



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

December 2009

BMBO Fixtures January – February 2010

The winter leagues are progressing nicely, and there are plenty more events to keep you riding through the winter. If you haven't visited the events page of the website recently, have a look because its filling up fast with events for next year. That should keep you motivated!

Sun 10 Jan D&W 3 hour MBO Score Event. Grindleford, PEAK DISTRICT Winter League 4 of 8

Sun 17 Jan Epic Trailquest 3 hr MBO Score Event. Oxen Park, LAKE DISTRICT Winter Series 3 of 5

Sat 23 Jan NYMBO 2 hour MBO Score Event. Appleton Roebuck, Nr YORK Winter series 3 of 4

Sat 30 Jan CLOK 2 hour MBO Score Event. KIRKLEVINGTON Winter series 2 of 3

Sat 30 Jan Manx Trailquest 90 Min MBO Score Event (night). SOUTH BARULE Winter Series 1 of 4

Sun 31 Jan D&W 3 hour MBO Score Event. PEAK DISTRICT Winter League 5 of 8

Sat 13 Feb Walton Chasers MBO Event – Long distance. Beaudesert, CANNOCK CHASE

Sun 14 Feb D&W 3 hour MBO Score Event. PEAK DISTRICT Winter League 6 of 8

Sat 20th Feb NYMBO 2 hour MBO Score Event. Tollerton, EASINGWOLD Winter series 4 of 4

Sun 28 Feb D&W 3 hour MBO Score Event. PEAK DISTRICT Winter League 7 of 8

Sun 28 Feb Epic Trailquest 3 hr MBO Score Event. SEDBERGH Winter Series 4 of 5

WHAT'S IN A NAME? British Mountain Bike Orienteering (BMBO)

At the recent AGM, it was agreed that from January 1st 2010 we will be called **British Mountain Bike Orienteering** (BMBO). This brings us into line with other national governing bodies, such as British Orienteering and British Cycling, and is a better indication of what we do.

The TCA is no more, we are trading under BMBO, the constitution will be amended next year.

The separate descriptions of events as Trailquests, MTBO, Lanequests etc will all be replaced by the overall term of **Mountain Bike Orienteering** (MBO).

So a **Mountain Bike Orienteering Event** will be a race where each competitor visits controls in a set order, with the winner recording the fastest time. Usually using a specially drawn, large scale, orienteering style map, preferably drawn to international MBO standards. There will usually be several courses of different lengths.

A **Mountain Bike Orienteering Score Event** will have a number of controls, of various score values, to be visited in any order within a set time limit, with the winner collecting the highest score. These events may use orienteering style maps, or use suitably modified OS maps. The latter are what we would recognise as Trailquests. Lanequests will be called Bike O.

We know flyers are already produced using the name Trailquest. Its not an issue, all new material should use the new name and if your particularly fond of Trailquest, put it in brackets until next year when it goes completely.

These changes will be introduced as swiftly as possible, but we can't do everything at once! You will have noticed that the fixture list with this newsletter uses the new terminology. If any organiser feels I have given their event the wrong description, let me know.
Editor

Memberships for 2010

We hope you will all want to join BMBO next year, but please be patient!

The Online Membership System shut down on Monday 14th of December after our last event for 2009. Then we needed time to make a few changes and test the system as we migrate to a new server.

Membership renewals for 2010 will start on 1st January 2010

Our first event for 2010 is on January 10th, so there is plenty of time for people to renew online before then.

Remember you must be a member before you can take part in BMBO events, and it is much easier for you and the organisers if you join on-line before the event. Associate membership is still free!

Members who struggled to confirm their membership from the confirmation email will be pleased to know you will get 2 reminders and a final email to say your are not a member. You n

Membership cards are automatically emailed to all members once membership is confirmed. So if your card does not arrive, your not a member. Please take your card to events.

AutoDownload Sport Ident Software

We have just agreed with AutoDownload to move the BMBO sport Ident Kit over to this software. It has many advantages for organisers over the older OEScore.

One big change for members will be the way memberships are checked. Members who have joined and payed, would like the hardened few who haven't, to join them and support your own sport.

New Website for 2010

So with the name change comes the new website. Its launching on January 1st.

The site now runs all of the event administration – Club Registration, Event Registration, League Registration, Risk Assessments, OS licences, Event Levies, Event report, Event results. This is managed online, reminders are sent automatically to organisers, documents filled in online, insurance certificates sent after Risk Assessments completed.

Organising an event is now about planning and riding the event area, the admin is really very easy to manage. So why not think about running an event in your area?

A.G.M. - YOULGRAVE YOUTH HOSTEL - 21ST NOVEMBER 2009

A whole months rain in a day! Whilst this wasn't in the Peak District it did have an impact in that three people were prevented from attending as they couldn't get out of the now even wetter Lake District. Peter Strong and Tony & Angela Brand-Barker only suffered severe dampness, Pete's car was semi-submerged and Tony and Angela were without phone or internet for 4 days but at least they are all well

That left us even lighter on the committee front with only John Houlihan, John Dixon and Geoff Moorhouse able to get there. Organisers were better represented through Steve Willis (NYMBO), Jeremy Sainter (Dark & White), Mark Stodgell (Walton Chasers) and Alec McLennan who is based in Edinburgh and will be organising a Scottish series in 2010. There were also three rider representatives, Ray Morris (M60 Nat League Champion 2009), Rik Thompson (M21 Nat League Champion 2009) and Steve Foster.

The social ride on Saturday ended up splitting into two groups, the early arrivals John Dixon, Alec McLennan, Ray Morris and Rik Thompson set off bravely with Steve Heading. Whilst the late comer (as ever) John Houlihan was accompanied by Steve Foster and Geoff Moorhouse who gallantly waited for him. John's intention was to take photo's for the new website and this he did in the failing light with Steve and Geoff trying their best to look like they knew one end of a bike from another. With such limited material we hope the results are good enough to use so watch out for the new site.

The main event took place, as usual, after dinner and was helped along by the odd bottle of locally bottled beer. With names such as "Winkle Waller", "Mr Mullins" and "Undertaker" curiosity just got the better of us. Apart from the formal part of the meeting, i.e. reports and election of officers, the main talking point was the new website and John H gave us a run through of what the current state of play was through screen prints as the Youth Hostel unfortunately did not have an internet connection. John got plenty of positive feedback,

especially over the plans to provide organisers with everything they need to run an event through the site. This was seen as being far more efficient as we continually struggle to find people to take on jobs.

The new website is designed to coincide with our change of name as we are changing from the Trail Cyclists Association to British Mountain Bike Orienteering as from 1st Jan 2010. It is not such a big stretch of the imagination to work out that this will be abbreviated to BiMBO and Steve Willis started to speculate about who would be the NYMBO BiMBO but, for Steve's sake, we cannot say any more!!

Bed time was reached after a lengthy discussion about Associate Membership and the problem of getting everyone onto the database. The main problem isn't the system it is people and either their inability to follow instructions or they are unable to input information correctly (their email address). Changes are to take place within the registration process to eliminate these problems.

It has to be said that we owe John Houlihan a big vote of thanks for all the work he has undertaken in the last three years to get the new systems up and running. Without him it simply would not have happened and who knows where the sport would be now.

After a typical English breakfast seven individuals Jeremy, Mark, Ray, Alec, Steve W, Steve F and Geoff took the short trip to Birchover and competed in the second round of the Dark & White Winter Series. This continues to be an extremely popular series as the 230 riders at their first event and 161 at a less than pleasant Birchover rainy day proved. Best net score on the day went to Steve Foster with 190 less 2 penalties to give 188 points which placed him 3rd in category M50 and joint 19th overall. Mark Stodgell did score more gross points, 235 but seemed more focussed on beating his record for lateness. I think the 22 minutes just missed this and also lost him 110 of his hard earned points. So well done Steve and hard luck Mark.

Geoff Moorhouse

BMBO Score Events Calendar 2010 – progress report

The BMBO calendar co-ordinator has received 80% of the expected event proposals for 2010, and the remaining event proposals are due before Christmas.

I can confirm that the "BMBO National Events for 2010" will be chosen from these and all organisers will be informed in the 1st week of February 2010.

The BMBO calendar will be updated accordingly.

Peter Strong

MBO League and Calendar 2010

As some of you may already know, I have taken over as co-ordinator of MBO set course or "point to point" events on behalf of BMBO. I am aiming to put together a calendar of events throughout the year and spread across the entire country.

So far I have good response from people willing to stage an event and am pleased to see a number of new organisers this year. Many of the events are still awaiting final permissions from land owners but I am confident that there will be a calendar of at least 12 events through out the year. There are still one or two gaps to fill and I am still awaiting some information about a few events before nominating which events will count towards the 2010 National MBO league. League or not there should be plenty of events to practice your skills on!

Many thanks to all those people who have volunteered to organise an event this coming year. It can be quite time consuming getting permissions and sorting maps etc and I will be looking for events for 2011 as well in the not too distant future! So, there will be plenty of opportunities for any budding organisers out there to offer an event.

Provisional calendar dates

13th Feb	Beaudesert, Cannock	Confirmed
27th Feb	Inside Park, Blandford	Confirmed
27th Mar	Cannock chase	Confirmed
Apr	Sarum Event	TBC
May	Scotland Weekend	TBC
19th June	Catterick	Confirmed
June/July	Quantocks	TBC
Sept	Devon	TBC
Sept/Oct	Quantocks	TBC
6th Nov	Whinlatter, Lakes	Confirmed
7th Nov	Grizedale, Lakes	Confirmed
Dec	BAOC event, Aldershot	TBC

There are a number of other events likely to be added to this list.

League counting events will then be nominated.

Details and confirmations will be supplied as soon as known.

Tony Brand-Barker

BMBO COMMITTEE 2010

These committee members were elected at the recent AGM:

Chairman	John Houlihan
Secretary	Geoff Moorhouse
Treasurer	John Dixon
Calendar co-ordinator	Peter Strong
Website news	John Tiffany

RIDE SAFELY

I hear that at a recent event a competitor left the start so focused on looking at the map that he rode into the back of a car! Happily, no one was injured, but there will be a claim for repair costs to the car. This will be covered by the BMBO insurance, but could result in a rise in our premium in future. The BMBO insurance is a big benefit to us all as it covers not just the organisers, but also the members at an event against third party claims for damage. This is why we insist all riders must be members of BMBO. And why you must report any damage, whether to a vehicle, person, livestock, wall, gate or whatever, to the event organiser as soon as possible.

So, for your own safety, for the reputation of our sport, and for the health of our bank balance,

PLEASE RIDE CAREFULLY

DID YOU KNOW THAT:

You should not deliberately ride off the map being used for an event?

I ask because there are some very swift times between controls 22 and 23 shown on the Clapham results, sometimes by riders who have not punched the three intermediate controls on the way! You may *know* that two public roads join and make a much quicker route than going over the bridleways on the map. The planner may have good reasons for not wanting competitors to use off map routes – perhaps a safety issue, a closed road, or just to make the event area more challenging. We cannot mark Out of Bounds areas on a part of a map that is not there. You are not allowed to ride off the map.

Karen

Come fly with me...a personal invite by Andy Conn

It's not even December (as I write this) and most of us are thinking about winter training and races that we fancy doing next year. Here are 2 events that might interest you and could have a bash at next year.

1. The first ever; Toot Toot!

Masters MTBO World Champs.

<http://www.harpagan.pl/worldcup/>
4th-6th June 2010, Gdansk, Poland

Yep, finally there is to be a world championship for the more mature bike orienteers. The categories will be M/W40+, M/W50+, M/W60+ etc. The courses will be controls in order as usual in MTBO races, **not** score events with time limits, with the three races over the weekend to count for the overall winners.

Please don't dismiss this because it's in Poland. There are still plenty of cheap flights to Poland and taking the bike really isn't much hassle.

Most of us have been bike orienteering for years so this is a good chance to test ourselves against Europe's finest bike orienteering gimmers. I'm sure that one of us could win an IOF medal. Yes, **IOF medals**, that is the best you get in orienteering and they are there to be won. Being old is no longer an excuse!

Those with a back ground of foot orienteering will be fine with the international standard MTBO maps that will be used for this event. For the rest of us it's time to start doing the MTBO races that are on offer in the UK.

2. A week of MBO Score (Trailquest);

www.sixnumbers.cz

9th – 15th August 2010, Czech Republic.

This is possibly the best week you will ever have as a bike orienteer. The footo crowd have O-ringen but that is bOringen compared to Sixnumbers. (I've done both) The event consists of 6x 4 hour MBO Score (Trailquest) , with a rest day usually on day 5. Cycling in the Czech countryside is an absolute joy, little traffic, no gates and ride where ever you want.

You may not be aware of this but we are all very good at score events. We can look at a map, pick a good route and most important, get back within the time limits. The reason being we practice it, no other country has the amount of quality score events that we have, nearly every weekend of the year. So how about testing your self in another country? C'mon!

Flights to Prague are nothing, and again transporting the bike is no problem. In 2006 the event

was 3 maps, 2 days on each map, all 1:50000. The campsite moved around after 2 days but there was always a village close by for restaurants and cheap B&B. There was always good food available at the event centre and of course, beer. Ever seen people drinking beer *before* they start a race? The Czechs may seem a bit shy but sit down with a beer and they will soon come over for a chat. But save it for *after* the race.

Go to this and have the best bike week of your life, I'm not jeshing.
sc.laboratory@yahoo.co.uk andy conn, for a bit more info.

Next Newsletter

Copy to me by 12 Jan, please

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