

Final Details – Gisburn MTBO Hat-Trick

See also <http://www.pfo.org.uk>

Location

Stephen Park - "The Hub" at Gisburn Forest. SD745560. BB7 4TS

Parking in the main Hub car park - £3 per day – pay and display at the FC machine – bring coins.

Toilets are available in the car park.

Permissions

Do not ride any single track for warm up/down or when going to/from start or finish. This includes the skills loop.

We have special permissions for the night event to use tracks not normally allowed for bikes - route choices you make at night may not be allowed the following day, so don't just think the same for a similar leg.

No cutting through the forest allowed - you must stick to mapped tracks, paths and roads only. Do not ride firebreaks shown with yellow ride symbol.

Due to BMBO insurance restrictions juniors under the age of 16 (born 2000 or later) must be shadowed by an adult, and should've entered the C course.

Equipment

All night courses have a minimum of a short section on the road and possible route choices which use the road so you must have both front AND REAR lights. A second backup front light is advised – it is suggested to have one on the bike and one on the helmet for map reading. Reflective clothing is also advised.

Carrying of tools and spares is left to rider choice, you are advised that Gisburn is quite large and you may have a long walk without them.

Gisburn Forest rises to over 350m and in areas where trees have been felled it is very exposed in March, especially at night – please dress adequately and consider taking emergency layers in case of accident or mechanical.

Helmets are compulsory and must be cycling approved not climbing/caving etc.

Safety

Please be courteous to other forest users. If you need to stop on the singletrack to read the map please pull sensibly off the trail especially on fast sections.

Tracks marked one-way (see below) must be ridden that way only. Obviously.

We are told there won't be any forestry operations on the day, but if there are contractors in please be careful around machinery and obey any signs.

Some of the singletracks are quite technical with uneven rocky surface and berms, some steep drops, please exercise caution if you are not used to trail centre tracks. Black grade trails are avoided at night. Downhill tracks are out of bounds on all three events.

For events with remote start/finish you will be required to check in/out of the car park to make sure you've not had an accident/got lost on the way to/from.

Mobile signal is very limited in the area, including in the car park. There will be no emergency number on the map as there is no sensible way of providing a number for you to call, and you probably won't be able to call anyway. In the event of an emergency which requires to alert event staff you will need to get a message to a manned point – either the start or finish or car park, and for the long event there is a common control which is manned (shown on map with first aid symbol).

Map

We are trialling a potential new symbol for indicating a track is one way - see map example. The magenta "shoulder" is always on the left and a nearby magenta arrow confirms the direction. The idea is to clearly show whether any joining short segments are one or two way – you should see in the example that the short section from the fireroad which meets the trail is two way. A purple bar indicates FC gate which may or may not be open. There are a few fallen trees across paths which are unmarked and the FC may or may not remove them by the time of the event – they are all easily negotiable and not really affecting route choice.



Scale is 1:15000 with 5m contours. The middle, night and one of the variations on the A Long course have a blow up section at 1:5000, also 5m contours.

Paper size - A4 for all maps except A course Long on Sunday. Both A and B long courses have 2 maps stapled together – do the first map then do the second.

Control codes are marked next to the control number e.g. 1 – 121. No separate description sheets will be used, all controls are on paths.

Singletrack bends are many more than can be mapped at the scale of the map. Smaller water features and the most ruined walls are not mapped, they are many.

Starts/Finishes

	Start Times	Distance to Start	Courses Close	Distance from Finish	Notes
Middle	1500-1600 Punch	3.2km	1800	2.8km	Start is 400m beyond finish
Night	1900-2000 Punch	Adjacent	2200	2.8km	Same finish as middle
Long	A Mass Start 1000 B Mass Start 1010 C Punch 1030-1200	500m	1500	500m	Be at the start 10 mins before mass start for quick briefing

If you intend to compete and to shadow a junior afterwards please let us know. We can arrange to extend start times within reason to make space for you to both get round. For the middle event because of the distance to/from the start/finish you will need to take the child to the finish on the way to your own start and leave the child with the marshal at the finish (well behaved children only!).

Course Lengths – approx riding distance

	A	B	C
Middle	10.6km	8.0km	3.7km
Night	12.5km	10.0km	5.6km
Long	35km	26km	13.5km

Accommodation

B&B available locally – search around but Isobel at Bridge Cottage contacted us keen to host bikers:

www.bridgecottageclapham.co.uk