



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

MAY 2010

Some major events coming soon, including the National MBO Score champs on 10th July. But also lots of less formal evening events – ideal for bringing along a newcomer to the sport, and there's often a meal and socialising in the pub afterwards.....

FIXTURES

May 2010

Sun 23	Keswick	MBO Score 3hr	Epic	Details
Wed 26	Grewelthorpe near Ripon	MBO Score 2hr	NYMBO Lanequest 1	Details
Sun 30	Selside, North of Kendal, Cumbria	MBO Score 5 hr	Cross Cumbria Cyclists National MBO Score 5	Details

June 2010

Tues 1	Sizergh Cumbria	MBO Score 2 hr	Lakeland OC BikeO Series 1	Details
Wed 2	Peak District	MBO Score 2 hr	Dark & White	Details
Sun 6	Pentlands, near Edinburgh	MBO Score 3 hr	SMBO	Details
Tues 8	Tewitfield, near Carnforth	MBO Score 2 hr	Lakeland OC BikeO Series 2	Details
Sat 12	Driffield, Yorkshire Wolds British MBO Score championship	MBO Score 3 hr	NYMBO	Details
Sat 12	Driffield Airfield	MBO	NYMBO National MBO 7	Details
Tues 15	Barsea near Ulverston, Cumbria	MBO Score 2 hr	Lakeland OC BikeO Series 3	Details
Wed 16	Peak District	MBO Score 2 hr	Dark & White	Details
Sat 19	Ringwood Forest North	MBO Score 2 hr	Wimborne Orienteers	Details
Tues 22	Otley Chevin	MBO Score 2hr	NYMBO Lanequest 2	Details
Tues 22	Barton J32/33 of M6, Cumbria	MBO Score 2 hr	Lakeland OC BikeO Series 4	Details
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	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 Bainbridge, Wensleydale	MBO Score 2hr	Dark & White	Details
Sat 10	National 1 Day Championship Event	MBO Score 5hr	NYMBO National MBO Score 8	Details
Sat 17	Keilder Forest The Hot Tod	Enduro	The Bike Place in Kielder	Details
Wed 21	Sutton Bank near Thirsk	MBO Score 2hr	NYMBO Lanequest 3	Details
Wed 21	Peak District	MBO Score 2hr	Dark & White	Details
Sun 25	Capheaton near Belsay, Northumberland	BikeO Score 2hr	Newcastle and Tyneside Orienteers	Details

National One Day MBO Score 5 Hour event 10 July

After several years of a National Weekend for MBO Score (often with an MBO thrown in for good measure), we have a 5 Hour event to get people excited about. Steve Willis has been planning this for months and is very excited about the return of a 5 hour event to the calendar. So no more excuses about a little bit of travel, 5 hours is what some have been asking for, the Yorkshire Dales and the National Championship One Day Trophies up for grabs in all categories. Make it a date.

Lake Land Wheelbase Summer BikeO Series

Once again this very popular summer series gets under way, supported by Wheelbase.co.uk

This series of 5 tuesday evening events is tightly packed into every week of June and the first week of July. Well that should get you fit and prepared mentally for the 5 hour event.

D+W Summer Series

The ever popular D+W Summer series is under way. Off road summer riding midweek every 2 weeks throughout the summer, means you can keep even fitter for the weekend events. Why do the chain gang when you can keep your navigation skills sweet as well.

World Cup Poland and World Cup Master

In a weeks time we have teams going to Poland for the Masters World Championships and a the GB Team at the World Cup. This should prove interesting with the Masters looking like value for money (well kind of considering the entry fee and travel costs etc). The value for money is due to fact that all three events the Masters must compete in and get a result to count , are Long, Ultra Long and Ultra Long! No rest there then, it looks more like a competition of attrition.

National MBO League 2010

Six of the ten events in this series have now been completed, but I think only Alan Hartley has competed in all six, so there is still a lot to ride for in the next four rounds. We haven't yet got a place on the website for the league results, so here are the class leaders.

CLASS	RIDER	SCORE	EVENTS
M18	Stuart Clayton	120	2
M20	Chris Brand Barker	294	5
	Timothy Martin	222	4
M21	Andrew Windrum	288	5
	Alan Hartley	283	6
	Ben Plowman	282	5
M40	Killian Lomas	218	4
	John Houlihan	208	4
	Bryan Singleton	187	4
M50	Tony Brand-Barker	294	5

	Stuart Norman	237	5
	John Rawden	180	4
M60	Paul Graetz	120	2
	Colin Palmer	114	2
W18	Jenny Evans	60	1
W20	Helen Clayton	240	4
W21	Emily Benham	240	4
	Lucy Harris	207	4
W40	Angela Brand Barker	294	5
	Elizabeth Clayton	222	4
W50	Charlotte Somers-Cocks	300	5
W60	Judy Douglas	120	2
Youth	Joshua Brooks	60	1

MBO Score league

The MBO score league is on the website with only 3 events run so far. It looks pretty open and next month we will have a proper analysis of what is going on.

League Results and Queries

Any questions about the published results contact:

MBO Score Mike Hayward mike@yakbike.freeserve.co.uk
MBO Tony Brand-Barker brandbarker@talktalk.net

Innerleithen MBO Score Event – 22nd August

The organisers have re-scheduled the Innerleithen Event for the 22nd August 2010

MABIE FOREST – BRITISH MBO CHAMPIONSHIPS 9 MAY 2010

written by Ben Plowman

I'd enjoyed the previous day's race at Drumlanrig, in beautifully warm and dry conditions at a fantastic location. Having made a few errors and certainly not made the most of being allowed to ride (or more likely run) off the tracks I was determined to give the Mabie event my best shot.

Andy C, Andrew W, Mark N and myself headed up to the skills loop to warm up. After honing our drop-off skills to perfection we rode up to the four-cross track, perhaps not quite looking the part with lycra, high saddles and map boards. Andy and Andrew nailed the first jump, I demonstrated the 'hang on for dear life' approach and, unfortunately, Mark had a bit of a nasty tumble. After walking back to the car park it was clear that he wouldn't be able to race but I'm pleased to report that he's now recovering well!

We were allocated start times, so I made sure I was at the start in plenty on time. We had a minute to look at a map before being given the one with our course marked on. I just made sure I knew

which way I was facing. The route to #1 was uphill, which I like. As is my tendency, I chose the longer but faster and easier route along the solid black track, and thought I was riding quite fast. I saw Mark Stodgell at one point and his comment to me afterwards was to the effect of I looked like I was just bumbling along; whether this is a good or a bad thing I haven't yet decided.

There was an obvious cut through the forest from this control and then the first experience of 'difficult to ride' paths to #2. It became apparent that perhaps these weren't quite so difficult as I expected, but I don't think this affected any route choice decisions later on. There was another cut through to #5, and just as I was slowing down to decide when to break off the main track I actually saw this control. I don't know if this was the intention but it certainly helped me. I hadn't managed to plan any further ahead at this point so made the snap decision to return to the main track. In retrospect, carrying on down the singletrack produced the fastest splits to #6, but there were at least three different route choices made on this leg, just one example of a well-planned course.

I saw Emily B (who won the B course) at #7 and thought I'd better appear to be trying my hardest, so I zoomed off and somehow did a fantastic split to #8. I started up the dotted path leading to this control but changed my mind after about five metres and rode across the grass back onto the one way. There was a group of mountain bikers having a rest just there probably thinking I was slightly strange. As I left the singletrack and started running up through the trees I caught a glimpse of Andrew W just leaving #8. This gave me another boost as I knew he'd started about 4 minutes ahead of me. I didn't see him again until riding flat out down the fire road and just about catching him at #11.

Andrew passed me on the way to #13 and I was again flat out trying to hang on to his back wheel to #14. Full suspension was definitely an advantage along this bit of rooty singletrack. I would have liked to watch John Houlihan ride this – he was 8 seconds quicker than Andrew. We had to stop to turn the map over here and I think neither of us chose the quickest route, heading for the solid black line again. I pulled away from Andrew slightly on a couple of uphill legs and I could feel cramp coming on towards the end which at least meant I'd ridden hard.

I really enjoyed the course and certainly had my best ever ride. Having never ridden in Scotland before I certainly plan on coming back to some of the Seven Stanes. I found the navigation easier at Mabie and thought the planning and mapping was excellent. A big thank you to everyone who was involved in organising a great weekend.

Full results on the website – ed.

World Cup Round 1 Hungary 23-25 May 2010

Written by Emily Benham

Round one of the World Cup was held in Balatonfured in the hills surrounding Lake Balaton in Hungary. This event was the first of the international MTBO season, and with the IOF changes to World Ranking system, meant that anyone who is anyone turned up to race.

The sprint distance kicked off the weekend, with the start at the top of the hill and the finish at the bottom. Although the race was not especially technical concerning the number of paths and tracks, many controls were close together and many athletes made mistakes in the open land with bad compass bearings or mispunched in the challenging final part of the course. Emily Benham had a reasonable race to finish in 12th place, but after having lost 2 minutes in the early part of course was unable to pull back any places. Sarah Bayliss finished in 36th place but was disappointed to have made some basic errors in the middle stages of the course. In the mens races Andy Conn had a great ride to finish in 25th and Mark Stodgell achieved his best international result to date with 30th place. Many of the men were caught out by the close controls and 15 elite athletes mispunched on the same control, a lesson which was learned by the later starters.

The middle distance was held in the same terrain with the start and finish located in the same place, on the plateau of open grassland covered in the sprint distance. The planner had cunningly used different areas of the map to keep competitors in new areas meaning navigation skills were important. Sarah Bayliss struggled with the physical course which had demanding hills and challenging paths, but finished a few places lower than her sprint result in 43rd. Emily Benham, despite having a fairly clean race, struggled with fatigue from her train trip across Europe and finished in 14th place. The men didn't fair as well either with Mark Stodgell losing time when he crashed after hitting some fence wire, but managed a respectable 48th, while Andy Conn had the misfortune of a puncture and finished a few places behind Mark in 53rd.

The long distance mass start is becoming the signature race of this event. With the plane flying overhead filming the start, the men lined up ready for a 50m dash to their bikes. Although you would think a mass start race is easier in that one can follow other athletes, in fact the courses are often subtly gaffled meaning you have to follow your own plan for each leg and not get distracted by other riders. After 2 laps of the gruelling climb Mark Stodgell overtook Andy Conn on the final loop using his technical ability to his advantage and was very pleased to finish in 38th place. Andy Conn finished in 43rd after acknowledging that challenging navigation at the end of a 2 hour race doesn't play to his advantage! For the women, Emily Benham had her best result of the weekend and best international result to date in the W21E class and finished in 7th place. On the final loop she was racing in 13th place a few minutes behind 5 riders, and used her technical navigation skills to find controls with ease and overtake while the other athletes were looking elsewhere! Sarah Bayliss was prepared for the long distance and had hoped to use her winter endurance to her advantage, but after making a few mistakes, she finished in 41st.

The weekend had its mixture of highs and lows for the athletes with some personal best results for Emily and Mark showing their winter training has started to pay off. The next international races are the second round of the World Cup in Poland 3-6th June.

GLENTRASS MBO Score 2 May 2010 National League Round 4

A 1:15,000 Orienteering map was used and it proved very challenging to a regular OS map reader not accustomed to the scale. Looking at the map, there was no natural route jumping out at me. So I thought I'd wing it and set off for my first checkpoint somewhere down the hill. I flew past one entrance, then two and turned neatly into the third. 500 metres later I was starting to think the route didn't tie up with the map. Another 300 metres and it was definitely not the track I wanted to be on. I'd missed the entrance and had gone on the track further down. Looking at the map again, I spotted another route choice and dashed down to a checkpoint at the bottom of the hill trying desperately to calibrate my 1:40,000 and 1:50,000 brain to the 1:15,000 map.

Checkpoint found without too much hassle, now off up to in to dem dar hills. As I exited the forest, a gorgeous sunny valley welcomed me and a layer of clothes came off. Still wary of my calibration I had overcompensated and spent valuable minutes looking for a checkpoint that was 500m further north. Damn this map! Second checkpoint down and off up the hill again. A choice for Checkpoint 3 - either straight up a steep hill or down towards the cottage and wee burn. The downhill won and a nice bit of track took me down the hill to the checkpoint.

I clocked up a few more checkpoints, but with the unfamiliar scale and all the wind blown debris I eventually made a complete wrong turn and got thoroughly lost! Thirty minutes of trying to find myself on the map after a couple of wrong turns wasn't going to do my points much good. Compasses are a wonderful thing when you remember to pack them.

A look at my watch and 30 minutes to go, I clocked 2 easy checkpoints that I reckoned I could get in the time. The first one was up a bit of single track on the black and I got to the checkpoint fairly quickly. I cycled on and popped out onto firetrack as planned and took a right down the hill. The road veered to the right but the map went to the left, I was very nervous about getting lost again but carried on until it all tied up again. I managed to navigate to the second checkpoint but time was ticking away. I raced to the finish and was just a couple of minutes over.

Excellent day out with some fantastic prizes. Looking forward to the next one in the Pentlands!

KNOW THE RULES

Rule 4 states Competitors must close all gates, pass or overtake walkers and equestrians slowly and courteously, treat the rural community with due consideration and aim to cause no damage to the environment.

This is topical as there were reports of poor behavior by some competitors at Glentress:

1. **Riding the wrong way** along one-way trails.

This is dangerous and shows a disregard for the safety of other users.

2. **Abusive language/behavior to other forest users**

No excuse for this at all. Every rider is an ambassador for the sport. Just one incident can give a very poor impression, and if complaints are made to landowners it will jeopardise future use of the area. (*Before anyone else mentions it, yes the editor has been known to use bad language, but usually directed at my own stupidity, and sometimes the map, the terrain, the weather, the planner, the Peak District in general etc. But never, never to the general public.*) So give way to walkers, horse riders, family cyclists etc. Slow down. Make sure they know you are there so you don't startle them. A cheerful "good morning" or "hello" alerts them to your presence and I find they usually move out of the way and/or grab their dog. If they do, say thanks. And if they don't, just grit your teeth and smile anyway! Try and look as if you are enjoying your day out.....

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

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

Newsletter contributions to newsletter@bmbo.org.uk please