





December 2022

Ho ho ho! Deck the halls with kites and dibbers! Time for another Interlopers' Christmas round-up. A rather better orienteering year again, with almost too much 'normal' activity to mention! Zoom things are (mostly) a distant memory; long may things stay that way. At some point during the year (on best calculations) Interlopers achieved its first half-century; congratulations to the club! Merry Christmas and here's to a happy, healthy and generally active 2023. Katherine & the committee

**JANUARY** Covid restrictions are still a bit of a pain, but the Big Weekend happens (minus ceilidh). Club Zoom Strength & Conditioning continues (thanks Lorna and Zoe). Winterlopes start up though (hurrah!), with some fun running in the dark on and around Edinburgh golf courses once more (*so* much better than when full of people taking bags of sticks for walks).



**FEBRUARY** A VERY wet and soggy Gullane SOL (thanks Murray, Tessa, Caspian, Max and team). A weekend of two halves, with a clear night for the Scottish Night Champs on Saturday followed by torrential rain all Sunday.

MARCH British Relay Champs: congrats to INT Four (Lorna, Fiona and Claire) who win the Women's short relay. Sprint Scotland takes place in Dundee with Angus and Claire coming home Champs. Craigmillar Park local event (thanks Colin L and Graham M) incorporating ESOA Juniors' training.





**APRIL** Life really starts to get back to normal and INTs are well and truly back on the road! Northern Champs weekend in Northumberland. JK in Wales (Sasha podiums as M21E Champ). Nice club Vogrie training day thanks to Lorna. Great to be able to do such things again after a long gap. Kinneil Woods local event (thanks Ken and Paul). Sprintelopes start up, hurray!

**MAY** Scottish Champs; Mairi wins W21E, woo-hoo! Dechmont Law local event: a popular location and decent weather (thanks Mike and Graham). Lucy is Scottish Middles W12 champ.





JUNE Scottish Schools at Scone; 1<sup>st</sup> place for Lucy S1 girls. Juniors have fun in the sun at the Jamie Stevenson. INTs podium at the British Sprint Champs. Almond Park local event (thanks Eades!). Congratulations to Keith on being elected as the new Chair of Scottish Orienteering.

**JULY** INTs holiday out West at the delightful / tough-and-challenging Coast & Islands. The jetsetters go to Denmark for the World Sprint Orienteering Championships, for spectator races and with Graeme and Lorna "working", shadowing organisers to pick up tips for 2 years' time when the World Sprint Orienteering

Championships will be gracing the streets of Edinburgh. Pippa and James fly the flag abroad, with Pippa at a fiery JWOC in Portugal (so hot that the forest races were postponed to November) and then with James at the World Student Orienteering champs. Fiona and Mairi spend most of the summer hanging out JROS / Scandi style. Sprintelopes continue to offer (mostly) nettle-free evening orienteering options. Many thanks to all who contributed to the planning and organising.





**AUGUST** INTs holiday at the Lakes Five Days. Congratulations to Chris & Pip on their wedding! Thursday night training continues (thanks Graham), taking in new routes such as Newbattle Abbey.



**SEPTEMBER** Junior Inter-Areas weekend

takes place for the first time in three years, with Laurence, Lucy, Fiona and Isaac competing at Pitlochry. INT AGM at the Charwood Grill; Rob Lee is awarded the Gullane Rock this year. Junior selections for JIRCs (Fiona, N Ireland) and JHIs (Laurence, Yorks). Thanks and goodbye to Pat Squire who heads to Derbyshire after many years of contributing to the club. Claire survives a triathlon (nearly developing gills). Fun club training / competition weekend on Speyside (thanks Lorna!).









OCTOBER A VERY busy month! WE ARE THE CHAMPIONS, woo-hoo!

CompassSport Trophy success at Devilla. Well done to Rob for twisting arms of so many runners. Louise Adams gets the Golden Boot. Fight with the Night starts up; William gets a trophy at the Tinto Twin. Another INT local event takes place at Braidburn Valley Park, planned by Ben Stevens and ably delivered by Paul, Colin L and William. The Eades family compete to see how many home internationals they could get to, Lorna winning with an impressive full house (driving for the JHI and competing in the other two). Laurence competes for the JHI – Scotland wins, woo-hoo! Fantastic JHI weekend and Middle distance event at Loch Vaa (thanks Graeme, Mike and team). Fab Hallowe'en party (thanks Jane & Max!). Farewell to longstanding member Donald Watson.







**NOVEMBER** The last event of the year with the Livingston SOUL; thanks Max, Paul, William and team. ESOA Champs at Teviothead (also the final orienteering event under John Tullie's farming tenure there) – Pat and Sam both win trophies.

**DECEMBER** Club activities head indoors. Weekly Zoom torture sessions get going again, yay! INTs strut their stuff on the dance floor at Robin's band's charity gig. Time for a rest before starting on the coming year's programme with local events, Winterlopes, SOLs, SOUL and the Six Days too.



Here's to some great orienteering (and related activities) in 2023!

















