



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

JUNE 2010

This month we have news of our first **MBO World Masters Champions**. Sarah Bayliss and Charlotte Somers-Cocks each won their class at the recent World Master Champs in Poland, while Tony Brand-Barker was third in his class. The senior and junior world champs are in Portugal in early July, so we hope the GB team does well there.

With the MBO experts busy overseas, their **fixture list** goes quiet till October, but there are still plenty of MBO Score events on the calendar. Three National League events in June and July, including the British Champs in Wensleydale, are interspersed with events most weekends, plus on-going summer evening series in Yorkshire, Cumbria and the Peak District. We have some reports of recent events to whet your appetite, plus updates on the **National Leagues**.

It's a bit quiet in early August – why not get out and explore your local bridleways and byways, and see if you could **plan or organise an event** in your area next year?

Newsletter contributions to newsletter@bmbo.org.uk please

FIXTURES

June 2010

Sat 26	Tebay, Cumbria	MBO Score 3 hr	Epic National MBO Score 6	Details
Tues 29	Witherslack, Cumbria	MBO Score 2 hr	Lakeland OC BikeO Series 5	Details

July 2010

Sun 4	Keswick, Cumbria	MBO Score 3hr	Cross Cumbria Cyclists	Details
Sun 4	Manx Big Summer Epic, IOM	MBO Score 3/5hr	Manx Timing Solutions National MBO Score 7	Details
Tue 6	Staveley near Kendal, Cumbria	MBO Score 2 hr	Lakeland OC BikeO Series 6	Details
Wed 7	Peak District	MBO Score 2hr	Dark & White	Details
Sat 10	Bainbridge, Wensleydale, Yorkshire British MBO Score championship	MBO Score 5hr	NYMBO National MBO Score 8	Details
Wed 14	Dearham, West Cumbria	Bike O 2hr	Derwent Valley Cycling Club	Details
Sat 17	Keilder Forest The Hot Trod	Enduro	The Bike Place in Kielder	Details
Wed 21	Sutton Bank near Thirsk, N Yorks	MBO Score 2hr	NYMBO Lanequest 3	Details
Wed 21	Peak District	MBO Score 2hr	Dark & White	Details
Sun 25	Capheaton near Belsay, Northumberland	Bike O Score 2hr	Newcastle and Tyneside Orienteers	Details

August 2010

Sun 22	Innerleithen, Borders	MBO Score 3hr	Scottish Mountain Bike Orienteering	Details
Sat 28	Malham, Yorks Dales	MBO Score 4hr	Malham Show National MBO Score 9	Details
Mon 30	Rievaulx Forest, Helmsley	MBO Score 2hr	NYMBO	Details

September 2010

Sun 5	Helwith Bridge, N Yorks	MBO Score 3hr	Epic National MBO Score 10	Details
Sat 11	Dalby Forest, North Yorks Moors	MBO Score 3hr	NYMBO	Details
Sun 12	Moors Marathon, North Yorks Moors	Bike O 70/50/25km	NYMBO	Details

World Masters MTBO Championships- Medal Winners

The British team came home with two Gold Medals and a Bronze from the inaugural IOF World Masters MTBO Championships, held in Poland 3rd - 6th June 2010

Congratulations to our world class riders:

Sarah Bayliss W40 World Champion,
Charlotte Somers Cocks W50 World Champion
Tony Brand-Barker M50 Bronze medalist.

World MTBO Championships

Good Luck to the GB team at the world Champs in Monalegre, Portugal from 10-17 July

Senior Men: Ben Plowman, Andy Windrum, Andy Conn, Mark Stodgell.

Senior Women: Emily Benham, Lucy Harris, Beth Clayton.

Juniors: Chris Brand-Barker and Helen Clayton

National MBO League 2010

With 7 events now completed the fight for the Overall Champions are far from settled.

Ben Plowman is currently leading but Killian Lomas and is hot on his heels and has an event in hand. Back in 6th place John Houlihan is quietly creeping up on the leaders and has done two events less than Ben.

The contest in the Womens class is no closer to being decided. Currently Angela Brand-Barker appears to have a clear lead but Emily Benham with 4 straight wins, Lucy Harris and family combatants Helen and Beth Clayton are all lining up behind with a 2 event advantage.

Please note that due to unfortunate problems with access, which caused the Sheffield and Groveley events to be cancelled, the league will now be **best 6 from 10 events**. So you may well be able to get enough events to qualify after all. With 3 events still to go there is still everything to play for!

The remaining events are at Sherwood Pines, Whinlatter and Grizedale Forests. See calendar for details.

A number of classes have now been settled, so congratulations to the following who have now secured their 'league champion' status within their age class.

M20 Chris Brand-Barker

M50 Tony Brand-Barker

W20 Helen Clayton

W40 Angela Brand-Barker

W50 Charlie Somers Cocks

There have been technical problems getting the league onto the website but hopefully it should be added to the end of this newsletter.

Tony Brand-Barker mbo@bmbo.org.uk

Report of Drifffield MBO 12 June 2010

The event at Drifffield airfield saw a small but select bunch of riders testing their bike handling and navigation skills over an area used as a 4 x 4 training area. Needless to say there were numerous water filled 'bomb holes' and a maze of tracks to catch the unwary. Mapped at 1:5000 the ground was covered frighteningly quickly and overshooting features and controls was all too easy. Planner Andy Windrum had us zigzagging all over the map to make the best use of the small area available. Keeping touch with the map was essential. It was all too easy to lose the route and visit the controls in the wrong order. A fact discovered, to their cost, by three riders fresh from the World Champs in Poland!

Many thanks to Andy and Steve Willis for their hard work in putting on the event. It went to show that with a bit of imagination and creativity it is possible to put small sprint type events on in some unlikely places. There must be many more areas that could be utilised in this way.

Tony Brand-Barker

World Masters Mountain Bike Orienteering Championships 2010

I had declared that 2009 was the last year I would race at the elite level. I then discovered that the first Masters World Championships would be held in 2010 – the year I turned 50 - with Gadansk in Poland being the venue. The dates went in the diary and the training began.

It was the fourth day of racing and I was standing on the start line with the clock ticking down to base time plus 5 minutes. The class leaders for M40 and W40 had started at 0 and I had watched Sarah Bayliss go on this final chasing start. I was standing alongside the leading M50. I had a 10min 25sec lead on my nearest competitor, but a puncture or some other mechanical could quickly eat into that time.

We had started on Thursday with a ‘warm up’ sprint, which was a stand alone event, not part of the World Championship set of races. A busy recreational park on a sunny Bank Holiday, crowded with locals enjoying their day out and then throw in 250 people racing around on bikes looking at a map rather than the pushchairs. Everyone seemed to miss each other, an argument for all cyclists to be allowed to ride on any pavement!

The racing proper had started on Friday with an Ultra Long event. I know I am now “old” but I think they gave the W50s an easy race. With a target winning time of 60 – 70 minutes I thought I must have missed out a loop when I finished in just under 50 minutes. This was the most hilly of the areas used and it had some tricky route choices with some of the optimal routes being to go cross country through the woods which was allowed. While I made one mistake I did finish in the lead and my nearest rival unfortunately crashed on the finishing line on a sandy track and broke her wrist. So my lead effectively went from 2.35 up to 4.42. Less fortunate was fellow team member, Bryan Singleton (M40) who had taken a path route choice rather than taking the more risky cross country route but had a branch rip off his rear gear mechanism, sticking in the spokes, not only preventing his wheel from going round, but also bending his bike frame in the process. He managed to fix this for day 2 and 3 but was then non competitive.

On Saturday we got lost on the way to the Day 2 Long race. It was only about 12km ride away so provided a good warm up but we missed an unmarked turning and ended up in the competition area. We were not the only ones to take this detour. The same assembly area was used for both day 2 and 3, and today we were on the northern area of the map. A less hilly area but with a big network of tracks of different sizes. I rode another consistent race, taking a slightly slower more technical track at one point to “get rid of” a fellow competitor who I had caught by 6 minutes but who had picked up my rear wheel and was following. She later admitted she could not navigate and ride at the speed I was going. I had worked out that she was not comfortable on the more technical sections but could catch me up when I was reading the map on the easier riding.

So I was on that start line on the third and final day of these cumulative championship races, heading for the southern area of the map. I felt a huge amount of pressure and expectation on me for that race. Whilst some saw my lead as very solid, I saw it as all to play for. The many mechanicals of the 2 previous days showed how quickly fortunes could change. And who would have predicted that 4 of the top 7 in M50 would be disqualified by missing a control on that final race. My tactics were to keep up the level of concentration that I had achieved so far and to ride some ‘safer’ routes round the paths rather than risk going cross country if I did not need to. My first leg was a long leg with a really obvious long route choice round the hill with a climb up to the control. I chose to take a much more direct but demanding navigational route that made a descent into the control. I did not hurry this but got it exactly right and immediately I settled into the map and the race. The rest just seemed to flow and as I made the final approach into the finish I knew that while I had taken some slightly longer path options it was a near perfect race for me. I had not only maintained my lead but actually increased it to just over 13 minutes. Much to my relief, I was now the first W50 World Masters Mountain Bike Orienteering Champion and the proud owner of an IOF Gold medal!

Charlotte Somers-Cocks

2010 MBO Score National League after 5 events

class		name	name	Total (best 6)	Sherwood 28 Feb	%	Cannock 28 Mar	%	Langdale 17 Apr	%	Glenn Tress 2 May	%	Kendal 30 May	%
X 50	1	Andrea Foster	Geoff Moorhouse	202	240	70	270	60					410	72
W60	1	Karen	Blackburn	164	175	51			238	46			380	67
W40	1	Sheila	Pearce	141			290	65	395	76				
W40	2	Angela	Brand-Barker	139			270	60					450	79
W 21	1	Margaret	McPhillips	210	231	67					263	62	460	81
W 21	2	Zoe	Procter	141	237	69							410	72
M 60	1	John	Skelton	179	190	55			290	56			388	68
M 60	2	Dennis	Jaques	151	270	78	326	73						
M 60	3	Roger	Tyler	122	260	76			240	46				
M 60	4	Bernard	Brownsword	99	180	52	207	46						
M 50	1	Steve	Foster	320	283	82	338	76	430	83			449	79
M 50	2	John	Rawden	302	286	83	270	60	417	81			440	77
M 50	3	Mike	Hayward	290			310	69	380	74	280	66	460	81
M 50	4	Tony	Gray	167			255	57	365	71	165	39		
M 50	5	Chris	Swift	125							195	46	448	79
M 50	6	Steve	Watson	93					240	46	200	47		
M 40	1	Alan	Milburn	262	310	90	368	82			382	90		0
M 40	2	Bryan	Singleton	194			420	94			525	100		
M 40	3	John	Houlihan	100			447	10 0						
M 40	4	Killian	Lomas	100	344	10 0								
M 40	5	Mike	Toyn	100									569	100
M 21	1	Will	Simmons	188	301	88			517	100				
M 21	2	Mark	Stodgell	180	323	94	385	86						
M 21	3	Alan	Hartley	171			350	78					530	93
M 21	4	Ed	Procter	87	15	4							475	83
G	1	Martin Hope	Ben Hope	101	208	60	183	41						

Including those riders that have done at least 2 events so far plus those that have done 1 event but scored 100 points

Six more events to go, so plenty of opportunity to score points in the league.

National MBO Score League Round 5 Selside 30th May 2010-05-30

Firstly, many thanks to the organisers, Ray Morriss and Phil Morgan from XCC, for putting on such a splendid event. It was a real treat to have a five hour event as many these days seem to be only three and don't offer such varied route options.

The event began at Selside village hall and covered an area up towards Tebay in the North East and down as far as Oxenholme in the South West. The organisers had done a magnificent job of spreading checkpoints over a mixture of mountain bridleways, farm tracks and minor roads. Although this is not surprising as Wheelbase.co.uk/ Cannondale rider, Ray, was 2009 BMBO Masters National Champion so he knows a thing or two about these things. Post event discussions of route choices revealed that there had been challenge for all abilities. Several control boxes were tucked away behind fenceposts etc and so called for close attention to the control descriptions.

The weather was sunny and dry; however it still wasn't warm enough for me to ditch my arm warmers and they went up and down in response to climbs and descents. It is hard to believe that we are only just over three weeks away from the longest day. The recent run of dry weather made for some fast rolling tracks that could easily have been boggy quagmires in wetter conditions.

Despite living close enough to the event start to (rather rashly) consider it near enough to ride there I still found myself riding several excellent brideways that I never been on previously. I consider this to be the mark of a well planned event map.

Now, onto the important stuff. There was heaps of food at the end and lashings of tea available (Thanks to Ray's wife for organising the catering). The spread was so vast that the majority of competitors stayed for the prizegiving, although the prize table bending under the weight of bottles of wine and Wheelbase vouchers might have been another factor in encouraging folk to stay and see if they had won anything. Despite the use of SI cards, various technical hitches reared their heads to make the process of getting together all the scores a bit of a trial. However, the organisers worked hard and the wait gave us all plenty of time to eat and discuss route choices.

If anyone cares, I did an anticlockwise loop round the map which meant that with two hours gone I had done the most southerly part of the map and was heading home, which was psychologically reassuring. I opted to do the tarmac climb up to Whinfell rather than the off road drag from the north and I think it paid off as I am sure it was quicker than had I done it the other way round. I am less sure about my decision to leave the ride north up Borrowdale into a stiff headwind until the final 30 minutes!

Mike Toyn (Wheelbase.co.uk/ Cannondale)

(Mike got the highest score at this event - Ed)

The next round of the National MBO Score League is on Sat 26th June at Tebay – details on the website. www.bmbo.org.uk

Keep up with what is happening by logging on to the BMBO website and forum

<http://www.bmbo.org.uk>

Yorkshire Wolds MBO Score Event 12 June 2010

After spending the morning tip-toeing around the puddles on Driffield airfield because I didn't want to get my shoes wet, I realised a change of mindset was needed for the afternoon event round the well drained bridleways and deep dry valleys of the Wolds. The sample map showed a large area for 3 hours, so the controls were likely to be well spread out. I noticed the bridleway through Horsedale was included – I'd been there before and it's lovely – plus a likely looking bridleway running downhill from Sir Tatton Sykes monument, and another downhill from near Huggate towards the finish. They formed an anticlockwise circuit that I thought I could do in 3 hours, but I knew I needed to keep an open mind until I actually saw where the controls were. Fighting my map at the start, the first impression was not many controls near the start and finish, so timing was going to be critical – get back too early and there wasn't much extra to collect, run short of time and you could be very late. The three bridleways I had spotted had a good cluster of controls on or near them, so after a brief look at other possibilities, I settled on that route.

I have a habit of becoming lost getting out of the car park, so I was grateful for the tapes getting us off the airfield and onto a proper bridleway towards control no1. I knew that to get round my loop, I couldn't afford the time to go to 11, so I had to just bash uphill into the head wind to STS monument. This was when I doubted my route choice – after 40 minutes, I only had 5 points! But then the controls flowed nicely through 22, 7, 17, 2, 27 and 4. Up and down to 20, half my time gone, and I was beginning to worry about that bridleway from Huggate to the finish. Best to miss out 3 and go in from 9, but possibly fields with gates, and the bridleway lay north of woodland, so could be muddy. Control 21 was not on the main b/w but up into woodland, so probably a steep muddy walk up? Don't panic, concentrate on where I should be going next. Up through 13, through the little bridlegate and whoosh down into Horsedale. One day, I must come and ride down there slowly to just enjoy it. It's a steep climb out of the side of Horsedale, so time for a little walk and a big think. I estimated 30 minutes from Huggate to the finish by road, but 50-60 on the bridleways. Look at the map again. Control no 28 shouldn't be too difficult – it's before the big drop into the dale, so I'll go out to 28 and 24 and dash for home on tarmac. By the time I got to Huggate, I'd decided I might as well go to 14 as well! The route through 14, 28 and 24 flowed nicely, but I had less than 30 minutes left, so it was a desperate dash down the tarmac to the finish. If I could limit my lateness to 10 minutes it would have been worth the risk of going to 14. Home just 7 minutes over the 3 hours, but absolutely shattered!

It was an odd route. Only 5 points in the first 40 minutes, and only 10 in the last 30 minutes. But lots of interest in between. The problem for the planner was that the best terrain was in the West, but we needed to start and finish at Driffield to accommodate the MBO in the morning. Looking at the map now, I can't see a route that could have given me more points. So I had done the best I could on the day, and I'm happy with that.

The Wolds are a stunningly good area to ride. The bridleways are well drained and firm, those vivid green, deep dry valleys are like nothing else I have seen, and the scenery is ever-changing. If you get a chance, do ride there. Many thanks to Dave and Steve for planning and organising.

Karen Blackburn

The next **NYMBO** event is on Sat 10th July in Wensleydale, and is also the National MBO Score Championship. This will be a full value 5 hour event in the glorious Yorkshire Dales, planned by Steve Willis with cartography by Jens Strain. Details on the website. <http://nymbo.org.uk/>

Newsletter contributions to newsletter@bmbo.org.uk please

17	David Tipper	39									1	39	
18	Colin Murley						39				1	39	
19	Mike Farrington			37	mp						1	37	
20	David Rosen						37				1	37	
											0	0	
M60		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mabie	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Paul Graetz	60			60							2	120
2	Colin Palmer	54		60								2	114
3	Richard Steptoe		60									1	60
4	Richard Smith		54									1	54
5	Ken Wickham			54								1	54
6												0	0
W18		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mabie	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Jenny Evans	60										1	60
2												0	0
3												0	0
W20		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mabie	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Helen Clayton	60		60	60	60	mp					4	240
2												0	0
3												0	0
W21		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mabie	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Emily Benham	60			60	60	60					4	240
2	Lucy Harris	49		60		49	49					4	207
3	Jennifer Hoare	54		54								2	108
4	Karyn Burns					54	42					2	96
5	Peggy Purves					45	39					2	84
6	Clare Dallimore				54							1	54
7	Helen Bridle						54					1	54
8	Jenny Williamson				49							1	49
9	Heather Monro						45					1	45
10	Alice McQuillan					42						1	42
												0	0
W40		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mabie	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores

1	Angela Brand-Barker	60		60	54	60	60	60				6	354
2	Elizabeth Clayton	54		54	60		54					4	222
3	Sarah Bayliss	49		49	49							3	147
4	Claire Bushnell			45								1	45
5	Ianka P Evans			42								1	42
												0	0
W50		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mable	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Charlotte Somers-Cocks	60		60	60	60	60					5	300
2	Barbara Heathcote			54								1	54
3	Annette Milburn					54						1	54
												0	0
W60		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mable	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Judy Douglas	60		60								2	120
2	Karen Blackburn					60	mp	54				2	114
3	Gill Manning				60							1	60
4	Mary Carrick							60				1	60
												0	0
Youth		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mable	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Joshua Brooks				60							1	60
2	Edwyn Oliver-Evans							60				1	60
3	David Creber				54							1	54
4	Alison Wilkinson				49							1	49
												0	0
Overall M		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mable	Driffield	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Benjamin Plowman	42		39	60	42	60	54				6	297
2	Andrew Windrum	49		60	54	45	54					5	262
3	Killian Lomas	45		49		60	42	60				5	256
4	Alan Hartley	37	49	35	39	35	37					6	232
5	Chris Brand-Barker	33		29	45	31	35	49				6	222
6	John Houlihan		60	42		54	39					4	195
7	Bryan Singleton	31		31		49	45					4	156
8	Andy Conn	23		33		29	49					4	134
9	Mark Stodgell				49	37		45				3	131
10	Bobby Smyth		39		29	24	25					4	117
11	Timothy Martin			30	30	28	28					4	116
12	Ifor Powell	54	54									2	108
13	Steve Heading	60		45								2	105
14	Stephen Martin			21	31	23	27					4	102

15	Nick Howlett			23		22	26					3	71
16	Alistair Powell	35		28								2	63
17	Ross Thistlethwaite					30	31					2	61
18	Steven Davidson	22	37									2	59
19	Kevin Hodgson					27	30					2	57
20	Tim Evans			15				42				2	57
21	Fraser Purves					26	29					2	55
22	Robert Smith	30		22								2	52
23	Steve Parker			24	28							2	52
24	Benjamin Ashforth	26			25							2	51
25	Ian Patterson					25	25					2	50
26	Ian McIntyre					21	26					2	47
27	Jon Brooke		45									1	45
28	Jason Falconer		42									1	42
29	Tom Gibbs				42							1	42
30	David Paley							39				1	39
31	Mark Nixon					39						1	39
32	Warren Mason	39										1	39
33	Jason Howell				37							1	37
34	Jimmy Taylor			37								1	37
35	Chris McSweeny				35							1	35
36	Richard Steptoe		35									1	35
37	Andy Baldwin		33									1	33
38	Gary Tompsett					33						1	33
39	Peter Strong				33							1	33
40	Richard Jones						33					1	33
41	Alastair Moir		31									1	31
42	Marc Ebanks		30									1	30
43	Alan Billington	29										1	29
44	Tim Houlder		29									1	29
45	David Madden	28										1	28
46	Kristof Nowicki			27								1	27
47	Nigel Benham				27							1	27
48	Steve Jobson	27										1	27
49	Jeb Lewis				26							1	26
50	Matthew Jones			26								1	26
51	Darren Tipper	25										1	25
52	Will Simmons			25								1	25
53	Liam Corner	24										1	24
54	Stuart Clayton			20								1	20
55	Robert Farrington			19								1	19
56	Aleksanders Ivanos			18								1	18
57	Andrew Portnell			17								2	17
58	Duncan Willey			16								1	16

Overall W		Sherbrook	Inside Park	Cannock Chase	Foxley	Drumlanrig	Mabie	Driffeld	Sherwood	Whinlatter	Grizedale	No. of Events	Best 6 scores
1	Angela Brand-Barker	54		54	45	45	42	60				6	300
2	Emily Benham	60			60	60	60					4	240
3	Charlotte Somers-Cocks	45		49	39	42	35					5	210
4	Lucy Harris	42		60		39	49					4	190
5	Helen Clayton	35		42	49	54						4	180
6	Elizabeth Clayton	39		45	54		39					4	177

