



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

January 2010

The next couple of months sees the end of the winter series and start of the new 2010 summer series. There's lots more information on the new website (if you want to plan further ahead, go to the calendar page and select "all dates" then "filter") www.bmbo.org.uk

Fixtures January – March 2010

Date	Location	Format	Club & series	
Sat 23 Jan	Appleton Roebuck Near York	MBO Score 2hr	NYMBO Winter 3 of 4	Details
Sat 30 Jan	Kirklevington Near Yarm	BikeO Score 2hr	CLOK (Cleveland Orienteering Klub) Winter 2 of 3	Details
Sat 30 Jan	South Barule IOM Manx Night MBO	MBO Score 90min	Manx Timing Solutions Manx 1 of 4	Details
Sun 31 Jan	Chesterfield NE Peak District	MBO Score 3hr	Dark & White Winter 5 of 8	Details
Sat 13 Feb	The Slades, Cannock Chase (plus footO on Sunday)	MBO Long Dist	Walton Chasers Orienteering Club	Details
Sun 14 Feb	Peak District	MBO Score 3hr	Dark & White Winter 6 of 8	Details
Sat 20 Feb	Tollerton near Easingwold N Yorks	MBO Score 2hr	NYMBO Winter 4 of 4	Details
Sun 21 Feb	West Coast Event 3	MBO Score 3hr	Closed Event	
Sat 27 Feb	Blandford Forum MBO, day and night FootO	MBO 5/10/15km	Wimborne Orienteers	Details
Sun 28 Feb	Sedburgh, Cumbria	MBO Score 3hr	Epic Winter 4 of 5	Details
Sun 28 Feb	Sherwood & Notts Forests	MBO Score 3hr	Dark & White Winter 7 of 8	Details
Sat 6 Mar	East Harlsey near Northallerton, N Yorks	BikeO Score 2hr	CLOK (Cleveland Orienteering Klub) Winter 3 of 3	Details
Sat 13 Mar	Terrington, Howardian Hills N Yorks	MBO Score 4hr	NYMBO Summer 1 of 9	Details
Sun 21 Mar	Peak District	MBO Score 3hr	Dark & White Winter 8 of 8	Details
Sat 27 Mar	Hednesford Camp & Brindley Heath Cannock Chase	MBO Mid Dist	Walton Chasers Orienteering Club	Details
Sun 28 Mar	North Cannock Chase	MBO Score 3hr	Walton Chasers Orienteering Club	Details

The Military Challenge 2009
December 19th – Camberley - MBO (Not Score!)
A Newspeak article, don't mention the 'T' word.

This is one of my favourite events of the year. It's positively heart wrenching leaving beautiful Teesside to travel 250 miles south to Berkshire but it's always well worth the effort. This year the competition was on 10 x A4 maps, yes 10 maps, all issued at the start. Ten shiny 1:15000 maps; mostly orienteering maps but Dave Rollins had somehow managed to merge OS maps to orienteering maps to get us through Sandhurst and Broadmoor Hospital. This added to the challenge, OS maps are ok but they do not have the detail of orienteering maps, mistakes and confusion were guaranteed.

The majority of the event took place on military training areas, this meant no problems with bridleways/footpaths, the scourge of MBO events. How many events in the UK can you ride anywhere you want? Even off track if you fancy, this makes this a great area for orienteering/getting lost on bikes.

So to the race; it was snowy; it was cold. But it was one of those days when even though it's freezing, the wind drops, the sun comes out and it's a pleasure to be out riding off road, with a map. There were a few hidden water traps, thinly iced over pits where no doubt tanks and other military vehicles mess around getting stuck but if you avoided these it was a perfect mud free day.

The event was a MBO*; 27 controls on the A course; 19 controls B course and 15 controls C course. (*MBO is controls in order.)

The start was at the top of a small plateau, so most riders commenced by hurtling down a nice single track section, eyes watering, unable to see the map and then making the first mistake of the day, messing up a relatively easy first control. As with this event in the past, the winners are the ones that make the least mistakes and not necessarily the faster riders. At the finish you can hear the whole A to Z of mess ups, excuses and if onlys; but how often do you get a perfect race? But with the modern beauty of Splitsbrowser and Routegadget software you can carry on moaning about dumb mistakes for weeks afterwards.

Confession time: I was really lucky, on my biggest mess up of the day. I was being clever with a little cut through that went wrong when I didn't know where I had re-immersed from the undergrowth. I spotted an old lady, picking sticks in the forest. "Hello old lady, you wouldn't happen to know if there is a small pond in the immediate vicinity?" I asked. She pointed a bony finger and I shot off, as I had started to think about that Blair Witch thing. (On a side note I once got lost in a Slovakian forest, I pootled down a track trying to relocate and then out popped, right in front of me, a Slovakian peasant with a running chainsaw. I thought it was all over, I was seriously papping it. Andy Simpson was there too, also very scared.) I shouldn't watch horror films with my imagination.

Back to the race, I went straight to the control, she certainly knew her ponds.

Results. (98 entries in total)

<u>A course</u>	Andy Conn 2:40:03	Alan Hartley 2:46:23	Ifor Powell 2:46:33
<u>B course</u>	Clive Hallett 2:01:00	Roger Thetford 2:02:11	Em Benham 2:13:59
<u>C course</u>	Pete Couldry 1:16:40	Colin Slade 1:58:52	John Parfitt 1:58:58

Interesting tales from the race. Stodge was clearly leading the A course at the 2 hour mark and then did an 'Old 180'. How many orienteering races have been lost with that Old Chestnut? And Alan Hartley managed to dump all his 10 maps on the floor during the race. A New Chestnut and if it had been windy.... But you try filing paper back into order with winter gloves on. Well done Alan. (John Houlihan managed to dump ALL his maps on the floor twice! Editor)

Thanks for a great event again, this shows in the UK we can put on quality MBO events to complement our quality MBO score events.
And thanks for reading, Andy Conn.

Andy also sent this translated link for the **Czech Six numbers** race that he mentioned in the last newsletter.
<http://translate.google.com/translate?hl=en&sl=cs&tl=en&u=http%3A%2F%2Fwww.sixnumbers.cz%2F>

(Even if you can't go to the event, look at the website – the video is well worth a watch! Ed)

KNOW THE RULES - MBO SCORE EVENTS

When you enter an event, you agree to abide by the rules, so how well do you understand them? This series will give you a bit more detail about the rules, which are there to ensure a safe and fair competition. If you are still unsure, please ask a committee member.

Rule 3 states

Competitors may use tarred public roads, RUPP's, BOAT's and bridleways plus any forest, estate tracks or white roads specified by the organisers on the event map. Use of footpaths, any other road, trail, 'out of bounds areas' or leaving the map area will result in disqualification from the event.

MBO Score Events using OS based maps in England and Wales.

First you need to know what all those definitions mean, and what they look like on the competition map. Competition maps do not usually have a comprehensive key or legend, so get some copies of OS 1:50,000 and OS 1:25,000 maps and have a good look at the “customer information”.

Roads:

Red, orange and yellow are all legal for use on a bike.

“White roads” and black dash or dot paths are not. They are often private farm or estate roads, and we have no right to ride them, or even to walk carrying a bike!

Within a town or village, minor roads shown in white, eg round a housing estate, are OK to use – just be sensible.

Public rights of way

The symbols are different on the different scale maps – **so learn them**

It is not legal to ride on a public footpath.

Bridleways (b/w), Roads used as a public path (RUPP) (now known as restricted byways), and

Byways open to all traffic (BOAT) can all be legally ridden.

“Other routes with public access” is a vague definition. Often these are old public roads, and normally it is OK to ride them, but be aware that their status is a bit dubious. If there’s a control on it, it’s going to be OK.

Do not confuse the “other routes” symbol (dots) with the long distance trail symbol (diamonds).

With these, you need to check what underlies the diamonds. They are often footpaths and not legal for bikes, but sometimes they are bridleways and then you can ride them.

“Permitted routes” shown on OS maps are open by agreement with landowners. Permitted

Bridleways you can use, permitted footpaths you cannot. Be aware that the status of these can change. eg parts of the Sustrans C2C route closes to bikes in the grouse shooting season.

Just to make it more confusing, the 1:50,000 map uses red dots for “other routes” and green dots for cycle network routes, but the 1:25,000 map uses green dots for “other routes” and orange dots for cycle routes!

There really is no shortcut to just making time to get familiar with these symbols

Specified tracks etc

For the day of the event, the organiser/planner may have negotiated permission to use certain white roads, tracks or footpaths, and forest areas. These should be clearly shown on the map. Remember they are for the event only, not everyday rights of way. Events based on OS maps but mostly using a forest area, will have lots of specified tracks, and may be covered by a statement like “riders can use any mapped road or track within the forest”

Out of bounds

The planner/organiser may also mark some otherwise legal roads or rights of way as out of bounds. There will always be a good reason for this – usually to keep landowners and farmers happy, or competitors safe.

Never, never ever, use out of bounds areas or tracks.

Cutting across open or agricultural land or blocks of forest is also considered out of bounds. You must stay on the tracks/roads.

The **event area** is defined by the competition map. You are not allowed to ride beyond the area shown on the map.

The Competition Map (without the control locations) should be on show at registration.

Familiarise yourself with any special symbols being used for permitted tracks, the rideability of tracks, out of bounds etc. The quality of mapping and printing or photocopying can be variable. If you cannot see clearly whether a track is legal, try to ask before you start. If you are not sure when you get there, just don't use it.

Scotland has a very different approach to access on bikes. Essentially, you can ride just about anywhere provided you do so responsibly and respect landowners and other users. I'm hoping a scottish rider or organiser will send me an article for the next newsletter???

Other lands - check it yourself!

Events using orienteering maps - See the next newsletter.....

The New Website

Well you will have seen it, we hope you like it. We have a few tweaks and changes to make now that we see how it is used and interpreted. That's part of the process. The feed back has been very, very positive. If you have constructive ideas get them to us, if you spot any typing errors let us know (wood and trees springs to mind)

email: chairman@bmbo.org.uk

We will let you know when the forum is up and running.

The National MBO Score and MBO Leagues for 2010

This newsletter has been held up while we finalised the leagues. We have printed the MBO and MBO Score leagues on the next two pages for ease of printing. Both leagues have 11 qualifying events. 6 events count for each league. If 1 event is cancelled, 6 events still count, if 2 event are cancelled, 5 events will count.

MBO National League 2010

February 2010

Date	Name	Format	Club	
13/02/10	Sherbrook Long Distance (Classic)	MBO	Walton Chasers Orienteering Club	Details
27/02/10	MBO, FootO and Night Owl	MBO	Wimborne Orienteers	Details

March 2010

Date	Name	Format	Club	
27/03/10	Middle Distance Race	MBO	Walton Chasers Orienteering Club	Details

April 2010

Date	Name	Format	Club	
18/04/10	Foxley MBO	MBO	BMBO	Details

May 2010

Date	Name	Format	Club	
08/05/10	SW Scotland MTBO	MBO	Forth Valley Orienteers	Details
09/05/10	SW Scotland MTBO	MBO	Forth Valley Orienteers	Details
16/05/10	Sheffield (provisional)	MBO	BMBO	Details

June 2010

Date	Name	Format	Club	
06/06/10	Grovely Woods (provisional)	MBO	Sarum Orienteering Club	Details
19/06/10	Catterick MBO	MBO	NYMBO	Details

October 2010

Date	Name	Format	Club	
30/10/10	Sherwood Pines (provisional)	MBO	BMBO	Details

November 2010

Date	Name	Format	Club	
06/11/10	Whinlatter Forest	MBO	Cross Cumbria Cyclists	Details
07/11/10	Grizedale Forest	MBO	Cross Cumbria Cyclists	Details

MBO Score National League 2010

February 2010

Date	Name	Format	Club	
28/02/10	Sherwood/Not ts Forests	MBO Score	Dark & White	Details

March 2010

Date	Name	Format	Club	
28/03/10	North Cannock Chase	MBO Score	Walton Chasers Orienteering Club	Details

April 2010

Date	Name	Format	Club	
17/04/10	Langdale & Broxa Forest	MBO Score	NYMBO	Details

May 2010

Date	Name	Format	Club	
02/05/10	Glentress	MBO Score	SMBO	Details
30/05/10	South of Kendal	MBO Score	Cross Cumbria Cyclists	Details

June 2010

Date	Name	Format	Club	
26/06/10	Epic - Cumbria	MBO Score	Epic	Details

July 2010

Date	Name	Format	Club	
04/07/10	Manx Big Summer Epic	MBO Score	Manx Timing Solutions	Details
10/07/10	Wensleydale	MBO Score	NYMBO	Details

August 2010

Date	Name	Format	Club	
28/08/10	Malham Show	MBO Score	NYMBO	Details

September 2010

Date	Name	Format	Club	
05/09/10	Epic - Cumbria	MBO Score	Epic	Details

October 2010

Date	Name	Format	Club	
10/10/10	High Newton MBO Score	MBO Score	XCC	Details

