

INTeresting – 20 Feb 2021

Snow's all gone, so no excuse for not getting out to do the Winterlopes and FWTN ... or for staying in to find out about the Ward family's exploits in Sweden, Sunday at 5pm.

News

- The [club's website](#) has had a makeover as the first stage of a full redesign. Thanks to Graham McIntyre for making this happen. Next we'll be reorganising and refreshing the content – watch this space.
- Given current COVID restrictions, our March event at Craigmillar Castle has been provisionally postponed to April.
- ESOC's 7 Hills Challenge runs to the end of the month – read about it [here](#).
- Our **next social** is tomorrow, Sunday 21st February – the Ward family will be sharing their experiences in Sweden at 5pm. Zoom link will be sent to club members by email.
- Ever feel you're the only one who picks up the litter that everyone else drops? Well, you're not alone – read about the world of [Plogging](#)
- The unofficial Catching Features World Cup 2021 is taking place now, with Middle, Long, Sprint, Night and Relay competitions. See <https://orienteering.sport/unofficial-7th-woc-in-catching-features-starts-now/> for more details.
- The Craigmillar Castle Country Park FWTN is competitive until Wednesday, at which point the Liberton Golf Course Winterlope takes over. Results for [FWTN league](#) and [post-Xmas-FWTN / Winterlope](#) leagues

Forthcoming Events

- Mondays and Fridays at 9pm: Lorna's strength and conditioning session (more chilled)
- Wednesdays at 6:30pm: Zoe's strength and conditioning session (more energetic)
- 17 – 24 Feb: Craigmillar Castle FWTN (EUOC)
- 25 Feb – 4 Mar: Liberton Golf Course Winterlope
- [Scottish 6 Days](#) – 1 – 7 August

Keep safe!

William