INTeresting – 26 Mar 2019

Welcome to this week's INTeresting! Trying to make it a little less dense this time. Thanks again for everyone's input – keep it coming, and do also think about longer articles for the website if you've had a good weekend (or evening!) orienteering somewhere.

Requests for Help

- Please let Rob Lee know your relay preferences for the JK ASAP (robert.lee AT ed.ac.uk)
- Pat Bartlett is organising the Colinton Dell CATI so please let him know if you can help (pat.bartlett AT blueyonder.co.uk)

Recent News

- Saturday's Sprint in **Culross** saw Rachel Kirkland first in the WV (Ladies' Veteran) class, and good performances from assorted Macintyres
- Congratulations to Paul Caban (first in MSV+) and Rachel Kirkland (first in Women's Open) at the **KFO SOUL in Dunfermline** on Sunday. Full report from Paul on both days on the club's website (soon if not there already!)
- Lots of racing in the **Lakes** over the weekend, both for GB Squad qualification and other races. Too many results to list them all here, but Freddie Carcas was 1st in the Lancaster University Sprint on Saturday, Lorna Eades 2nd in W50L and Jane Ackland 2nd in W55L at Hampsfell on Sunday. Full results at www.sroc.org and www.lakeland-orienteering.org.uk.
- FWTN results – congratulations to Ann Haley who was 2nd Woman on the short course, narrowly beating son Mark (who was 1st Man)

Forthcoming Events and Entry 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
- Alternatively on Saturday 30th, try the ELO event at Binning Wood
- Interlopers Come-and-try-it at Colinton Dell, Saturday 6th April
- Scottish Spring Weekend 12-13 April (closing date 7th April). Sprint at Falkland Palance, Middle Distance at Tentsmuir on Saturday, and Long Distance back at Falkland on Sunday
- JK 2019 (entries now closed – hope to see you all there!)
- Scottish 6 Days 28 July – 3 August (closing date 30th June). Club BBQ on evening of Tuesday 30th at the event campsite.