith, Rosebank, Poets Glen, Kinleith, Clubbiedean, Torduff (Hill)
- 17/12/2026 Wintons, Mortonhall Estate and Braid Hills, ***meet at Ann and Graham's after run***
- 24/12/2026 Swanston & Dreghorn from Swanston car park

More details at Thursday Off-road Training…

Useful Links

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