**INTeresting – 18 Jun 2019**

2 weekends of full-on Sprint-O action coming up … and don't forget the club's AGM this Thursday, 7pm, at the Charwood Grill.

## News

- Latest edition of SCORE (SOA's excellent magazine) is out now, either from the Interlopers site (https://www.interlopers.org.uk/uploads/Score/SCORE-1906.pdf) or from the SOA site, or you can wait for the printed version to arrive …
- Thanks to Graeme for producing the latest club newsletter – lots of interesting articles in it!
- New podcast 'The Run-In' featuring elite orienteers now available – see https://www.stitcher.com/podcast/the-run-in-2?refid=stpr. 2 episodes so far- Kris Jones and Sasha Chepelin are the featured athletes.
- Well done to Morag Macintyre who won her class in the Tomintoul 10k last weekend
- Entries for the JOK Chasing Sprint, which will be televised live on BBC Scotland, close soon. See https://www.jok.org.uk/chasing_sprint/2019 for more details.
- Congratulations to Paul Caban who has been sampling the delights of urban races around the country: 2nd in the Coventry Urban (Mens' Senior Vets) and 3rd/4th in the 2 BOK Blast Day 1 races.

## Forthcoming Events and Entry Deadlines

- Next Sprintelopes are 19th June (Livingston) and 26th June (run by Graham Macintyre, not entirely sure where!)
- Club AGM is on Thursday 20th June, 7pm, at the Charwood Grill.
- Sprint Scotland 20 – 23rd June (advance entries closed)
- JOK Chasing Sprint on Friday 28th June at Callendar Park in Falkirk – to be televised live on BBC Scotland.
- Next Interlopers CATI at Dechmont Law on Saturday 6th July
- Scottish 6 Days 28 July – 3 August (closing date 30th June). Club BBQ on evening of Tuesday 30th at the event campsite.

**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)