INTeresting - 20 Mar 2019

Thanks for all the feedback last week; seems like a regular club update is worth doing.

And thanks to those who have signed up to help at club events this year - more events support is definitely needed of course so here's the link again: Doodle poll (+ more info below). You should always be able to get a run at an event you help at.

Recent News

- Thanks to Jane Carcas for organising an enjoyable **skittles evening at the (newly refurbished) Sheep Heid** on Saturday. There were 26 for bowling followed by supper. Team 'Attack Point' won a closely fought skittles competition and Ann Haley was a worthy winner of the knock out competition! Photos on the Interlopers face book page.
- F**ollow the club on Twitter** @Interlopers_OC. And / or get down with the kids at East of Scotland Orienteering Juniors @ESOAJuniors (newsfeed by an actual ESOA Junior).
- Congratulations to all club runners who competed at the **CSC Trophy Heat** on Sunday at Dunrod. The Club won, closely followed by Clyde (a mere 9 points behind), so have qualified for the final at Pippingford Park, near Crowborough in East Sussex. Colin Eades, Claire Ward, Angus and David Ivory all won their classes for maximum points, Lucy Ward won the Yellow course, and even if your result didn't count directly, the closeness of the winning margin means many of you will have helped keep Clyde behind us. Hopefully everyone has got the feeling back in their feet by now! Results here
- **Tinto Twin Results** from 9/10 March: competitors take part in 2 events within 24 hours – a night event followed by a day event. Congratulations to Rachel Kirkland (1st W45), Ann Haley (1st W55), Paul Caban (2nd M55), Ken Daly (4th M55). Wintry conditions and flooding led to some last minute course changes for the night event. Snow prevailed for the day event, but all competitors were treated to a fantastic lunch at the Carmichael Estate Bistro. Thanks to Tinto for an enjoyable weekend.
- Further results from the **Northern Champs**: Sprint – Murray Strain (5th= Men's Sprint), Mairi Eades (1st, W18), Paul 5th (Men's Super Vets). Long – Lorna Eades (1st W50)
- Special mention to **Paul Caban** who did the Sheffield Sprint race earlier on the Saturday as a warmup(!?) before competing in the Tinto Twin.

Interlopers Weekend Events

Events planned for the year are listed below. Planners and organisers are needed for all those in **bold**, also marked '*', along with on-the-day helpers required for all events. Please look at the this Doodle poll and **let the club know when you can help** (you can put yes / no / maybe). If you're not sure what's involved in planning or organising, please contact Ken Daly (kennethdaly1962 AT gmail.com) in the first instance.

- Sat 6 April 2019 - Colinton Dell.
- No May event as British Orienteering Championships are on 'our' weekend (first in month)
- * Saturday 1st June – **Almondell**
- * Saturday 6th July – **Dechmont Law**
- Thursday 1st August – Culteuchar and Dron (4th day of Scottish 6 Days)
- * Saturday 7th September – **Braidburn Valley Park Gala** (tentative)

- * Sunday 8th September – **Drummond Hill** SOL
- * Saturday 5th October – **Mortonhall** (INTrepid weekend)
- * Sunday 6th October – **Kinneil SoSOL** (INTrepid weekend)
- No November event

Forthcoming Events and Deadlines

- Tuesday Intervals on the Meadows: every Tuesday, 7:30 for 7:55pm
- Thursday club training run (see 'Training' link at www.interlopers.org.uk)
- Scottish Middle Distance Championships at Birnam (new for 2019!) on Saturday 30th and SOL2 at Dumyat (near Stirling) on Sunday 31st March (entries closed 18th March but you may still be able to pre-enter if you contact them)
- Interlopers Come-and-try-it at Colinton Dell, Saturday 6th April
- Scottish Spring Weekend 12-13 April (closing date 7th April)
- JK 2019 (closing date for entries 24th March)
- Scottish 6 Days 28 July – 3 August (closing date 30th June). Club BBQ on evening of Tuesday 30th at the event campsite.