**INTeresting – 04 Aug 2019**

Hope you're all recovering from last week's efforts! What a fantastic week – warm and dry (mostly), with a great range of locations and courses. Thanks again to the core team for planning and organising, and to everyone else who helped out before and during the event on Thursday.

## Volunteers Needed

- If you are able to help at the Braidburn Gala Come-and-Try-It event on Saturday 31st August, please let Ken Daly (kennethdaly1962 AT gmail.com) know.
- Robin Galloway is looking for helpers for our SOL at Drummond Hill on Sunday 8th September. Let him know what you can help with ASAP (robingallowayAToutlook.com). There is always lots to do at a SOL so all offers will be very much appreciated; please do come if you can.

## 6 Days Results

Well done to everyone who took part. Top 10 overall positions in classes as follows (full results at https://www.scottish6days.com/results/2019/)

- W10A Lucy Ward 4th
- W16A Pippa Carcas 4th
- W18L Mairi Eades 4th
- W21E Claire Ward 2nd (woohoo!)
- W45S Mary Ross 2nd
- W50S Jane Carcas 10th
- W55L Ann Haley 8th
- M12A Laurence Ward 3rd, Ben Ross 10th
- M16A Angus Ivory 8th
- M20L Freddie Carcas 7th
- M40L Ray Ward 9th
- M70S Pat Squire 7th

## Forthcoming Events and Entry Deadlines

- Next Sprintelopes are 7th August (ESOC, Fountainbridge and Bruntsfield) and last but not least 14th August (INT, Kirkliston – Rachel Kirkland organising)
- Interlopers Braidburn Valley CATI on Saturday 31st August, part of the Braidburn Valley Gala, so looking for lots of helpers to encourage newcomers.
- Interlopers Drummond Hill SOL on Sunday 8th September

**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)