



# Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

**August 2010**

This month we have preliminary information about the AGM, and an appeal for more members to volunteer to help run the sport. It's been a quiet month for home events, but we have a report of the GB team's experiences at the World Champs for you. There are plenty of quality events on the autumn fixture list, with three events still to be contested in both the MBO & MBO Score national leagues.

## FIXTURES

### August 2010

Sun 22	<b>Innerleithen, Borders</b>	MBO Score 3hr	Scottish Mountain Bike Orienteering	<a href="#">Details</a>
Sun 22	<b>Suckley Hills, Malverns</b>	MBO Score 3hr	Offroad Cycling	<a href="#">Details</a>
Sat 28	<b>Malham, Yorks Dales</b>	MBO Score 4hr	Malham Show National MBO Score 9	<a href="#">Details</a>
Mon 30	<b>Rievaulx Forest, Helmsley</b>	MBO Score 2hr	NYMBO	<a href="#">Details</a>

### September 2010

Sun 5	<b>Helwith Bridge, N Yorks</b>	MBO Score 3hr	Epic National MBO Score 10	<a href="#">Details</a>
Sat 11	<b>Woodbury Common, Exeter</b>	MBO 21/16/11km	Devon Orienteering club	<a href="#">Details</a>
Sat 11	<b>Dalby Forest, North Yorks Moors</b>	MBO Score 3hr	NYMBO	<a href="#">Details</a>
Sun 12	<b>Moors Marathon, North Yorks Moors</b>	Bike O 70/50/25km	NYMBO	<a href="#">Details</a>
Sat 18	<b>Bulford Ridge</b>	MBO 7.9/9.4/12km	Sarum Orienteering Club	<a href="#">Details</a>

### October 2010

Sun 10	<b>High Newton, Cumbria</b>	MBO Score 3hr	Cross Cumbria Cyclists National MBO Score 11	<a href="#">Details</a>
Sat 16	<b>Keilder Forest - Oktoberfest</b>	Enduro 50k	The Bike Place in Kielder	<a href="#">Details</a>
Sat 16	<b>Cropton &amp; Newtondale Forest, N Yorks</b>	MBO Score 3hr	NYMBO	<a href="#">Details</a>
Sun 17	<b>Peak District</b>	MBO Score 3hr	Dark & White Winter	<a href="#">Details</a>
Sat 23	<b>?</b>	MBO Score 3hr	<b>Epic Trailquest</b>	<a href="#">Details</a>
Sat 30	<b>Sherwood Pines (provisional)</b>	MBO	BMBO National MBO 9	<a href="#">Details</a>
Sun 31	<b>Isle of Man – South Manx Autumn MBO.</b>	MBO Score 3hr	Manx Timing Solutions	<a href="#">Details</a>
Sun 31	<b>Sherwood/Notts Forests</b>	Enduro/MBO 2/4 hr	Dark & White	<a href="#">Details</a>

### November 2010

Sat 6	<b>Whinlatter Forest, Cumbria</b>	MBO	Cross Cumbria Cyclists National MBO 10	<a href="#">Details</a>
Sun 7	<b>Grizedale Forest, Cumbria</b>	MBO	Cross Cumbria Cyclists National MBO 11	<a href="#">Details</a>
Sun 21	<b>Peak District</b>	MBO Score	Dark & White	<a href="#">Details</a>

Full calendar and lots more info on the BMBO website <http://www.bmbo.org.uk>

## **NOTES FROM THE COMMITTEE August 2010**

**AGM** This is usually held in late October/November, and we make a weekend of it! If the weather is decent that means less time on business, and more on biking, eating and drinking, so its a good social event. Usually, we book a youth hostel or bunkhouse, with social rides or an event on Saturday and Sunday and the AGM on Sat evening. It makes less work if we incorporate an event already on the fixture list. So if anyone would care to organise accommodation etc for the weekend of an event, please volunteer to Geoff [secretary@bmbo.org.uk](mailto:secretary@bmbo.org.uk)

The date will be announced via this newsletter and the website. If you have any proposals you wish to be considered by the AGM, please send them in writing to the secretary [secretary@bmbo.org.uk](mailto:secretary@bmbo.org.uk)

To vote at the AGM, you do need to be a member of BMBO – check by logging into the website [www.bmbo.org.uk](http://www.bmbo.org.uk) and clicking “my membership details”. Then check the date your membership expires. And while you are there, check the rest of your details, especially your e-mail address, are correct.

### **The Committee**

There may be a proposal at the AGM to reduce the number of committee members from eight to six. The committee are elected by the members at the AGM to make decisions about BMBO and they are responsible for the management of BMBO. The committee would consist of Chair, Secretary and Treasurer plus three others. They would cover some specific jobs, but many others can be carried as non-committee posts.

The existing committee and ex-committee posts can be seen here <http://www.bmbo.org.uk/contact/index.php>

We will need a new membership secretary as Liz is going to Uni – thanks for the work you have done for the TCA and BMBO, and best wishes for the future, Liz. As far as I know, the rest of the current post holders are willing to continue for 2011, so coming to the AGM does not mean you will be coerced into a job. However, we do need new volunteers to help share the work and provide continuity as the old stagers wish to hand over to younger folks. If you are prepared to take on even a small task to help the sport, contact John [chairman@bmbo.org.uk](mailto:chairman@bmbo.org.uk) or Geoff [secretary@bmbo.org.uk](mailto:secretary@bmbo.org.uk)

Here are a few examples of areas where help would be most useful:

**Vice Chair** – to share in the work of chairman and cover if he is ill or on holiday. The new website now deals with a lot of the day to day admin.

**Membership Secretary** – to sort out any membership queries. The on-line membership system is being completely overhauled to make this job easier.

**Development** – to try and extend the sport to new areas, involve new organisers, planners and competitors.

**Publicity** – to raise the profile of BMBO (which *is* the sport’s National Governing Body) with the general public and send reports to British Orienteering and magazines and newspapers. Update the image of BMBO. Develop new marketing and publicity material for use by organisers.

## **GBR Team - 2010 WOC. By Captain Conn.**

The event headquarters was in Montelegre, a rural town on the Portugal / Spanish border. Em Benham,, 'Das Accommodator' had searched to find us the perfect team accommodation, a two floor penthouse suite, marble and mahogany encrusted, a lovely view of the local mountains/race area, seven en suite bedrooms and five Swedish boys to care for us. And very cheap. It was going to be a good WOC.

We arrived early to train on the local terrain and experience the mapping standards. It was obvious from the start that it was going to be tough; long climbs and very technical downhills.

But our first race was an urban sprint in the local city of Chaves. The organisers had somehow managed to get the city centre closed to traffic so we could race around the old city streets, an army barracks, an old castle and a football stadium. This is quite a rare experience for bikers, very similar to the popular urban footO sprints but on a bike it's so much faster; more of a bike messengers' alley cat race perhaps. We all loved it, even Andrew Windrum who managed to take the wrong map at the start but then have an excellent ride - he was even getting announced as winning the junior men's race for a while.

Next up was the Middle Distance, based in Montelegre, so no travelling. Just ride out of the penthouse to the start. The race wasn't so difficult for the orienteering but it was very challenging terrain for riding. Everyone had the impression that they were riding slow but it was just the nature of the tracks. If I was a geologist I could tell you what the common stone was, but I'm not - it had lots of sparkly bits in the dust, like broken windscreens. Ben Plowman had a very good ride here getting 33<sup>rd</sup> in the Men's Elite, worth a mention.

The team as always got on well. Obviously when you throw nine people together for a potentially stressful time there might be problems. The team all handled themselves very professionally; when someone starts acting like a Richard it affects all the team, so this cannot happen. *So what about when the team leader loses the hire car key in a pool at a waterfall?* The setting was perfect, 6m waterfall with 3, 4, even 5m deep pools to jump into, picnic, sunshine and girls. When it was time to go back I knew instantly that the key was in the pool, because it was not in my pocket; but which pool? Luckily we had enough cars to get back to the Penthouse. There followed for the next 2 days much teeth gnashing and odds setting re. getting the stupid key back from The Deep. I managed to muster an International Rescue team - Austria, Estonia, Finland and GBR. A world champion biker, a helicopter pilot, Scandinavia's finest adventure racer and me. The key was found, I was very, very lucky. Orienteering and/or hire car Gods, if you are reading this, thank you.

Next race was the Long Qualifier. Andrew Windrum made up for messing the sprint up by being the only MAN to make the Men's final. There was talk of a bad crash during the event, involving a Czech rider. It wasn't until the next day that we learned it had been Hana Doležalová in the accident, a top Czech Elite rider. She had a serious back injury and possibly wouldn't be able to walk again. This news was a shock to all; everyone hopes that the early prognosis was wrong. All the teams had a collection for Hana's parents to travel to Portugal and over 5000 euro was collected.

The next race was the Long Final for everyone apart from the men's relay team. The decision was made to re-shuffle the team in order to have three sets of fresh legs for the relay race which was the morning after the Long Final. The Long Final turned out to be the most testing of all the events, with tough route choices, big climbs and sun. There were quite a few punctures affecting the team's results throughout the championships. Most of the team were using various 'No Flats' tubeless systems but were still having problems. We all used the same in Israel last year in the extreme cactus terrain and hardly suffered; this probably was a good gauge of the nature of the tracks. Maybe all those sparkly rocks were glass?

The relay is always a good race, that's why it is often the final event. It's a good format and a good spectacle for the crowds. This year the German team took it to a new über entertainment level; the first leg rider had a mechanical, he looked like he was going to run the last few controls but no! He ran past the spectator control in the arena; he slung his bike over the barriers, jumped over the barrier and proceeded to boot his bike about; then he went and tried to drop-kick a tree; before returning to boot his bike again. And as a final bow he ripped his map up. Fantastiche!

This was certainly one of the best World Champs I have been to. I've been an International MTBO playboy since 2004 and I don't want to quit if I can spend time with a good team, riding perfect terrain on good maps.

Congratulations to all the team for their effort, I think everyone will have learned something from these races and will have an eye on 2011.

And a big thank you to BMBO for the continued support.

## **2011 MBO National League**

The co-ordinator is trying to sort out the league fixtures for next year – here is his letter.

*Hello fellow competitor/organiser*

*With the 2010 MBO league entering it's final stages it is time to start looking forward to 2011, but firstly a big thank you to the 2010 organisers. Without you the league would not have happened.*

*My aim is once again to compile a league of about 10 to 12 quality events spread throughout the year and covering as much of the country as possible.*

*Frequently during the course of the season I have heard comments such as "that would make a good area" and so on.*

*It would be really good to get some new areas and also some new organisers this year. If you have never organised an event before there are plenty of folk who will be willing to offer help and advice to get you going. The MBO league guidelines are available from me. If an area has been used for foot Orienteering in the past there is probably already a map available. Contact your local orienteering club to find out. It is a fairly simple task to convert it to MBO standards if it is already drawn using OCAD. Again help and advice is available if needed. Simply ask!*

*Getting permission from the landowners is always the hardest part so now is the time to start making initial enquiries. John Houlihan has also negotiated a national agreement for Forest enterprise areas which will hopefully make the task a little easier in future.*

*So far there are no firm fixtures for 2011, but there are ideas for weekends in Cannock Chase, the Scottish Borders and the South of England being formulated. If you have an idea for an event please get in contact so that the dates can be coordinated.*

*My aim is to have a league published in the New Year.*

*In the meantime use this 'lovely' summer weather to explore some new areas.*

*Happy riding!*

*Tony Brand-Barker  
MBO coordinator. [mbo@bmbo.org.uk](mailto:mbo@bmbo.org.uk)*

## **2011 MBO and MBO Score Events**

Anyone thinking of organising any form of MBO in 2011 should have a look on the website at the “organise an event” section. Most of the admin can now be done on-line, but if you have any problems, or are not sure where to start, contact the event co-ordinator at [events@bmbo.org.uk](mailto:events@bmbo.org.uk)

## **2010 MBO Score National League**

The results so far are on the next few pages. It only includes members who have completed two or more events. Please check your scores and report any mistakes to me, [newsletter@bmbo.org.uk](mailto:newsletter@bmbo.org.uk) so I can pass them on to the compiler. There are still three more events to gain points, so there will be changes soon.....

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Many thanks to the riders who have responded to my requests for event reports for the newsletters. More reports, articles, letters to the editor are welcome at [newsletter@bmbo.org.uk](mailto:newsletter@bmbo.org.uk)

Another way to air your views, ask for advice etc is on the BMBO forum – find it via the website, <http://www.bmbo.org.uk>

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## MBO SCORE - National league after Wensleydale

class	name	name	total (best 6)	Sherwood 28/2	%	Cannock 28/3	%	Langdale 17/4	%	Glenn Tress 2/5	%	Kendal 30/5	%	Tebay 26/6	%	Manx 4/7	%	Wensly dale 10/7	%
W 21	Margaret	McPhillips	297	231	67					263	62	460	81	390	87				0
W 21	Zoe	Procter	205	237	69							410	72	290	64				0
W 21	Stephanie	Fountain	157					380	74									325	83
W 21	Jenny	Sutton	105					290	56									190	49
W 21	Lorna	Hewitt	100									260	46	240	54				0
G	Tim Evans	Edwyn Oliver - evans	157					392	76									315	81
G	Richard Martin	James Martin	135					342	66									270	69
G	Martin Hope	Ben Hope	101	208	60	183	41												0
M 21	Mark	McPhillips	293									530	93	448	100			390	100
M 21	Will	Simmons	283	301	88			517	100									370	95
M 21	Mark	Stodgell	180	323	94	385	86												0
M 21	Alan	Hartley	171			350	78					530	93						0
M 21	Ed	Procter	167	15	4							475	83	360	80				0
M 21	Simon	Greenwell	147					329	64									325	83
M 40	Alan	Milburn	262	310	90	368	82			382	90		0						0
M 40	David	Cowgill	214									426	75	320	71			265	68
M 40	Mike	Toyn	199									569	100	445	99				0
M 40	Bryan	Singleton	194			420	94			525	100								0
M 40	Andy	Massey	177					415	80									378	97
M 40	Conrad	Ellison	165					375	73									360	92
M 40	Jeffrey	Barber	157					380	74									325	83
M 40	Peter	Swanborough	144					376	73									27	71
M 40	Allan	Horsley	144					360	70									290	74
M 40	Chris	Fountain	126					315	61									255	65
M 40	David	Smart	111					245	47									260	64
M 40	Michael	Clarke	106					305	59									185	47
M 50	Steve	Foster	471	283	82	338	76	430	83			449	79	367	82			270	69
M 50	John	Rawden	384	286	83	270	60	417	81			440	77					320	82



W40	Sheila	Pearce	223			290	65	395	76								320	82	
W40	Angela	Brand-Barker	213			270	60					450	79	330	74			0	
W40	Helen	Bagley	103											260	58			175	45
W50	Anne	Plant	227									370	65	363	81			315	81
W50	Maggie Kirkup	Lorraine Naylor	108					300	58									195	50
W60	Karen	Blackburn	292	175	51			238	46			380	67	295	66			240	62
X 50	Andrea Foster	Geoff Moorhouse	277	240	70	270	60					410	72	336	75				0
X 50	Dorothy Pelly	Martin Smith	185	230	59							360	63	280	63				0
X 50	Christine Defty	Ralph Defty	136	256	66			362	70										0
X 50	Michael Connor	Barbara Hickson	127									320	56	320	71				0
X 50	George Hamilton	Karen Hamilton	118	265	68			260	50										0
Y18	Samuel	Wilson	96	186	48			250	48			0						0	0