



# Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmb.org.uk

**JULY 2010**

This month the newsletter includes the usual round up of fixtures and event reports. Many of you will be going away for a summer break – have fun and make sure you come back fit and keen for the autumn events!

## FIXTURES

### July 2010

Sun 25	Capheaton near Belsay, Northumberland	Bike O Score 2hr	Newcastle and Tyneside Orienteers	<a href="#">Details</a>
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### August 2010

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

### September 2010

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

### October 2010

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

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

Many thanks to the riders who have responded to my requests for event reports for the newsletter. 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>

## **Mountain Bike Orienteering World Masters Championships June 2010**

This year was the first ever World Championships for the masters, and I decided that my aim for this year was to be a W40 World Champion.

They were held in and around Gdansk, in Poland, and were some of the best races I have done. The weather was dry and hot, which meant the tracks were fast. There were many tracks covered in brushings, and as riding off track was allowed, many riders returned from the forest with broken bikes. It was therefore vital to stay hydrated and avoid mechanical problems.

The first day was the longest, and some good route choices and a lot of effort gave me a lead of 12 minutes. I knew the German rider who was lying second was a stronger rider than me, so I started day 2 determined to give her little chance to reduce that lead. I had my best race of the event, almost perfect navigation and maintained a lot of effort throughout, and surprised myself when I extended my lead to over 15 minutes. The championships were decided over 3 races, with the riders start times for the last race based on their time accumulated from the first 2 races. This meant that on the final day the first person across the line was the World Champion. Starting day 3 I had a 15 minute lead, so I decided to ride steady, to ensure my route choice was perfect, and minimise the chances of mechanical problems. I finished first, and just a few seconds later Charlie finished to win the W50 class.

It was a great feeling congratulating each other on the finish line. In all the GB Masters team brought home 3 medals, and topped the medal table, beating nations who seem almost unbeatable in the elite classes.

The trip was very enjoyable, and between the masters and world cup races there was a large British team supporting us all. I had a great few days, and am looking forward to next year already.

Sarah Bayliss

## **NATIONAL MBO SCORE CHAMPIONSHIPS** **WENSLEYDALE 12 JUNE 2010**

### **Congratulations to the 2010 BMBO National Champions**

**Overall Champions - Mark McPhillips and Sheila Pearce**

*See their event reports later.*

M21	Mark McPhillips
W21	Margaret McPhillips
X21	Karen Burns & Neil Kerrison
M40	Andy Massey
W40	Sheila Pearce
X40	Steph Fountain & Jeffrey Barber
M50	Duncan Stuart
W50	Anne Plant
X50	George & Karen Hamilton
M60	Ray Morriss
W60	Karen Blackburn
Gen	Tim & Edwin Evans
Youth	Sammy Wilson

## **NATIONAL MBO SCORE CHAMPIONSHIPS WENSLEYDALE 12 JUNE 2010**

A serious wrist injury that kept me off the bike for months plus a looming trip of a lifetime has put a very different emphasis on my mountain bike orienteering aims this year. I had low or more accurately no expectations for this year. Once I was back on the bike my focus was on doing as many endurance rides as possible. My endurance has steadily returned but I have been lacking speed as evidenced by my below par performances in the two hour Dark and White summer events.

Such dilemmas meant that this year I have been trying to put much more emphasis on picking the right route for my current fitness. Strangely the success of this strategy was highlighted when me and Maggie rode as a mixed pair in the Summer Polaris to one of my best ever overall results even compared to all my previous solo efforts!

After dibbing in to start the National Championships at Bainbridge I put my new strategy into action and spent a lot longer than normal planning my route. After about five minutes my plan emerged and I headed off to clear the SW corner first due to the cluster of high scoring checkpoints. It also meant I got the most difficult climbing out of the way early on.

After clearing the SW corner I really enjoyed the warp speed tarmac descent from control 15 to 27 and starting howling out in delight as I hit over 50mph. Several other competitors on the way up the climb were cranking their arms round to encourage me to go even faster. I was going so fast and having so much fun I nearly forgot about turning off for control 27, luckily I had not left it too late.

From checkpoint 27 I headed over to the bottom of the 'buttertubs' road climb up to control 30. I suddenly had that feeling that the route I had picked was too ambitious and made the difficult decision to miss out control 30. I even missed out control 16 as I realised I needed to work my way over to the east side of the map as quickly and efficiently as possible before heading back into the high scoring area on Thornton Rust Moor and Stake Allotments. The next few hours were spent fighting to make my route work. The high levels of effort and concentration almost lead to a few wrong panic decisions but on each occasion logic won through and I avoided any big mistakes.

As I gradually thought more and more about the finish I knew that I had to complete my planned finishing route to get a good score. My final run in was 10, 22, 21, 13, 29, 24, and 8. The most important of these controls was 29 as it was worth thirty points but it was a rather lengthy in and out. Getting to 29 was relatively easy with the benefit of the strong winds and downhill profile. Getting back onto my finishing loop was anything but easy. I gritted my teeth tucked in my arms and did my best impression of a classics rider on the pave. As I passed checkpoint 13 again I started to worry that maybe I was not going to make it on time. The descent down to control 24 soon banished those thoughts as it was another mega fast descent and the strong tailwind continued to speed me along as the contours levelled out again. Shortly after dibbing into my final control (8), I could clearly see the Event HQ down in Bainbridge. The rest of the swooping tarmac descent down to Bainbridge was ridden with a huge smile on my face and I finished with over a minute to spare.

After everyone had finished their own personal battles with the wind and terrain it was time for the prize presentation. My score of 400 points had been the highest of the provisional results but I knew Will Simmons result had not been included in these. It was with great relief that I heard Will's name read out before mine by Steve Willis. I had just become National Mountain Bike Orienteering Champion!

Thanks to Steve and all the other people involved in organising this event. The riding was great fun and I am tempted to come back for a weekend and try it all out at a more relaxing pace.

The trip of a lifetime if anyone is interested is the Great Divide Mountain Bike Route, 2750 miles from Banff Canada to Antelope Wells in New Mexico. Ben Fogle and James Cracknell are starting the same trip 10 days after us but they are aiming to complete it in 17 days or less! We are planning on completing it in a rather more sedate 39 days, only averaging 70 miles a day! Wish us luck especially with regards to the bears and hopefully we will still have all of our limbs at our next events in the Autumn.

Mark Mc Phillips

## **NATIONAL MBO SCORE CHAMPIONSHIPS WENSLEYDALE 12 JUNE 2010**

I come from Leicestershire, which has not seen rain for over a month. So I have become accustomed to riding on bone dry bridleways in near 30 degree heat on my semi-slick tyres, worrying more about hydration and avoiding sun stroke than about keeping warm and dry. Hence, I turned up in Bainbridge on Saturday morning with sun tan lotion, extra water, short sleeves and no coat. Totally unprepared, I was in shock, shivering behind the car, hiding from the wind and rain whilst prepping the bike.

I had not ridden a 5 hours event this season, so my strategy for the day was to take it easy for the first two hours then see how much energy was left and crank up the pace a bit if I could. I knew from the map that I would need to make a critical decision right at the start as I would not have the time tackle all four quadrants of the map. I also pre-decided that I did not want to climb off road into the wind.

On receiving the map, I decided the two quadrants to the south of the river Ure contained more points per meter of climb, so two big climbs would yield a number of high value checkpoints. Then with any energy remaining, I could pick up a couple of the high pointers to the North of the river. I set off along the A684 to Hawes with the intention of turning South to climb straight to checkpoint No. 27. Half way to Hawes, I changed my mind, deciding instead that I would be better to get the two high value checkpoints to the North West of the map now rather than try to tackle the climb in the last hour of the event. So I crossed the river Ure at Hawes and climbed to No. 16 with no problem. The next climb to No. 30 took 27 mins !!! One hour in and I had two checkpoints! Crossing back over the river Ure, picking up my original route, I felt the full force of the wind. I knew then that the climb up to checkpoint 15 was going to be hard. It didn't disappoint – 33 minutes of torture and all the other competitors appeared to be going the other way. Finally, I turned the corner near Bardale Head and the wind pushed me the last few metres to checkpoint 15. Two hours in and only four checkpoints! But, I was now at the highest point of the map.

The descent to checkpoint 18 was exciting on semi-slick tyres. I spent a frightening amount of time going sideways and I finally succumbed to walking the last 100 meters or so. My confidence improved on the steeper descent to No. 17, where I let the bike go a bit more and my tyres seemed to find grip on the rockier terrain, generating a huge grin.

I made a navigational error climbing up to Stalling Busk, East of checkpoint 20, taking the wrong turn for the bridleway shortcut onto the Byway. Correcting the error, onto the bridleway cost me a few minutes. Taking the bridleway, which was unrideable rather than the rideable road climb cost me even more time.

My route home was 24, 13, 29 (in and out), 21, 22 (in and out) and 19. From 19, I chose to follow the bridleway down the steep descent to Worton rather than climb back to the road above Bainbridge. The descent was fast, with only two gates. It generated a big smile before I hit the main A684 again for the final 2.5Km road ride to the finish.

A big thank you to NYMBO for organizing the event, especially Steve Willis who planned such a great course in this fantastic area. Just one bit of feedback – could you find bridleways with fewer gates next time?

Shiela Pearce

## **TEBAY MBO SCORE EVENT 26 JUNE 2010** **Round 6 of the National League**

Tebay! Hot day!

I had not started a MBO event from Tebay before as the last one was before I started doing these infuriating events. MBOs on Saturdays in this area tend not to get a very large entry and so it proved here, about 50 riders I think. However, for those who turned up, the Cross Keys was a good headquarters.

I had the idea in my head that the map may use the area towards Orton Fell and some of the bridleways I have used on my events from Ravenstonedale but no, we were going to the west of Tebay.

To get a good score it was going to need a trip over to the A6, Shap fell, and this was going to involve some big hills however you chose to do it.

I decided to go anticlockwise, so my route was 6,10,23,17, missed out 9 as it seemed a long in and out for 10 points, on to 14, met someone who told me that 16 was missing, but I went so I could describe the control position if requested, through 8, down and back for 22, then 25,15, had a bit of a scrat getting the right track from Satterwath, then 12, 18, 7, dodge the A6 traffic to 20, full YEE HA down Shap, down to the ford in Borrowdale, (the cold water on my feet was a relief, thought about laying down in it , but common sense prevailed), long push up to 13, and over the top of Breasthigh to 2, then down to 19,5,3,4, finally set off for 11, thinking I was going to be pushed for time, so when I got it I set off back to the finish. I have a habit of not looking at my watch toward the end as I think it may make me panic and do something stupid! I did. I should have looked at it as I got back with 8 minutes to spare, so I could have gone for 24, however I ended with a score of 420 so cannot complain.

I think everybody had a good day out, the weather was fantastic, finished of with steak and kidney and chips with a pint of Guinness.

My thanks to Epic for a good challenge. See you all out there soon I hope.

Ray.