



# Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

July 2009

## TCA FIXTURES JULY-AUGUST 2009

Sun 19 July XCC 5hr Trailquest HEVERSHAM/ATHENEUM, South Cumbria. Round 4 of 6

**National TQ league event 9**

<http://xcc.byethost7.com/events.html>

Sun 26 July NEMBOS 4 hr Trailquest ALLENDALE, North Pennines. Round 3 of 5

(Between Alston and Hexham)

Details now available via TCA website events page

[http://www.trailquest.co.uk/plugins/tcaresults\\_menu/events.php](http://www.trailquest.co.uk/plugins/tcaresults_menu/events.php)

Sun 26 July "Epic Trailquest" 3 hr Trailquest GRIZEDALE FOREST, Cumbria Round 1 of 3

<http://www.epictrailquest.com>

Wed 5 August FVO Long MTBO BLAIRADAM, (near Perth), Central Scotland

<http://www.janineandjase.plus.com>

Sat 29 August Malham Show 4 hr Trailquest. MALHAM, Yorkshire Dales.

Round 8 of 11 in NYMBO, and round 4 of 5 in NEMBOS leagues

**National TQ league event 10**

[Malham Show Trailquest](#)

Sat 29 August Mar Orienteering Club MTBO BEN NEWE North East Scotland series 2 of 3

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

Mon 31 August NYMBO 2 hr Trailquest BICKLEY FOREST, Pickering. round 9 of 11

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

And the next national event are:

**National TQ league event 11**

Sun 6 September NEMBOS 4 hr Trailquest BLANCHLAND, Northumberland. Round 6 of 6  
(between Hexham and Weardale)

Details now available via TCA website

[http://www.trailquest.co.uk/plugins/tcaresults\\_menu/events.php](http://www.trailquest.co.uk/plugins/tcaresults_menu/events.php)

National MTBO League

Sun 6 Sept IMBA Haugh Wood Wool Hope Hereford National MTBO flyer to follow.

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## **MIKE HAYWARD**

Mike Hayward is moving on from the post of event co-ordinator. A founder member of the TCA, Mike has worked very hard over the years to make the TCA a success. Mike has encouraged new organisers to development MTBO and Trailquest. We thank him for his work, look forward to his continuing organising of the Cross Cumbria League and hope to see him at lots more events in the future.

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## **FIXTURES FOR WINTER 2009/10 AND SUMMER 2010**

Will organisers and co-ordinators please start sending their proposals for events this winter and next summer to Peter Strong at [events@trailquest.co.uk](mailto:events@trailquest.co.uk)

SportIdent is now administered by Bernard Moore

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## **European Mountain Bike Orienteering Championships and World Junior Mountain Bike Orienteering Championships 2009 – Denmark**

The end of June saw a British Team of 3 Men, 2 Women and 3 Juniors travelling out to Copenhagen to compete in the week of competitions that made up the 2009 EOC and JWOC for Mountain Bike Orienteering. Running alongside the Elite races are the European Masters Championships, a Youth cup and other general open races which were also attended by some Brits.

Team accommodation was in a Youth Hostel in the picturesque town of Fredensborg, immaculate with its Royal Castle and grounds, providing a great place to relax between races. The event centre was in Hillerod, famous for Spring Cups and now home to Britain's Jamie Stephenson and his family. Jamie won a gold medal at the World Orienteering Championships.



# European Mountain Bike Orienteering Championships – Team GB

After spending a day on training maps and bike fettling after long journeys, competitors from 23 countries headed south to Bagsveard for the Sprint Race, held at the site of a rowing club, complete with spectator areas offering fantastic views of both the spectator control and finish straight. The map was very small (A4 1:7500) and the planner used the complex track network to its full potential by taking all the courses through it twice, with a spectator control/map exchange at the mid point. The British senior elites struggled with keeping the balance between speed and navigation in this terrain but Killian Lomas produced a solid 50th only 6 mins off the pace and Charlotte Somers Cocks gained the only world ranking points of the week with 33rd. Chris Brand Barker riding in JWOC gained a creditable 29th - 6.5 mins down on the Czech Gold medallist who won by a clear 45 secs. Medal hopeful Emily Benham, in her last JWOC before turning senior for 2010, lost approx 1 min in the first few controls as she settled into the map, before riding well for the rest of the race securing 4th place just 1 min down. "The most intense sprint race ever, so many paths and controls!" she said afterwards. Helen Clayton, in her first international event gained 24th in the same class.

The event circus then moved to Farum for the Middle race, this time centered on a beach on the end of a swim lake, however the starts were a 7.5 km cycle away and it was extremely hot. There was another map exchange and 2 passes of the spectator area again adding to the complexity of the course. It was a very much a course of two halves with the first part about long legs and route choice on large tracks, and the second part consisting of short sharp legs on a wooded hillside with a complex network of small paths. Again Killian produced the best Men's elite result with a solid 43rd, with Jimmy Taylor 63<sup>rd</sup>. However a nights poor preparation by Mark Stodgell, with the team manager role and interruptions from his employer in the UK taking its toll, probably contributed to a disappointing result for him (77th) and reminded the team that at this level focus is everything. In the women's elite Charlie 43rd pipped Sarah 47th whilst in the junior races Chris slipped a few places to 30th and Helen to 27th. Emily had a disappointing race losing time on route choice to the leaders and had a minor mechanical but still brought in a solid 6th place just over 3 mins down.



World Junior Mountain Bike Orienteering Championships – Team GB

The morning of the long race was extremely hot but was very close to the event centre, this time centered on Denmark's forestry school. It used Spring Cup area Gribskov, a large expanse of forest, bisected by a small local railway line which had to be crossed several times avoiding the trains and offering Star Posts style track junctions. The Seniors all had solid rides in possibly one of the most technically demanding long courses most had competed in, with lots of route choice and a couple of controls in very complicated areas of extraction lanes, but again with a spectator control and map exchange to keep everyone on their toes. A downhill gravelly finish left several riders scrabbling for the finish punch as they skidded past it. In the Junior races Chris had another good ride to 22<sup>nd</sup> - his highest placing at a JWOC, whilst Emily gained yet another podium with 5th position, finishing the weeks competition a little disappointed but not missing the podium on any day is a great achievement at this level and sets her up well for a move to Senior elite at the World Championships later this summer.

The relay day was back down near to the sprint venue and was very similar in nature with a tightly packed complex network of tracks. Again multiple visits to the spectator area were a characteristic of the event. Killian after his good performances all week went off first for the men, but a couple of mistakes dropped the team down the field to 18th as he handed over to Mark Stodgell on second leg. Mark had a great ride until some confusion at the spectator control and map exchange saw him ride 7 controls in the wrong order (no control descriptions in MTBO) before correcting his mistake and starting a head to head race with the Spanish team, which Jimmy continued on last leg outsprinting them in the finish straight to finish 18th. Debut junior rider Helen Clayton was picked to ride in the women's senior team together with Emily and Charlotte. Emily rode solidly on first leg bringing the team round in 11th place, just over 5 mins down before handing over to Helen who again rode well, finishing off a great week gaining experience at international level before handing over to Charlotte on anchor who brought them in 14th overall.

During the week the team had plenty of support from GB foot O superstars Jamie Stephenson and Graham Gristwood, but they could not be persuaded to give the spectator races a go. As well as the many spectator controls, there were quite a few incidents to keep them entertained at the finish, as the planned light bar finish gave way to a normal punching finish causing several spectacular finish line crashes as riders braked from high speed on the gravel surfaces at the last moment.

The team is now preparing for the high temperature and rocky terrain of Israel where the World Championships will be held in August.

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## **Swaledale Trailquest - Saturday 20th June 2009**

### **Organiser's report from Steve Willis:**

I thoroughly enjoyed planning this event as it gave me a good reason to take time off work and ride my bike regularly in fantastic countryside. I checked every bridleway and marked every gate which I hope was helpful. Jens added them all and produced an excellent map. Unfortunately I forgot to tell him about a new landrover track between #19 and #30 as well as the extended track on Newsham Moor which should have been marked out of bounds. I am sorry that these omissions caused problems for at least 2 riders but a closer look at the map would have told them that they were in the wrong place. A number of riders couldn't find #17 but it was in the right place on the gate on the western bridleway. I placed it there to create an alternative route down to Langthwaite - using the steep singletrack rather than the awkward, longer route through Booze. A couple of riders also couldn't find #12 but it was still there when it was collected in and clearly visible from the track junction east of the shooting hut. The gamekeepers were very welcoming and haven't reported any problems so thank you for riding responsibly.

The Dales Biking Centre provided an excellent start and finish venue. Stuart and Brenda Price were very accomodating and provided prizes for the leading riders as well as delicious refreshments afterwards. (PS If you forgot to pay for your cakes before you left please send them a cheque!) Hopefully you will let your friends know about the centre and return for a social ride, course, bike maintainence or comfortable bunkhouse accomodation. Their details are on the NYMBO website.

Thanks to all the helpers again - especially the control collectors and in particular John Dixon who also put out the 10 southern controls on Friday.(He then set off north when he was competing on Saturday!!) I put out the northern controls and ran out of daylight after 8 hours so that I had to put out #28 first thing on Saturday morning. I did save the Apedale circuit for myself on Saturday evening and had a wonderful 2 hour ride collecting in those 6 controls.

Congratulations to Andrew Windrum and Mandy Faint for scoring the highest male and female totals on the day but a special mention to Phil Webster who won the M40 class with only 8 points fewer than Andrew.

Results are on the NYMBO web page. <http://nymbo.org.uk/>

### **Riders Report from Sammy Wilson:**

Since the Generation team made the inevitable split at the end of our debut season, I have 'gone solo' and entered the youth category. After spending the Easter holidays in Muker for at least ten years, the Swaledale event will always be one of my favourites, and the perfect weather conditions and luxury start/finish at the Dales Bike Centre made it even better. Things got off to a flying start (quite literally) after the top half of my helmet, for no apparent reason, was blown off on the short journey from the camping field to the start. After some running repairs, consisting of fixing the helmet back together using the mighty power Blu-tack, some free aloe-vera muscle rub and some invaluable last words of advice from Steve ("the hardest part of the whole thing is getting the map in the bag...") I was ready to go. Not being one to stand around looking at the map for a good route, I made a quick scan for the big points and raced off towards Langthwaite. This apparently was not a good idea - it took me forty minutes to score any points – but after that I thought I was doing ok and had the basis of a good route planned out. "You've got a long way to go yet lad!" were the words shouted to me by a passing walker as I set off on the climb up through the disused mining works (scenery I thought was not too dissimilar from being on the moon). I reached the first 30 points of the day and made the superb descent into Whaw. I joined two other riders in picking up 25 points here, before leaving them to take the bridleway to the 10 points at Shaw Farm whilst I took the road. I was secretly rather pleased with myself as I arrived at the control a couple of minutes before them. With plenty more controls, as well as fantastic views across the dale, in my sights I headed onto Booze Moor. However, regardless of all the climbing, this was where things started to go downhill. I wasted precious time searching in vain (and in the wrong place) for control 17 before the killer blow appeared in the form of a puncture. Not being quite as educated as some competitors in the mechanical side of things, it was quite a challenge, the punctured inner tube was removed in no time but I spent a long and frustrating forty minutes or so trying to work out my pump and various valves. Luckily a saviour appeared in the form of a NYMBO regular (unfortunately I do not know his name) who very kindly took some of his time to give me a hand (and a pump that worked) meaning I did not have to limp back with minimal points and a flat tyre. The descent along Moresdale Ridge was fantastic but, due to the loss of time, I was forced to cut my route short and head for home over Fremlington Edge and another exhilarating descent. A final score of 140 was really very disappointing, but it was an enjoyable ride and a fantastic weekend camping in Swaledale.

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## Manx Big Summer Trailquest – Sunday 28<sup>th</sup> June 2009

After several weeks of dry weather, the Manx trails were in fine fettle for the Big Summer Trailquest, which this year was also round 8 in the TCA national TQ league.

Based in Laxey at the Pavilion (thanks to them for providing us with an excellent HQ and providing the post-ride refreshments), this Mountain Bike Orienteering event presented a level of challenge for everyone.

A total of 69 competitors entered across the 3 and 5 hour events with a mixture of solos and team entries (there were 6 generation parent/offspring teams). A visiting contingent from New Zealand upped the stakes somewhat plus a representation from Cumbria.

3 hour event:

Unfortunately, several of the teams doing the 3-hour event failed to read the instructions and happily set off around the 5-hour course (apologies to them for not making this clearer but registration was pretty hectic – moral of the story is always read the instructions!) So they visited several checkpoints that did not count and the wasted effort in the heat of the day was not appreciated as the temperatures soared to around 25 degrees. The only ones gloating over the stifling heat seemed to be the legions of horse-flies that lay in wait to pounce upon riders caught stationary at checkpoints.

Winner of the 3-hour event, New Zealander Stuart Lynch is a member of the world champion team of adventure racers and came over just for the day. He would have done the 5-hour event but had to dash off to catch the 3pm ferry - who knows what he would have scored in the 5-hour event! In an email from him after the event he praised the terrain, the course and the organisation so we are proud of being able to impress him..... Stuart overcame lack of local knowledge to produce a devastating 693 points, cleaning up all but one checkpoint in the 3-hour. Friend and fellow NZ'er Neil Kerrison came second with 521 points. Thanks to Neil for also helping out with course setting and clearing. Top locals were Tony Fallon & Brian Draper (Supervets) with 504 points. Visitor Karyn Burns was overall 4th and top woman with 437 just ahead of the DAFF partnership of Graeme Watson & Jason Bolt. Robbie Walker was top Veteran with 393, Julie Lyness & Jo Hawkins were top women's team with 371 (despite chasing non-live controls). Worthy of note were the 6 generation teams (of whom Rob & Jacob Holden were the best - despite also chasing discounted 5-hour controls) who all seemed to have had a good time as did a number of riders not normally seen at regular MTB events. The spirit of Trailquesting is essentially that you do not have to score high points to have a thoroughly good day out and this seemed to be borne out by the favourable comments received after the dust had settled. Well done to you all and we hope to see you again.

5 Hour/Elite event:

In the Elite/5-hour event, the gloves were off between rivals Kale Hawkins & Julian Corlett - the latter out for revenge after being beaten in the 3-hour Enduro the previous weekend. Kale was first to set off and came home first - revealing a breathtaking score of 899 points with over 6 minutes to spare - and still looking fresh as a daisy. As Julian Corlett pounded up the track through Laxey Gardens to the finish it was clear that he was into time penalties but he still scored an impressive 846, but that meant that Kale was again the victor. To be continued....

Despite lacking the vast local knowledge of Kale & Julian, Cumbrian visitors Max Cousins & Emily Brooks (from Keswick) did extremely well to clinch 764 & 687 points respectively (Emily being top woman). Ever-improving local man John Barker picked up 5th with 670 points just ahead of top Grand Vet Neil Helks (who would have scored better but for missing a checkpoint) on 632.

David Goberman & Cat Price were the top mixed pair on 572 and it was good to see Gary Hinds making a comeback into Trailquesting with partner Mark Caley on 555. Richie Cryer & partner Sarah Jewell had a good day out to pick up 268 points.

Again; well done to all of you and we hope that you enjoyed the challenge, whatever the scores. Thanks to Neil, Kale & John Barker for helping with the course. A few riders missed checkpoints and some were credited by giving the benefit of the doubt. A couple of controls were somewhat enigmatic - especially the one labelled "Heather" in an area of several square miles of, you guessed it, heather! However, on collecting that one in I had to admit that it was pretty hard to miss - so you must have had your eyes closed. "Tree near beach" was actually nowhere near the beach so that was a tad unfair - apologies - and it took me several attempts to find it. However, all were accurately positioned by GPS so, if your map reading was accurate they were all pretty straightforward. All the controls were in place when I collected them in – so they were all there for the taking.

The next event will be on November 8th - venue to be confirmed – and will be a 3-hour only. Full results including splits and route breakdowns are on [www.results.manxtiming.com](http://www.results.manxtiming.com)

Graham Hughes. Organiser

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## **NATIONAL TRAILQUEST LEAGUE after 8 events.**

Not many of the “usual suspects” went to the Isle of Man, but the Laxey event did introduce some new names to the league – welcome, hope you can do some more events in the series.

John Rawden (M50) did well at Swaledale and now has the top score overall of 436.4, overtaking M40 Bryan Singleton (396.5) and M50 Tony Brand Barker (359.2) who both missed that event. In M21 Mark Stogell (266.5) still leads by a narrow margin over Mark McPhillips and Will Simmons.

Ray Morriss leads M60 from John Tiffany.

W40 Angela Brand Barker (305.5) is still top lady, but Emily Brooks (W21) made the most of her trip to IOM and now has 240.3. Anne Plant (142.1) and Karen Blackburn (282.6) still lead W50 and W60 respectively.

X40 pair Dennis Jaques and Sheila Pearce show remarkable consistency by scoring 79.1 in both their events to keep the class lead, while Mark Elder and Val Belton gained enough points at Swaledale to ease them into the lead in X50. No change in X21, X60, Generation or tandem teams. With some riders now having scored in 6 events, they can only increase their overall scores by getting a higher percentage in an event and dropping their poorer performances, while their competitors try to catch up at these 3 national events coming soon:

**19<sup>th</sup> July Heversham/Atheneum, South Cumbria**

**29<sup>th</sup> August Malham in the Yorkshire Dales**

**6<sup>th</sup> September Blanchland, on the Northumberland/ Co Durham border.**