INTeresting – 02 Apr 2019

Great weekend of racing courtesy of FVO (great weather too!) … hope you all enjoyed it! Don't forget the club's come-and-try-it at Colinton Dell this coming weekend

Recent News

- Inaugural Scottish Middle Distance Championships at Birnam: M12 Laurence Ward 3rd, W10 Lucy Ward 2nd, Men's Veterans Ray Ward 3rd, Ben Hartman 9th, Women's Open: Claire Ward 1st, Women's Veterans: Lorna Eades 4th.
- Second SOL of the year at Dumyat: Pippa Carcas 2nd (W16 green, 7/60 on course), Angus Ivory 2nd (M16 blue, 4/73 on course), David Ivory 5th (light green), Laurence Ward 6th (orange)
- Full results for the weekend (Middle Distance and SOL) at http://www.rstrain.ndtilda.co.uk/results_19/fvo_spring.
- JK Provisonal Distances up at www.thejk.org.uk – the Long Distance is certainly not short!
- Sprintelope Calendar finalised: www.facebook.com/sprintelope

Forthcoming Events and Entry Deadlines

- Tuesday Intervals on the Meadows: every Tuesday, 7:30 for 7:55pm
- Thursday club training run (see 'Training' link at www.interlopers.org.uk)
- **Interlopers Come-and-try-it at Colinton Dell (updated URL with details)**, Saturday 6th April
- Scottish Spring Weekend 12-13 April (**closing date 7th April**). Sprint at Falkland Palance, Middle Distance at Tentsmuir on Saturday, and Long Distance back at Falkland on Sunday
- JK 2019 (entries now closed – hope to see you all there!)
- Scottish 6 Days 28 July – 3 August (closing date 30th June). Club BBQ on evening of Tuesday 30th at the event campsite.