



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

February 2010

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Date	Location	Format	Club	
Sat 20	Tollerton near Easingwold N Yorks	MBO Score 2 hour	NYMBO	Details
Sun 21	Cumbria	MBO Score 3 hour	West Coast MTB	Details
Sat 27	Keilder - The Winter Warmer	Enduro	The Bike Place in Kielder	Details
Sat 27	Blandford forum MBO, day and night footO	MBO 5/10/15km	Wimborne Orienteers National MBO 2	Details
Sun 28	Sedburgh, Cumbria	MBO Score 3 hour	Epic	Details
Sun 28	Sherwood/Notts Forests	MBO Score 3 hour	Dark & White National MBO Score 1	Details

March 2010

Sat 6	East Harlsey near Northallerton	Bike O 2 hour	CLOK (Cleveland Orienteering Klub)	Details
Sat 13	Terrington, Howardian Hills N Yorks	MBO Score 4 hour	NYMBO	Details
Sun 14	Cumbria	Bike O	West Coast MTB	Details
Sun 21	Oxen Park, S Lake Dist	MBO Score 3 hour	Epic	Details
Sun 21	Peak District	MBO Score 3 hour	Dark & White	Details
Sat 27	Hednesford Camp & Brindley Heath, Cannock	MBO mid distance	Walton Chasers National MBO 3	Details
Sun 28	North Cannock Chase	MBO Score 3 hour	Walton Chasers National MBO Score 2	Details

April 2010

Sun 4	Innerleithen	MBO Score 3 hour	SMBO	Details
Sat 10	Staveley, Cumbria	MBO Score 3 hour	Epic	Details
Sun 11	Central Peak District (re-scheduled from 10th January)	MBO Score 3 hour	Dark & White	Details
Sat 17	Langdale & Broxa Forest N. Yorks	MBO Score 3 hour	NYMBO National MBO Score 3	Details
Sun 18	Foxley Herefordshire (provisional)	MBO	British MBO National MBO 4	Details
Sun 25	Cannock Chase, Staffs	Enduro	Dark & White	Details
Sun 25	Isle of Man – North	MBO Score 3 hour	Manx Timing Solutions	Details
Sun 25	Loweswater	MBO Score 3 hour	Cross Cumbria Cyclists	Details

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

Lots of new things to play with here.

On the event **calendar** page, you can filter the calendar to find events included in the national or regional leagues. When you click the event details button, you get an outline of the event, but for more details just follow the club website links. Plenty of events coming up in the next few months, and the weather must improve soon..... Event results are appearing promptly on the **results** page, together with an organisers report in many cases. I'll still welcome event reports from competitors for the newsletter – it's interesting to see the event from different perspectives! (send to newsletter@bmbo.org.uk)

Submitting News Items

You can submit news items you think members should now about be interested in members. Race reports go with the events and will only be put as news for the National series from now on. General chit chat is for the forum. There's a “how to” guide on the **News Archive** home page. Alternatively, write a letter or an article for the newsletter.

Forum Beta Test Up

The Forum will be up as a Beta Test, ie some bits are missing and your testing it, but so far it looks functional. We have written our own to ensure it works with the rest of the site and you only need to login once to the whole site. Unlike before when we had several different logins since we had several different parts to the system.

Features that are on the way: Email notification of reply to posting, subscribe to a thread and receive emails of postings, Closed groups for arranging travel plans, club chat (ie a group just for your club). We think it will be useful to everybody.

Frequently Asked Questions

There is a lot of new information on the website. We urge you to take a little time and understand your obligations and expectations from organisers and British MBO. Please read the FAQs and read the the MBO Score and MBO information. You will really learn a lot that will help you enjoy your events.

Contacts

The **contacts page** has been updated with the new e-mail contacts for the committee and other folks doing useful jobs. We hope to have a committee meeting in late Feb/early March, so if there is anything you think we should be considering to help push the sport forward, get in touch soon.

Karen newsletter@bmbo.org.uk

Membership

Don't forget to join BMBO in good time before you want to enter an event – its easy to do online. And don't forget to print off your membership card and take it to events.

Know the Rules

MBO & MBO Score Events using Orienteering style maps look very different to an OS map so it is worth while having a look at a sample: [Old Quartz Hill MBO](#)

Here are some of the major differences:

They are mapped at a larger scale, frequently 1:15,000, with contours at 5m intervals, which makes them look even hillier than they are!

Open areas are shown in shades of yellow, while wooded areas are white or shades of green – this takes a bit of getting used to.

Some of the detail shown on maps for footO is omitted as it is not useful at riding speed.

Out of bounds areas are shown with red or purple crosses or hatching, but note that olive green is used for private gardens etc, which are also out of bounds.

Rights of way will not usually be defined, but the tracks are graded according to their rideability.

Have a look at the legend on the map above to see how they are depicted. It should help you select a route that is fastest for you. If you want to check out the other IOF map symbols used: [IOF MTBO Symbols](#)

International events use this style of map and are usually events where the controls need to be visited in the correct order. In Britain, this sort of event is usually only possible on Forestry Commission or army land.

So where are you allowed to ride in these events?

Basically on any track or path that is on the map and not marked out of bounds. You are not allowed to ride or run across the land between tracks, unless the organiser has obtained permission to do this and it is clearly stated in the event details.

Tollerton MBO Score Event 20 Feb 2010 **A beginners view by Andrew Hudson.**

I entered with the view of getting out on the bike in a new area and just enjoying the ride and getting a bit fitter.

I understand the idea of lane quests but knew there would be some fitter and better riders taking part, so I knew I was just entering for the fun of it and the taking part. The old British spirit 'It's the taking part that counts'. However I suppose it's like anything that involves competition once you join in you want to do your best.

At the start I was given the map and I set off into the countryside checking out the controls and the clues of where I needed to go. Initially I was tootling along in the cold making sure I wasn't going to skid off on any of the residual ice. Then I was overtaken by another cyclist, he must be a competitor as he had a map like mine, and then he stopped at a control I was heading for. No red mist came down just a sense of wanting to compete, so the pedals started to turn a bit faster and a review of the map to see where the higher points could be scored and off I went with a bit more determination.

I saw other competitors as I did my route, there was a couple on a tandem, several road bikers whizzing round heads down, a father with his son on a small MTB, and many more that seemed just like me out for the enjoyment. Everyone you passed had nod, a smile and a greeting of encouragement. Those that knew what they were doing had maps on swivel handlebar boards and were closed mouth about the clues. Well I had my GPS and okay the map was in one pocket and the clue sheet was in the other, and every time I had an answer I had to take my gloves off to write it down and then my fingers would be freezing, but I was doing okay.

Well I got around the course and enjoyed the scenery of a new area as well as the first proper ride of 2010; I reached the finish with 5 minutes to spare feeling a sense of achievement and the potential for a reasonable score. In previous attempts at lanequests/bike orienteering I have been a bit of a failure; navigation sending me off completely in the wrong direction; falling off in rivers seeing my mobile telephone floating away; and getting to the end so late the penalties wiped off any of the points I had scored.

I checked my results and I had scored 175 points (out of 525) and although I knew I wasn't a winner and probably not in the top half I felt I had competed and this was a respectable finish for a proper first attempt. I had my GPS with me, I'd had my timer set so I knew how long I had been out and what was left so I could get to the finish with out penalty.

A drink, a chat with a couple of other competitors, the bike packed away and I was off home with the satisfaction I'd had a nice ride and may have found a new sport I could take part in and enjoy.

When the results were published I saw there had been a good turn out of 57 riders and I looked down the list to find my name and position. The winner had got 450 points, previous results showed the winners were getting nearly maximum points and were very fit cyclists so I didn't feel any shame in my score. I looked down the list and when I found my name fourth from bottom my sense of achievement slightly paled. In my mind the excuses made me sound like a disgruntled premier league manager after a trouncing from Manchester United; tactical errors; bad route choice; could have picked higher scoring controls; fitness level down due to injury; not being able to find the war memorial in Linton-on-Ouse for ages and losing valuable time; not having one of those swivel board thingummies.

Then I remembered why I took part; to get fitter; to see new areas; to have a laugh; to have a sense of achievement; to be able to get better and really to just get out there and ride; and in the back of mind yes to compete.

I am looking forward to the next event, and as many as I can get to after that; and I know throughout the year my fitness will get me round quicker; I will score more points; I won't always be fourth from last; but I know I just want to get out and enjoy the ride.