

INTeresting – 29 Apr 2021

to feel like we're getting back to near normality, with a real live Sprintelope last night ...

News

- Results and write up for last night's Sprintelope are [here](#) – thanks to the Wards and Mowbrays for organising.
- Bookings for the Dechmont Law event are open [here](#); entries close on Sunday 2nd May
- Don't miss the next Interlopers Zoom Quiz – 7 for 7:15pm, Sunday 9th May, hosted by Mike Stewart. Zoom link has been emailed separately to club members.
- There are a few tributes to Martin you may have missed - <https://www.scotsman.com/news/people/obituary-martin-hyman-long-distance-runner-coach-and-administrator-3207047>, <https://www.scotstats.net/> and https://www.britishorienteeing.org.uk/index.php?pg=news_archive&item=5526
- Thanks to Zoe for her Wednesday S&C sessions, which have now ended as Sprintelopes are upon us. There may be a replacement later on a Wednesday evening – look out for an email from Lorna soon

Forthcoming Events

- Mondays and Fridays at 9pm: Lorna's strength and conditioning session (more chilled)
- Wednesday 5th May - [Prestonpans Sprintelope](#) (ELO)
- Saturday 8th May: INT local event at [Dechmont Law](#)
- Wednesday 12th May - [Fairmilehead Sprintelope](#) (INT)
- 29th – 30th May: proposed Masterplan Adventure Sprint and FVO Auchingarrich event
- 5th June: INT local event at Polkemmet Country Park
- 5 – 6 June – British Middle and Northern Champs weekend (Lakes)
- 13th June – SOA Championships (Craig a Barns, ESOC)
- [Scottish 6 Days](#) – 1 – 7 August

Keep safe!

William