INTeresting – 08 May 2019

World Orienteering Day (15th May) is fast approaching. Read on for news on that, the British Champs and an urgent request for helping East Calder Primary School introduce orienteering to their pupils as part of their Health Week …

Volunteers Needed

- **(URGENT!!!)** Interlopers has been approached by **East Calder Primary School** to host an introductory / taster session, for their older kids, as part of **Health Week**. The PE teacher is keen to introduce orienteering into the curriculum, so this is a great opportunity. The request is for a half day or more if we wish, between Tuesday 11th and Friday 14th June 2019. The school is within walking distance of Calder Wood and Almondell, so either venue appears suitable. The local Park Ranger is very helpful and Ken Daly can help with permissions, maps and courses if required. However, the INT Committee meet this Monday, so need to know ASAP who can help deliver this session during school hours. Please respond to Ken Daly and John Barrow with name and days available.
- Volunteers are needed to help with the next two Come-and-try-it events in Livingston – Almondell on 1st June and Dechmont Law on 6th July

Recent News and Results

- Well done to the **George Heriot's / Interlopers school team** at the **World Schools Championships**. Angus, Amius, Eunus, Tomas and Tommy had a great week by the sounds of it, finishing at 8th team / 15 overall, with Angus taking 4th in the M2 Schools Long race. Photos on the SSOA Facebook page, and results on the ISF website
- **Dalkeith Sprintelope** was last week – thanks to Mairi Eades (and family) for organising. The league table and results can all be found at https://munro-leagues.herokuapp.com/leag…/Sprintelope%202019. There's also a Routegadget up (thanks to Robin Strain)
- **British Champs** weekend: results at https://boc2019.org.uk/results-index/. Well done to Pippa Carcas who came 2nd in W16A, just seconds behind ESOC's Rachel Brown. Other top 10s came from Freddie Carcas, 3rd and James Ackland 5th in M20E, Scott Fraser 6th in M21E, Ben Hartman continuing his excellent form to take 6th in M50L, Ken Daly 6th on M55S, Mairi Eades another good run for 4th in W18E, Lorna Eades 8th in W50L and Jane Ackland 9th in W55L, Jane Carcas 3rd on W50S, Mary Ross 2nd on W45S. In the Monday Relays, The Supervets (Graham McIntyre, Jane Ackland and Paul Caban) were 5th, and the Vets (Colin Eades, Mary Ross, Max Carcas) were 10th.
- Heads up regarding the JOK Chasing Sprint on 28th June at Callendar Park in Falkirk. This event (prologue and then chasing start) will be televised for the BBC's Adventure Show. Graeme Ackland says it will be brilliant …

Forthcoming Events and Entry Deadlines

- Tuesday Intervals on the Meadows: every Tuesday, 7:30 for 7:55pm

- It's World Orienteering Day (WOD) on Wed 15 May too with events in Holyrood Park during the day and early evening. See https://www.esoc.org.uk/world-orienteering-day-events-and-activities for daytime activities and https://www.esoc.org.uk/events/holyrood-park-may-15-2019 for the evening event (starts 5:30 – 7pm)

- Alternatively on WOD (15th May) there's the FVO Sprintelope in Linlithgow
  - Thursday club training run (see 'Training' link at www.interlopers.org.uk)

- Interlopers Sprintelope at the Astley Ainslie on Wednesday 22nd May
- Scottish Championships 25 – 26 May – entries open but not for long (close on 12th June)
- ELO Longniddry Sprintelope on Wednesday 29th May
- Interlopers Come-and-try-it on 1st June at Almondell
- Scottish 6 Days 28 July – 3 August (closing date 30th June). Club BBQ on evening of Tuesday 30th at the event campsite.