# **Black Mountains – Mountain Bike Orienteering**

### THE AREA

Situated on the English Welsh border and rising to over 800m above sea level it is widely accepted that the Black Mountains are epic for mountain biking and with events in the Wye Valley and deeper into Wales we have a wonderful area to ride in. Our events will utilise the best trails in the area and once you've ridden them you will want to come back and ride them time and time again.

#### THE EVENTS

#### **MBO Score Series**

Adventure Race type events to test your endurance, mountain biking skills and navigation.

• 2 Hour Winter Wanderland Series - Mainly in Forest Areas

5 February – Rudry, near Caerphilly 19 February- Wentwood, near Chepstow

• 3½ Hour Long Score Series.

19 March – Event 1 – Dingestow near Raglan 29/30 April – Event 2 & OMM Bike - Cwmdu near Crickhowell 28 May – Event 3 – Govilon near Abergavenny 25 June – Event 4 – Llandefalle near Brecon 16 July – Event 5 – Forest of Dean 17 September – Event 6 – Trecastell near Brecon 15 October – Event 7 – Wye Valley

The aim of the events is to find and visit checkpoints marked on our Maps:

- Fun for beginners and challenging for the experienced
- · Post event hot food and drinks included in the entry fee
- Participate as a team or go solo
- Great for groups and families
- Bring your own bike or hire one
- Try it for fun or compete against your friends
- Trophies for Overall and Class Winners

Each rider accumulates a total score dependent on how many and which particular controls they visit. There is no set order for visiting the controls & riders have to decide the most efficient route to use their time and energy.

The rider with the highest points total is the winner. As route choice, level of difficulty and duration of riding are all decisions for the rider, these events really suit everyone whatever your ability level.

#### **Black Mountains MBO**

Day Rider Form -



Name	
BMBO No	MTB
Age Class	
SI Card	
Mobile No	
Email	
Emergency Contact Name & Phone Number	

Completion of this form ensures that the Day Rider detailed above is treated as a member of BMBO for the date of this event.

## Benefits if you join as a full BMBO Member (£8);

- Entry to all BMBO events without Day Rider surcharge
- Automatic Third Party rider insurance
- Eligibility to National BMBO leagues & prizes
- Full access to BMBO website
- E-newsletter
- Member discount offers
- Eligibility for GB Team

To Join go to www.bmbo.org.uk