

INTeresting – 08 Jul 2021

Hi,

6 Days (or perhaps 2x3 Days) is Go ... and don't forget to sign up for next week's Sprintelope on Blackford Hill – a rather 'greener' Sprintelope than usual.

News

- The Scottish 6 Days will go ahead, albeit as 2 3-day competitions. There's still a possibility of it reverting to the usual format if the area moves to Level 0 on 19th July.
- Thanks to Angus Ivory for an excellent Moredun Sprintelope. For all Sprintelope results – see <https://munroleagues.com/leagues/Sprintelope%202021>. Best 7 out of 18 results / races count!
- Still looking for organisers for our autumn events, but it looks like we now have planners...
- The World Orienteering Championships are taking place in the Czech Republic this week – see <http://worldofo.com/> for a good analysis of the courses and results. Sprint and Middle have taken place; Long is on Friday after the relays on Thursday.
- British Sprint Champs (21-22 August) and British Long Champs (2nd Oct, with extra middle distance race next day) are on, with entries for the former open, and latter at start of August. Links below.
- Ranking Points are now being awarded again, as some of you may have noticed. See [BOF article](#) for more details.
- BOF also have a topical article on [sudden cardiac arrest](#) – well worth looking at!

Forthcoming Events

- Mondays and Fridays evenings: Lorna's strength and conditioning session (more strenuous on Mondays)
- 14th July: Interlopers Sprintelope at [Blackford Hill](#)
- 21st July: ESOC Sprintelope, Viewforth
- 28th July: KFO Sprintelope, Dunfermline
- [Scottish 6 Days](#) – 1 – 7 August
- [British Sprint Championships](#) – 21-22 August, Skelmersdale, Yorkshire
- [British Long Distance Championships](#) – 2-3 October, Braunston Burrows, Devon

Keep safe,

William