Cross Cumbria Cyclists



present the Kendal MBO 2027
Sunday 3rd January

A 3 hour mountain bike orienteering event for solo riders and teams of two
This event will be the first of 3 XCC over the winter. We will be using MapRun.
Come along and enjoy the event / course or use it as training for longer events to come. If there are sufficient entries, we will do random prizes for those that have taken part in all 3 events

The idea is to score points by visiting as many checkpoints as possible in the time limit of 3 hours using an OOM map.

Enter via BMBO Calendar or SI entries No on the day entry. Entries close Tuesday 29th December

Event Centre
Heron Pub kendal

The event I mainly an Urban event and will use lanes, bridleways, quiet roads and paths. Some paths have steps and barriers near road ends.
Riders should ride with caution on narrow lanes and must give way to pedestrians.
A bell is strongly recommended.
Registration 9.30 to 10.00, Starts 9.45 to 10.15.
The start and finish are near the Heron pub
Parking is very limited at the pub. You may need to park nicely in the streets nearby and cycle to registration ready to start. Leave plenty of time to arrive, park, get ready and get to registration at the hall.
The pub will be serving drinks and food after you have finished riding.

Map/Event Format
This event is mainly on urban roads and hard surfaces due to the time of year. The map will be an Open Orienteering map format. Final details including a sample of the mapping will be sent to your email a few days prior to the event. We are using this mapping as the OS does not show sufficient detail in urban areas.
The event is designed to test your endurance, mountain bike handling and navigational skills. There will be about 33 controls placed in the area. Controls will be worth 10-50

points. Your aim is to collect as many points as possible and return to the finish within the 3 hours available. Penalty points will be deducted for late return any usual BMBO rate.
The event map will be provided as part of the entry fee, pre-marked with control sites and out of bounds areas.
On the event map controls will have a number. The first digit will indicate the control value. Any control number 10 to 19 will have value of 10 points, 20 to 29 will have value of 20 points, 30 to 39 will have value of 30 points, 40 to 49 will have value of 40 points, 50 to 59 will have value of 50 points.
The check points can be visited din any order but since the event area is small it is likely that you will visit odds number controls then even number controls or vice versa, Do as many odd / evens as you want then switch.

Rules and Equipment

1. Follow the cycling code at all times.
2. You should not do anything that you would regard as cheating if someone else did it. Pairs must remain in contact (50 metres) at all times and visit control points together.
3. **You must report to the finish even if you retire.**
4. Competitors must close all gates, pass or overtake walkers slowly and courteously, treat the rural community with due consideration, and aim to cause no damage to trails.
5. **Cycling helmets are compulsory and must be worn at all times**.
6. Other equipment required; a bell, a roadworthy mountain bike, basic first aid kit, compass, whistle, water/wind proofs, tool/puncture repair kit. Kit may be checked at the start (no kit, no start, no refund).
7. Note that competitors compete in this event at their own risk and are responsible for their own safety. Take care on narrow country lanes with potholes and mud, some very steep and off-road trails, some of which are steep and rocky.

Checkpoints

Checkpoint sites will be marked on events map. The MapRun App will beep when you are the correct location for a control. It may take a few seconds to beep.

Before the event

1. Download the latest version of MapRun from either the Apple of Android store.
2. Setup your MapRun profile – this is quite simple. You can also connect a Garmin watch, Apple watch or cycle computer if you wish.
3. Check that the app notifications have permissions and are loud enough so you know when you've reached a control - options & settings, scroll to preferences, and look for alert sound.
4. On Thursday or Friday before the event, you need to download the course from the MapRun App.

Select event | UK | Cumbria | XCC | 2027 events / Kendal 2027

NB don't download before Thursday 31st Dec incase the final version has not been uploaded

5. The event name will appear on the MapRun home screen, but if you select “go to start” you will be asked for a PIN. This is normal, but you won’t get the pin until you go to the start at the event. This will automatically be removed when you start.

At the event

1. Register at the cafe and collect your control descriptions.
2. Maps with no controls will be available at the event centre to show the event area.
3. At the start you will get a printed, colour control map (A3) and the event PIN.
4. Press “go to start” on your phone/watch/computer – the START should trigger when you cycle through the start point. and your time limit for the event commences.
5. Every control should register/beep to confirm you have located it correctly.
6. When you get to the finish point, your course will be completed.
7. Do not pass through the finish until you want to finish,

When you have finished:

1. Your course should upload to MapRun automatically and you can see everyone’s results on the app. If this doesn’t work correctly there are a couple of options to check.
2. If you are missing one or more controls that you know you visited, you may need to adjust the GPS tolerance using the “HITMO” function in MapRun – this allows you to extend the default GPS range (e.g. 30m).
3. If your MapRun course failed to record, but you have a track recorded, you can manually upload a track or Strava course.
4. If those options fail, please get in touch and we can sort out a manual score.

Organiser – Mike Hayward mike.yakbike@gmail.com

XCC Winter series 2026
Saturday 5th December Near junction 36 M6 Cafe Ambio
Sunday 33rd January Heron Pub Kendal
Sunday 14th February Silverdale Village Hall

Why MapRun?

Whether you’ve done XCC events before but not used MapRun or you’re a first-timer to our events, this guide will help you for your next event. You can find MapRun FAQ at https://nymbo.org/maprun-faq/
XCC has adopted MapRun because it saves a huge amount of planning effort and time in putting out SI controls the day before the event and collecting them afterwards. It also means we can be more rigorous about the routes riders take and ensure people stay on the correct course – that’s better for riders, the local community and for everyone’s safety.



BMBO