

Start Venue

The start venue is Derby University Sports Club, Trenchard Drive, Harpur Hill, Buxton SK17 9JY. Look out for event signs on the day. Registration opens 7.00am; you can start riding anytime between 8.00 & 9.00am.

The Challenge

The challenge is to have a go at riding the route you have chosen to do in the time allowed, there is a choice of distances either 62km or 44km. SPORTident timing will be used and you will need to visit/punch control points on your ride to register that you have completed the fixed route in full. You will be provided with a full colour, bagged OS route map and route description at registration plus a few "tricky" parts of the route will be arrowed to avoid any confusion – overall therefore the basic ability to navigate using an OS map is important. There will be time cut off points on each route after which you will not be allowed to continue and these times will be detailed in the information shown on our website before the event. Both routes will offer as much hilly/off-road riding as possible and will be a mix of all manner of public rights of way with road/lane links in between. There will be at least one marshalled control/ feed station on each course. The prescribed overall course time limits will be challenging but certainly not impossible!

Control point sites will be marked on your route map and identified on the ground by bright coloured tape on an obvious feature to which a SPORTident scoring box will be attached. "Dib" in the SPORTident box at the start, finish, all controls visited and the DOWNLOAD BOX at the end. You must use a SPORTident dibber to take part in this event. You may use your own dibber if you have one (please fill in its number on the entry form). Alternatively we will rent you one automatically. You will need to present your dibber to any marshal on demand i.e. no dibber = no entry!!

You need to be a BMBO (British Mountain Bike Orienteering) member to ride – see this link for membership options <http://www.bmbo.org.uk/> i.e. either Day Rider (free) or Full (£6 per annum).

The Start/Finish

You can start anytime you wish between 8.00am & 9.00am; the finish closes PROMPTLY at 3.00pm. Hot drinks, orange juice, savoury snacks and biscuits will be available at the finish.

Entry & Results

NO FINAL DETAILS WILL BE SENT OUT. If you wish to have confirmation of entry either enter on-line at www.darkandwhite.co.uk or please enclose an sae with your postal entry (address as below). Provisional results will be displayed on the day; full results will be available at www.darkandwhite.co.uk after the event.

Equipment

A roadworthy bike, helmet (ANSI or BSI only – not climbing, caving or canoeing types) and a watch are compulsory for this event. Dress appropriate to the prevailing weather conditions. Spot checks may be carried out to ensure you comply with these requirements. You should also bring food/drink sufficient for the duration of the event. NB Cyclo-cross bikes are not allowed – MTB only!!

Time Bands/Awards

There will be overall results for each course with Gold, Silver or Bronze time bands depending on the time you finish in (these time bands will be advised on our website before the event). There will be separate time bands for men and women riders. Specially commissioned certificates will be given to all finishers appropriate to their finishing times.

Rapid Registration

If you have pre-entered and have your own dibber just turn up, check your dibber and BMBO numbers and sign in. No need to queue! No need to stand about. Get up later!



3 Counties Mountain Bike Marathon

(Long: 62k/1600m or Short: 44k/1100m)

Derby University Sports Centre, Harpur Hill, nr Buxton
Sunday 29th November 2015

- *A challenging/hilly Winter mtb marathon event with a choice of two distances*
- *A fixed/point to point route using a selection of some of the best mtb tracks & trails in the Peak National Park with the accent on maximum off-road riding and descending!*
- *Challenging for both experienced and novice riders*
- *Full colour OS route map & descriptions provided; route partly marked; Beat The Bonk feed station en-route*
- *Part proceeds go to the Peak National Park as a donation to help with ongoing conservation work*
- *Enter as solos or pairs; various age categories*

For all information and enquiries:

e-mail: info@darkandwhite.co.uk

Website: www.darkwhitecycling.co.uk

Enter on-line or post to:

Dark & White Events
c/o 10 Buscott Drive
Ashbourne,
Derbyshire
DE6 1JY

(Cheques to "Dark & White Events Ltd").

Closing date for entries:- **when the event is full or 5 days before the event (which ever is earliest)**

If you enter close to the event you must ring first, on 01335 348603, to check map availability. There is a £3 charge for a late entry. **Early entry saves money!!!**

This form may be photocopied



****Important Information regarding BMBO fees****

You must be a member of British Mountain Bike Orienteering (BMBO) to take part in these events – it's quick and easy to register by using the link below. **Full Member** – annual cost £6 | **Day Rider** – free BMBO membership but events are £1 extra to enter over and above Full Members | **Under 21's** – free membership/pay for events the same as Full Members.

For all details see www.bmbo.org.uk Email: membership@bmbo.org.uk

Or send an SAE to: BMBO Membership Secretary, 101 Barkbeth Road, Huyton, Kirby L36 3TU

	Rider 1	Rider 2
Full Name		
BMBO Number		
SI Dibber Number	(if you own one if not hire one for £2 each)	(if you own one if not hire one for £2 each)
Address		
Post Code		
Date of Birth		
Email Address		
Mobile Phone Number		
Emergency Contact Name		
Emergency Contact Number		
I/WE agree to abide by the BMBO Rules, and that I / WE enter this event at MY / OUR own risk. Please sign below. (Parent/Guardian if under 18)		
Sign		

Age Class based on oldest rider (please tick)

Men (Solo/Pair)		Women (Solo/Pair)	
A = Men (17-39)	<input checked="" type="checkbox"/>	B = Women (17-39)	<input checked="" type="checkbox"/>
C = VMen (40-49)	<input checked="" type="checkbox"/>	D = VWomen (40-49)	<input checked="" type="checkbox"/>
E = SV Men (50-59)	<input checked="" type="checkbox"/>	F = SV Women (50-59)	<input checked="" type="checkbox"/>
J = 60+ Men (60+)	<input checked="" type="checkbox"/>	K = 60+ Women (60+)	<input checked="" type="checkbox"/>
Mixed Pairs		Other Pairs	
X = Mixed (17-39)	<input checked="" type="checkbox"/>	G = Generation (youth 12-16 & Adult 18+)	<input checked="" type="checkbox"/>
Q = Mixed (40-49)	<input checked="" type="checkbox"/>	T = Tandem (any age combination)	<input checked="" type="checkbox"/>
Z = Mixed (50-59)	<input checked="" type="checkbox"/>	* Pairs are allowed in all classes, the category entered to be determined by the oldest person in the team i.e. a male pair with ages of 42 and 27 would enter Class C.	
L = Mixed (60+)	<input checked="" type="checkbox"/>		

Entry Fees (see notes below ref entry discount)

	Solo Fee		Dibber Hire		Team Fee		Dibber Hire	
44km (Short)	<input checked="" type="checkbox"/>	£15	<input checked="" type="checkbox"/>	£2.50	<input checked="" type="checkbox"/>	£28	<input checked="" type="checkbox"/>	£5
62km (Long)	<input checked="" type="checkbox"/>	£20	<input checked="" type="checkbox"/>	£2.50	<input checked="" type="checkbox"/>	£38	<input checked="" type="checkbox"/>	£5
Late Entry	<input checked="" type="checkbox"/>	£3	Contact us first!					
A3 Map	<input checked="" type="checkbox"/>	£3	per event					
Total Fee	£							

**** FULL BMBO MEMBERS ENTRY DISCOUNT – if you are a full member and have paid your annual membership fees you qualify for a discount on your event entry (£1 per event). To make our online system and admin easier from now on we will pay you back any discount in cash at event registration on production of your current BMBO membership card****