



## **British MTBO Championships and World Masters Series**

**Falkirk, Scotland 7<sup>th</sup> to 9<sup>th</sup> June 2024**



### **General**

Come and join us in Central Scotland in June 2024 for some fast and furious mountain bike orienteering on 3 superb areas new to the sport. All this combined with the many fantastic Scottish touristic attractions, both locally and in two world class tourist cities nearby- Edinburgh and Glasgow. A range of mtb trail centre opportunities are also available, including the world famous Glentress, near Edinburgh, home of the 2023 World MTB Championships.

Falkirk is the home of the famous Kelpies sculptures and the engineering marvel, the Falkirk Wheel. All 3 races are within 10 miles of the town, which is 19 miles (30 minutes drive ) from Edinburgh Airport, and 35 miles (50 minutes drive) from Glasgow Airport. Edinburgh itself is 25 miles away. Information about Falkirk at [www.visitfalkirk.com](http://www.visitfalkirk.com)

The challenges which await include a Friday evening Sprint race on an historic landscape, a mix of parkland and mature woodland around a stunning 14<sup>th</sup> century French chateau styled House which also contains a section of the ancient Roman Antonine Wall, a UNESCO world heritage site. Saturday's Long race is at Devilla and Tulliallan, a working coniferous forest adjoining the grounds of a police training college. Early on Sunday the Middle race is at Beecraigs Country Park, a beautiful and hilly woodland area in the Bathgate Hills close to the historic Linlithgow Palace. It has an intricate network of paths and tracks together with dedicated one way MTB trails.

## Programme

**Friday 7<sup>th</sup> June** 5pm to 8pm Callendar Park, Falkirk FK1 1YR

**Saturday 8<sup>th</sup> June** 10am to 1pm Devilla and Tulliallan FK10 4BE

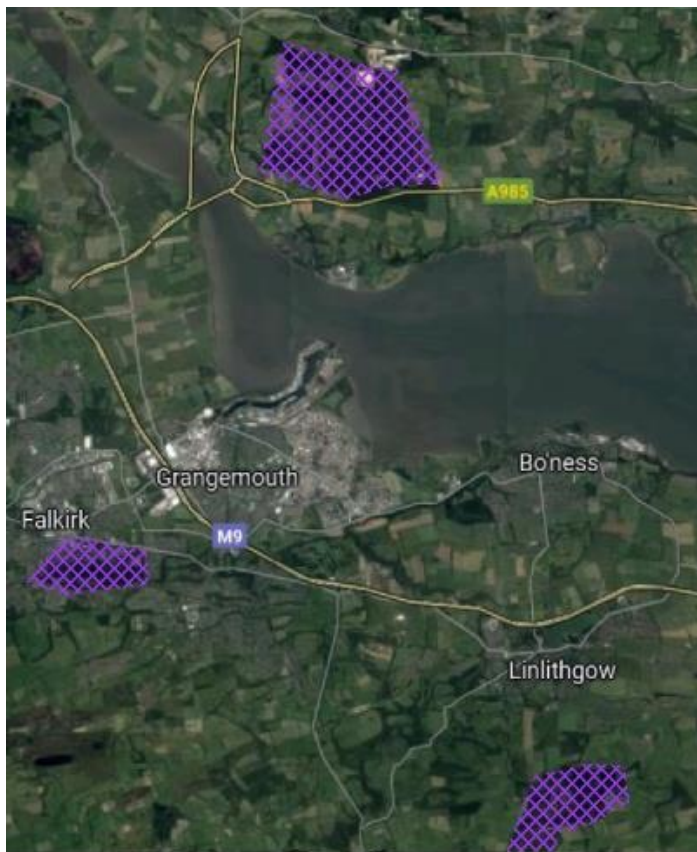
**Sunday 9<sup>th</sup> June** 8am to 11am Beecraigs Country Park EH49 6PL



## Classes and Courses

- A** M20, M21, M35, M40, M45
- B** M50, M55, W20, W21, W35, W40, W45,
- C** M60, M65, W50, W55, W/M18
- D** M70, M75, W60, W65, W/M16
- E** M80, M85, W70, W75, W/M14
- F** E-Bike
- O** Open/Novice

## Embargoed Areas



The areas marked on the map are embargoed. They are out of bounds for all potential competitors.

## Maps and terrain

### Sprint



Map: Callendar Park  
Scale/Contour: 1:7500/5m  
Terrain: Open parkland, mature woodland on a north facing slope, steep in places and a small industrial estate. Detailed path network.

### Long



Map: Devilla and Tulliallan  
Scale/Contour: 1:15000/2.5m  
Terrain: Fast and largely flat working forest with slower tracks off the fire roads. College grounds.

### Middle



Map: Beecraigs  
Scale/Contour: 1:10000/5m  
Terrain: Undulating hilly woodland with an intricate network of paths, roads and tracks.

## **Special Map Symbols and rules**

In the Middle Race, MTB single track trails exist that can be used only in one direction, indicated by arrows in magenta. Riding, running, or walking along these trails in the wrong direction will lead to disqualification.

Off track riding is not allowed except in the open areas coloured orange or in forest area shown with black dots. Otherwise, cutting, and off track riding, running or walking is prohibited and infringement of this rule will lead to disqualification.

All competitors will be required to have a bell mounted on handlebars. This is a requirement of landowners' permissions.

## **Entries**

Entries should be made through the BMBO website [www.bmbo.org.uk](http://www.bmbo.org.uk)

Non BMBO members, including international competitors, must first register on the website as a 'Day Rider'. Instructions for this are as follows:

### **How to enter a BMBO Event**

All entries for the events will be made through the **British Mountain Bike Orienteering (BMBO)** website. There will not be any Entry on the Day available.

Riders who are already BMBO members can enter in the usual way.

Riders who are not BMBO members or **International riders** will have to register with BMBO as a Day member.

### **Registering as a BMBO member**

Visit [www.bmbo.org.uk](http://www.bmbo.org.uk) and select **Join Now**

Towards the bottom of this page, you will see [\*\*New Adult Day Riders Register Now - Click Here\*\*](#)

- Log Details - in You will need to create a **User Name** and **Password**
- Select Membership – from the drop-down menu select **Day Rider Adult**. This free of charge.
- Your Details – fill in your personal details and address details
- For Shield Club select **None**
- Tick the box **I am not a Robot**
- Click **Submit**

You are now registered as a Day Member of BMBO.

## **Making an Entry**

Visit [www.bmbo.org.uk](http://www.bmbo.org.uk)

- In the left-hand column select **Event Calendar**
- Select the event you wish to enter and click **Enter**

- On the **Events Details** page click **Enter Event**
- You will be asked to Login using your **User name** and **Password**
- Click **Proceed**
- Tick the events that you wish to enter
- Select the **Course** you intend to ride and your **Age Class** from the drop-down menus
- Click **Proceed**
- On the summary page select **Proceed to Payment** or modify your entry

You will now be directed to the payments system.

You can check that your entry has been accepted by going to the Events Details page again and clicking **View Entry List**

In case of any difficulties please contact: **Chairman@bmbo.org.uk**

### **Entry fees**

Adult £15 per race

Junior (M/W14 to M/W 18 ) £5 per race

Dibber hire £1 per day

### **MTBO Safety rules and guidelines**

In order to compete safely and fairly in a MTBO event please follow the rules and guidelines as follows:

1. Helmets are mandatory.
2. A serviceable bike is required.
3. You must stay with your bike at all times.
4. You must stay on mapped paths at all times. Riding or running with bikes cross country is not allowed. \* See point 21 below regarding the symbols for "permitted to ride"
5. Controls on linear courses must be visited in numerical order.
6. Give way to members of the public on foot or on horseback.
7. When overtaking pass the other cyclist on the right and shout loudly "on the right"
8. In a head on situation both parties turn to the left.
9. Take extra care when approaching roads with traffic. Obey the Highway Code when on a road.
10. Riders travelling uphill must be given priority.
11. At an intersection the rider on the smaller path must give way to the rider on the larger path.
12. Slower riders should give way to faster riders.
13. Take extra care when head down reading the map or approaching another rider head down. Shout warnings as appropriate.
14. Do not loiter at a control site. Use SIAC if possible to speed through controls.
15. Move well clear of the track if stopping for any reason (including reading the map).
16. The events will normally use a punching start and either a punching or SI air finish. Specifics will be given in event details.
17. MTBO maps are similar to foot orienteering maps but contain less detail. There are no form lines and only 2 grades of forest (white - open forest, green -the rest). Many small contour and rock features are not mapped.

18. The main difference from foot orienteering maps is the grading of tracks and paths. Tracks are wide enough for 2 cyclists to pass and paths are narrower and generally difficult for cyclists to pass. Tracks are drawn with thick width black symbol and paths are shown with a narrower width symbol.

19. Tracks and paths are classified into 4 speed bands. Fast (75-100% of possible riding speed on a hard smooth surface). Medium (50 - 75%), slow (25 - 50%) and very slow ((0 - 25%). Fast is shown with an unbroken line, medium with large dashes, slow with smaller dashes and very slow with tiny dashes that look like dots.

20. There are 3 important magenta coloured symbols in use. A dash across a track signifies a hazard - usually a fallen tree that can be crossed with care. If an obstacle cannot be crossed or the track is out of bounds a magenta X will be marked on the track. For one way tracks a magenta V pointing in the allowed direction of travel will be shown.

21. There are 2 symbols that allow for riding off-paths. It is permitted to ride in open areas coloured orange and forest areas shown with black dots.

22. Control descriptions are not used and control codes are printed after the control number on the overprinted map of the course.

### **Mapboards**

For those new to the sport, we will have a limited stock of rotating mapboards for fixing to handlebars available at the events.

### **Planners/Organisers/Mappers**

Bob Cherry, Steve Smirthwaite, Keith Dawson, Arnis Saltums

### **Contact details**

Entries: Tony Brand-Barker [chairman@bmbo.org.uk](mailto:chairman@bmbo.org.uk)

General: Bob Cherry [bob.a.cherry@btinternet.com](mailto:bob.a.cherry@btinternet.com)

### **Acknowledgements**

Thanks to :

Landowners: Forestry Land Scotland, Tulliallan Police College, Falkirk Council, West Lothian Council

Maps and support: Forth Valley Orienteers (FVO), Kingdom of Fife Orienteers(KFO), Edinburgh Southern Orienteering Club (ESOC)

Scottish Orienteering Association (SOA)