**INTeresting – 18 Sep 2019**

Well done to the INTrepid few who made it down to the British Sprint and Middle Championships last weekend – results below.

## News

- Rob Lee (Club Captain – Robert.lee AT ed.ac.uk) would like to hear from anyone who can help the club defend the **Compass Sport Trophy** on Sunday 20th October – we're going for a fourth consecutive win!!!
- Good luck to Claire Ward who is representing Scotland in the **Veteran Home Internationals** (VHIs) this weekend. Come and cheer her and fellow Scots on, and while you are there, run your own course as the event piggy-backs on the ESOC SOL in the North Pentlands. If you're keen you could probably run ***to*** the event – but **don't forget mandatory photo id** (event centre is in Dreghorn Barracks)!!!
- **British Sprint Champs** – well done to Paul Caban (5th M55A), Murray Strain (9th Mens' Open), Rachel Kirkland (4th W45A), Lorna Eades (5th, W50A). Full results here.
- **British Middle Champs** – well done to Murray Strain (10th, M21), Ben Hartman (10th, M50), Mairi Eades (4th, W18), Lorna Eades (4th W50) . Full results here.

## Juniors' News

- Congratulations to Pippa Carcas, and Angus and David Ivory, on their selection to ScotJOS (**Scottish Junior Orienteering Squad**) for 2019-20. Full selections here.
- The **Juniors' Inter-Areas weekend** is coming up this autumn - 9-10 November. Juniors should have had more details from Katherine (Katherine AT tusks.org.uk) but contact her asap if you haven't. She's looking for responses (especially for those wanting to stay over with the group at Aberdeen Youth Hostel) by Fri 27 Sept.

## Forthcoming Events

- ESOC SOL (North Pentlands) on Sunday 22nd September (pre-entries by Thurs 19th)
- ELO Local Event at Hallhill on Saturday 28th September
- INT Mortonhall on Saturday 5th October
- RR Teviothead SOL on Sunday 13th October
- Compass Sport Trophy Final on Sunday 20th October
- Club Training Weekend in the Lake District (23-24 November, contact lorna.eades AT ed.ac.uk)

**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)