



Mountain Bike and Try Orienteering - come and have a go!



BAOC & Sarum Bike & Run Orienteering Event

Bulford Ridges

MTBO + Foot O

Saturday 18th September 2010

Directions: Signed from Tidworth at GR SU235485 and Eastbound A303 at GR SU178422.

Parking at GR SU207446. Please park as indicated

Terrain: Open ridge with a good track network, with small wooded areas. Technical area of trenches

Maps: MTBO- 1:15,000 using MTBO symbols; Foot 'O'- 1:10,000 partially amended Summer 2010

Courses: MTBO: Long: 12Km
Medium: 9.4Km all as the crow flies!

Short: 7.9Km

Foot O: Orange (easy) - for accompanied beginners

Light Green (getting more challenging!) - for improving adult beginners

Blue (challenging & long!) - for the more experienced runners

(Coaching available: Suitable for beginners with help and friendly advice to get started - all you will need are walking/ jogging clothes and trainers! Children will need to be accompanied around their course)

Registration: from 10.00am - 12.30pm

Starts: from 10.30am - 13.00pm

Courses close: 3.00pm

Fees: Seniors £4; Juniors £2 EMIT hire £1 (juniors free)

(Extra £2 for non insured MTBO entrants - please see below)

Facilities: First Aid, Loo (no other facilities)

Planner: Jan Belza (SARUM)

Army Organiser: Colonel PRL Lane (BAOC)

Organisers: Liz Yeadon (07990 734576)/ Nigel Benham (MTBO) (SARUM)

Insurance: Competitors taking part in the MTBO event will need to pre-register as an Associate Member of the BMBO (British Mountain Bike Orienteering) on their website www.bmbo.org.uk. This is simple and you will get a membership number which you will need to quote when entering - otherwise you need to pay £2 extra on the day.