INTeresting – 21 Aug 2019

Summer is drawing to a close, the Six Days has been and gone, likewise Sprintelopes. All good while it lasted! But plenty more orienteering now to come – including 3 Interlopers events between now and early October, so please do all you can to help at these events and make them the whopping success they deserve to be.

Forthcoming Interlopers Events - Volunteers Needed URGENTLY

- **Braidburn Gala Come-and-Try-It** event on **Saturday 31st August** - please let Ken Daly (kennethdaly1962 AT gmail.com) know ASAP if you are available to help, and how / when. The map has been fully updated (summer 2019), courses stay within the park, and the long course provides good relay, sprint or middle distance training (double-sided map). Event details will be on the web this week.
- **SOL at Drummond Hill** (details here) on Sunday **8th September**. Please sign up here – again, ASAP - to help on the day – email Robin Galloway (robingallowayATOutlook.com) if you have any questions. There is always lots to do at a SOL and all offers will be very much appreciated. Don't forget to enter on Fabian4!!!
- **SoSOL at Kinneil** on **Sunday 6th October** – details in due course, but put it in your diary now.

Club Training Weekend

- Lorna Eades is proposing a club training weekend to take advantage of the O-Foundation training day which this year is being held on Saturday 23rd November 2019 at Haverthwaite in the Lake District. There is a local event on Bethecar Moor on the Sunday. There might also be a film showing on the Saturday evening. See separate email sent by Lorna recently, and please email her (lorna.eades AT ed.ac.uk) if interested.

Other Events

- ESOC Ultrasprint at Beeslack (Penicuik) on Sunday 25th August (EOD available, advanced entries close tomorrow (22nd August))

ELO Yellowcraig on Saturday 7th September

ESOC SOL (North Pentlands) on Sunday 22nd 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)