INTeresting – 21 Jul 2019

Only 7 sleeps left until the 6 Days!!! Hope you're all looking forward to it … and fingers crossed for good weather especially for anyone camping. If you can't wait until then don't forget the Liberton Sprintelope on Wednesday evening.

Volunteers Needed

- Anyone who hasn't yet replied to Jane Carcas's request for help at our event at the 6 Days (Culteuchar and Dron, Thursday 1st August) should do so now!
- Robin Galloway is looking for helpers for our SOL at Drummond Hill on Sunday 8th September (see email today). Put it in your diaries now.

News

- Thanks to everyone involved in the Dechmont Law CATI (organised by Ken Daly) and the Buckstone Sprintelope (organised by Paul Caban, hosted by Ann and Graham Haley). Results up on the club website.
- This week's Sprintelope is the Interlopers Liberton Sprintelope, planned by Angus and David Ivory.
- Congratulations to Freddie Carcas who was in the Men's Relay team at JWOC (Junior World Orienteering Championships) in Denmark who came in 6th, achieving a place on the podium.
- Congratulations to Alex Carcas (M21) and Freddie Carcas (M20) for selection for the Senior Home Internationals (SHI) in South Wales in September, and to Pippa Carcas (W16), Angus Ivory (M16), David Ivory (M14) and Sam Bartlett (M14 reserve) for selection for the Junior Home Internationals (JHI) in Ireland, in October.

Forthcoming Events and Entry Deadlines

- Next Sprintelopes are 24th July (INT, Liberton), 7th August (ESOC, Fountainbridge and Bruntsfield) and last but not least 14th August (INT, Kirkliston)
- Scottish 6 Days 28 July – 3 August. Club BBQ on evening of Tuesday 30th at the event campsite.
- Interlopers Braidburn Valley CATI on Saturday 31st August, part of the Braidburn Valley Gala, so looking for lots of helpers to encourage newcomers.

Regular events:

- Tuesday Intervals on the Meadows: every Tuesday, 7:30 for 7:55pm
- Thursday club training run (see 'Training' link at www.interlopers.org.uk)