INTeresting – 28 Aug 2019

Local orienteering at our Braidburn event this weekend, followed the weekend after by our SOL at Drummond Hill – volunteers urgently needed; please sign up using the link below. We really don't want to have to ask other clubs to help out.

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 longest course provides good relay, sprint or middle distance training (double-sided map). Event details can be found here.
- **SOL at Drummond Hill** (details here) on Sunday **8th September**. Please sign up here if you can help, as we urgently need more volunteers- 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 – closing date is this Sunday.
- **SoSOL at Kinneil** on **Sunday 6th October** – details in due course, but put it in your diary now.

News

- Congratulations to Pippa Carcas (W16), Thomas Ross (M14) and Sam Bartlett (M14 reserve) on selection for the JIRC (Junior Inter-Regional Competition) in England in September. See the SOA selection article.
- Judy Bell's (Regional Development Officer) most recent newsletter is available here.
- Next **committee meeting** is on Monday 2nd September, so if you want any issues raised, please let a committee member know!

Other Events

- 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)