



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

April 2011

FIXTURES

May 2011

Sun 01	Glentress	MBO Score 3hr	Scottish MBO 2/6	Enter
Sat 07	Wykeham & Bickley, N. Yorks	MBO Score 3hr	NYMBO summer 3/9	Enter
Sat 07	Hanchurch Woods	MBO Middle	Walton Chasers Orienteering Club British Middle Dist MTBO Champs National MBO 4/12	Enter
Sun 08	Swynnerton Camp Cannock	MBO Sprint	Walton Chasers Orienteering Club British MTBO Sprint Champs National MBO 5/12	Enter
Wed 11	Dark Peak, Peak District	MBO Score 2hr	Dark & White Summer League 1	Details
Sat 14 Sun 15	Grizedale, South Lakes	MBO Score 6hr+5hr	Dark & White Two Day "The Grizedale Giant"	Details
Tues 17	Pickering, N Yorks	MBO Score 2hr	NYMBO summer evening 1	Details
Wed 18	Central Peak District	MBO Score 2hr	Dark & White Summer League 2	Details
Sat 21	Teesdale, Durham Dales	MBO Score 5hr	NEMBOS 2/5	Enter
Sun 22	Bewaldeth, North Lake Dist	MBO Score 4hr	Cross Cumbria Cyclists XCC summer 3 National MBO Score 3/7	Enter
Wed 25	Dark Peak District	MBO Score 2hr	Dark & White Summer League 3	Details

June 2011

Wed 01	Peak District	MBO Score 2hr	Dark & White Summer League 4	Details
Sat 04	Farndale & Bransdale, NYorks	MBO Score 5hr	NYMBO summer 4/9	Enter
Sun 05	Innerleithen	MBO Score 3hr	SMBO 3/6	Enter
Tues 07	Cartmel, Lakeland	Bike O 2hr	Lakeland OC Bike O Series 1	Details
Wed 08	Peak District	MBO Score 2hr	Dark & White Summer League 5	Details
Sat 11	Kildale, Gisborough Moors,	MBO Score 3hr	NEMBOS 3/5 National MBO Score 4/7	Details
Tues 14	Washburn Valley, Otley	MBO Score 2hr	NYMBO	Details
Tues 14	Shap, Lakeland	Bike O 2hr	Lakeland OC Bike O Series 2	Details
Wed 15	Peak District	MBO Score 2hr	Dark & White Summer League 6	Details
Sun 19	Seathwaite, Duddon Valley Lake District	MBO Score 3hr	Cross Cumbria Cyclists XCC summer 4	Details
Tues 21	Sandside, Milnthorpe, Lakes	Bike O 2hr	Lakeland OC Bike O Series 3	Details
Wed 22	Staffordshire	MBO Score 2hr	Walton Chasers OC Summer Series	Details
Sat 25	Moors Valley	MBO Score 2hr	Wimborne Orienteers The Moors Valley Challenge National MBO 6/12 Southern MBO 5/8	Details
Sun 26	Longleat	MBO	Sarum Orienteering Club National MTBO Long Dist Champs National MBO 7/12 Southern MBO 6/8	Details
Tues 28	Sawrey, nr Hawkshead Lakes	Bike O 2hr	Lakeland OC Bike O Series 4	Details
Wed 29	Staffordshire	MBO Score 2hr	Walton Chasers OC Summer Series	Details

Full calendar and lots more info on the BMBO website

<http://www.bmbo.org.uk>

Editorial

No room for the editorial on the front page this month – it's full of fixtures!
Which is good news for all of us.

The next couple of months see three MBO national championships to compete for – sprint and middle in Staffordshire in early May, then long distance at Longleat in June. These events are also part of the MBO national league, so both points and prizes to be earned. Meanwhile the MBO national score league continues with events in the Northern Lakes in May and then Kildale/Gisborough Moor (N.Yorks and Cleveland) in June. Add in the spread of regional league events and you can be bike orienteering nearly every weekend. And summer brings on the evening events – usually shortish and very sociable – an ideal way to introduce a friend to the sport. We have the April round up of recent event reports, league updates and international news, plus encouragement from the chairman to use the on-line entry system which is now operational, and an explanation of the job of BMBO treasurer.

Copy Date for the May newsletter Tuesday 10 May
newsletter@bmbo.org.uk

News from John Houlihan, BMBO chairman.

Online Entry now Available:

Enter events online and do your little bit to help out.

Enter events online and make organisers happy.

Organisers want to make life as easy as possible for competitors to enter. They accept entries by e-mail, cheque, online and entry on the day (EOD) for your convenience. But one entry method is far more convenient for organisers than the others and that is on-line entry.

When you enter online, your membership is checked automatically, you are added to the startlist automatically and your entry is automatically accounted for in the BMBO levy return. These are all jobs organisers have to do manually if you enter by any other method.

With online entries the organiser downloads the start list and uploads this to the SI software. Job done.

Enter online and let organisers get on with planning your event, not processing your event entry.

Merchant Account Now open

BMBO has opened a merchant account. The main reason is to reduce costs to organisers when taking payment for online entries. We can now charge organisers just 3.5%. This is at cost since BMBO does not need to make a profit on this or any other facility we offer to organisers.

As long as BMBO continues to break even and have funds to put back into the sport, we will not increase our fees.

MBO National League update

Report by Tony Brand-Barker, League Coordinator (mbo@bmbo.org.uk)

Three events gone and a quarter of the season passed by already. The 2011 season got off to a cracking start as Mark Stodgell's novel event at Stafford introduced many to a totally new form of MBO. Fast and furious racing around an army base led to some nail biting finishes. Only 3 seconds separating the top three places! For some it also proved to be a costly lesson in reading your map carefully and checking control codes! How many more areas like this are there around the country that would make superb events?

Star Posts saw record numbers for an MBO event sample what must be one of the best areas for MBO in Britain. A wealth of tracks and intricate paths provided challenging navigation that would rival many of the European venues that have been used to host World and European events. Many thanks to Eric Harper and his team for hosting what proved to be their first event. May there be many more!

The third event at Wareham revisited an area previously used for a British Championship event. Many thanks to the Wessex team for putting on a sun blessed event which also counted towards the Southern MBO series.

Name	Class	Stafford	Star Posts	Wareham	Events	Total
Chris Brand-Barker	M20	99	100		2	199
Stuart Lynch	M21		100	100	2	200
Alan Hartley	M21	100	95		2	195
Tim Fairbrother	M21	93	84		2	177
Ifor Powell	M40	100	100	100	3	300
Andrew Windrum	M40	96	91		2	186
Andy Conn	M40	100	85		2	185
Warren Mason	M40	92	79		2	172
Roger Thetford	M40		75	84	2	159
Peter Simmonds	M40		71	87	2	158
James Tyson	M40		58	60	2	118
Nigel Benham	M50	94	83	100	3	277
Stuart Norman	M50	84	75	96	3	255
Tony Brand-Barker	M50	100	99		2	199
Andy Jones	M50		100	95	2	195
Stephen Robinson	M50		70	68	2	137
Richard Steptoe	M60	88	99	100	3	287
Alain Wilkes	M60		62	60	2	122
Emily Benham	W21	100	100		2	200
Liz Snell	W21		47	100	2	147
Charlotte Somers-Cocks	W50	100	100		2	200
Denise Harper	W60		100	100	2	200
Chris Couldery	Y		48	100	2	148

The current standings in the age classes show only those who have completed two or more events. Some familiar faces and some new names lead the classes, promising some close fought contests this year.

In the Overall Championship (table not published this time) Ifor Powell (M40) takes an early lead from Stuart Lynch (M21) who has completed one less event. Meanwhile Emily Benham has made a decisive start to the year with two straight wins. Please report any errors or omissions from the table before the next event otherwise they will be assumed to be correct and the results will stand.

Next events in the league are the British Championship Sprint and Middle races organised by Mark Stodgell on two areas new to MBO. These events take place on the weekend of 7th/8th of May. Entries are open and full details are on the BMBO website. Note the dates of the two events are the opposite way around to those originally advertised due to access difficulties.

Mountain Bike Orienteering National League

Round 1 Stafford 27 Feb 2011

Event report by rider and mapper, Dave Peel

By MBO standards MOD Stafford is a small area but this is more than made up for by its complex network of roads, buildings, and a car park set in a flat parkland setting. To make the most of the area the event was split into two sections. Firstly there was a short prologue with 20 min winning time (exceedingly short by MBO standards) followed by a final which was a complex clover leaf format course. Riders started this 3 abreast one on each of the loops, with riders taking in all 3 loops in different orders. This final provided another 40mins of riding but the short distances were countered by the numerous controls - 22 in the prologue and a further 42 in the final.

Excellent course planning gave numerous route choices with constant decisions to be made and no let up in the navigational challenge. As riders could go off track (ie ride wherever they wanted) straight routes across the cut grass of the parkland would appear to offer the best routes, however heavy rain had waterlogged the ground making the grass slow and tiring to cross. This opened up more route choices which along with the numerous controls shifted the focus onto orienteering rather than riding skills.

The men's competition was exceedingly tight with 5 riders in contention; however a costly 1 min error from British Champion Ben Plowman ended his chances whilst Killian Lomas succumbed to the intensity of the twisting course and missed the penultimate control out. In the end it was a dead heat between Ifor Powell and Alan Hartley in 36.48 with Andy Conn just 3 second down.

In the women's race Emily Benham showed her class with a clear victory taking 40.34 for the same course which placed her 9th overall with second spot going to veteran Charlotte Somers-Cocks in 45.02 placing her 13th overall.

Overall an excellent mbo event providing challenging courses and close competition which rewarded the most skilled competitors. Walton Chasers did a great job by staging a quality event and made the most out a small area which demonstrates that there are plenty of exciting venues suitable for MBO.

The map for the event had originally been produced for a foot O event and as a sprint map of an urban area it lent itself to mbo without any modification. As the map maker it is always interesting using your own handiwork and over time I have learnt that this has some advantages but equally some disadvantages. One of the benefits is a general knowledge of the terrain, though the drive to the assembly will have given others a good flavour of what to expect, and like most I soon learnt that the grass was very slow going so sticking to the tarmac for as long as possible was the optimum. Another advantage is in knowing the terrain well enough not to need to read a lot of the fine map detail. Ie I have a good picture of the ground and control locations as I've been there before. This saves time but only a couple of seconds per control. All these advantages can easily be wiped out when it comes to route choice. It is all too easy to look at a leg and think "oh yes I know where that is" and head off taking a route which you took when making the map and all too often this can be a real duff option. And worse is that you actually didn't recall the control correctly and head off to the wrong place! Mistakes like this wipe out any advantage and redress the balance. However I lose most time by constantly reviewing my own work and getting distracted by looking for mistakes in the map.

Regarding the map making process, this map was based on very accurate base material so it was very straight forward to produce. In addition I used aerial photos to add vegetation details to the base map. Then all I had to do was walk around the camp classifying every detail and occasionally adding things or removing them when necessary. I have found that time spent gathering material to produce as accurate a base map as possible is time well spent.

On a more general note, making maps for mbo is far more straight forward than foot-O maps as the main requirement is the path and track network, however this has its challenges as the classification of ride-ability is quite subjective. A consistent approach is the key here. Another challenge I have found is mapping the twisting mbo trails which are now built in many areas. These are rarely on any OS material and, if you are not basing your map on an existing O map, then plotting their twists and turns is difficult. A good GPS track can be of great assistance.

The next MBO events for me will be the WCH weekend on May 7/8.
This time I've not been involved in the mapping so no excuses for me!

Photos from MBO National League Round 1 Stafford 27 Feb 2011



Emily Benham wins the womens race



Ifor Powell (left) ties for first place in the men's race.
Tony Brand-Barker (right) wins M50

MTBO World Cup Hungary – View of a new boy **By Alan Hartley**

For a few years I've been interested in doing some MTBO internationally. Quality areas, maps and courses, experience of a different country, what's not to like? Would I be embarrassingly slow though? With over 30 years orienteering experience I was confident I wouldn't get too lost, but was I fit enough to mix it with the top riders in the world?

With a reasonably good winter's training under my belt I felt I could say yes to go to the first set of World Cup races in Tapolca, Western Hungary on 15-17th April. This consisted of a sprint, a middle and a long distance event on consecutive days.

The sprint race was in a derelict army base, apparently unused by humans for 15 years. It was quite surreal blasting around the concrete areas with grass growing through them, and navigating in and out of the maze of run down buildings (literally in and out of the buildings in some places – three of our controls were inside). There was no spare time to stop and look at the view though. Detailed navigation and punching speed were the prime requirements, with 31 controls in a winning time of 21 minutes, there were very few parts of the course where one could really open up and ride full speed. This of course suited me, when I finished I was amazed to find I was in 9th place. I dropped down as more people finished, especially as the top ten in the world – the "red group" always start as the last ten starters. I hoped to stay in the top 30, but I eventually finished 36th out of 79, only 3:30 behind the winner. So far so good!

The middle race on the Saturday was into the more traditional Hungarian terrain of lowland grass and scrub land. As with most international orienteering races of all forms, the start was on a podium in the start/finish arena giving the commentator more to talk up. I've been using SPDs for 18 years now and have got quite good at them, but maybe nerves made me fluff the pedal engagement in front of everybody. I was soon off and into the course proper and it was apparent that this course involved a lot more hard pedalling. My two minute man, who I'd just beaten the day before, caught me and went straight past within about twelve minutes, then my four minute man one of the very fast Russians went past me like I wasn't moving after about 24 mins. I thought I could pedal well on the flat and it was the hills that did me, but I couldn't stay with these guys on the flat. Perhaps conscious of how fast I needed to be going, I overcooked the navigation on control 11 losing about 90 seconds. I had oversimplified the track network in the very cursory glances I was giving the map in between hard pedalling, and while I was basically in the right place, couldn't find the junction I was

expecting because it didn't exist on the ground like I was picturing in my head. Eventually a glance of the compass told me what was going on and off I went again, the rest of the course going pretty well. I later found the world number one had made the same mistake, in good company then! However, he still finished 4th and I finished 65th. I was toward the back of the field yes, but I was not last and not adrift of the bunch.

The long race is Hungary's signature race, the mass-start along with gaffling (forking of the course so that you are not always going to the same controls as riders around you but in the end by revisiting some controls multiple times you all do the same legs just in a different order). Knowing that realistically I was a slower rider than all but about ten in the field I didn't rush on the short run to the bikes and took up a position toward the back, taking my time to put the pack of three maps on my mapboard. The start/finish was the same as the previous day, and the first set of gaffles involved two loops in similar terrain (i.e. half the riders did one loop first then swapped, the other half vice-versa). I was quite surprised when the world number one passed me just before the third control – two mistakes in two days then! I started to get lonelier on the second of my loops as faster riders got away from me. On to the rest of the course we headed up into the hills which were forested and beyond into the urban area and vineyards of the small town of Sümeg. I couldn't work out what was happening with the gaffling here and was confused when some riders who I knew were behind me came out in front of me from a path that didn't make sense (later it did make sense when I got to the third map and I came out on that path). I pushed on the downhill to catch them to have some people of a similar speed to ride with, big mistake! I'm still not sure exactly what happened next but the front wheel slid out and I was sliding along the ground using my knee, elbow and head as brakes. I was bleeding quite well but bike and bones seemed intact so I carried on. My focus was a bit dented for the next few controls, I was quite scrappy losing 20 seconds every other control, missing junctions and hesitating so I went for a gel only to find I must've dropped them all. The gaffling around town was also quite confusing, I kept getting passed by very fast groups of riders and I couldn't work out if they'd come from behind me or whether they were a loop ahead (generally the latter I think). With all my scrappy time losses and presumably pedalling slower with my sore knee I found myself caught by a trio of Hungarian riders - I decided my mission was to beat these guys. Despite another slight fall, which normally would be innocuous but I dropped on to my knees which hurt a lot, I pulled away from them, helped by riding with the leader of the women's race for the last few controls (I say riding with, more like failing to stay with on the climbs and catching on the descents). I finished 61st, a few places up on the day before which was I was very happy with considering the fall.

A trip to the paramedics, packing the bike back into its flight bag and a drive to Budapest Airport and my first World Cup weekend was over. Despite needing a new helmet and at least a week off riding to let the grazes heal, I feel it was a success – especially my top half finish on the first day! It was certainly a learning curve, I know what I need to do to improve and I know the level I need to get to. Things I'd previously thought of as my strong points – flat riding speed, technical riding, keeping navigation tight while pushing the speed are all not bad, but there's still plenty of room for improvement. The fact I had my first two crashes of the year in the same race shows just how hard I was having to go, but overall definitely an enjoyable experience.

For those who fancy giving international MTBO a go, but are a bit daunted by riding against the world elite, there are often races open to all later in the day on the same courses.

More International News

If you want to know how the British MBO competitors are making their mark on the world stage, you can read more reports about their races at the recent first round of the World Cup held in Hungary on the news section of the website www.bmbo.org.uk

Round 2 of the World Cup is in Sweden, 18-20 June, and the World Masters Championships are being held there at the same time.

Blanchland MBO Score Event 16th April 2011 **Round 2 of the MBO Score National League**

Race Report by Sally Lee

As a regular at the Dark and White Peak District MBO Series, and encouraged by fellow bikers Maggie and Mark McPhillips, I decided to branch out to orienteering pastures new and try the Blanchland MBO Score Event just inside Northumberland. The three hour journey was rewarded with stunning views of Pennine bleak grandeur and a hint of sunshine.

Unfortunately the front disk brake on my bike had seized completely and I had the choice of no front brake or riding poorly Bruce's different, bigger, hardtail bike with the wrong clipless pedals. I chose the latter and donned my tatty walking shoes.

Mild, dry, overcast weather and excellent visibility meant riding conditions were perfect. The small crowd of entrants were chatty and keen to go. Collecting the well-designed map I could see three clusters of points to the north, the southeast and far west of the area. We were told that some private land was open to bikes for the first time in the west and it seems most riders set off that way keen to try out something new. The checkpoints were valued between 5 and 30 points and I foolishly tried to grab the 5 points nearest to the start and then abandoned when I realised it wasn't worth it. Instead I headed north to Slaley Forest and was rewarded with some fast tracks and quiet country lanes. A bit of local knowledge would have helped avoid the muddy push along a track leaving the forest, but after losing some precious minutes I was on my way.

This event was four hours long, so with two hours left I headed out west onto the moors to collect some high-scoring checkpoints. However, I met a headwind, a sheep drove and rough tracks (which were pointed out on the map!) which left me short of time. Tiring and not fully in control of the alien bike I chose the quickest route back (on paper) but desperate to get a good score tried to grab checkpoint 19 across the valley floor. It was only when I stepped in the marsh that I realised just how wet it was and turned back.

I estimated I would be 20 minutes late and lose loads of points, but thankfully the private track was fast and had gorgeous views which spurred me on. Even the bike-carry over the stile was ok. I had the good fortune to have a gate held open for me (thank you!) and zoomed to the finish happy and, at less than 8minutes late, with a respectable score. I got a snazzy print-out listing my progress and I won a prize!

Good times.

Andy Conn stunned the competition with a blistering score of 433 and fastest female was Angela Brand-Barker with a score of 305. There are more in the NEMBOS series I would love to do if only I didn't work Saturdays. The event was well organised and the riders a friendly bunch.

Sally won W40 and was second woman overall with a score of 289, which on an unfamiliar bike, and walking shoes is pretty impressive!

It was an excellent event. I have lived near Blanchland for 35 years, and never had the opportunity to ride on those estate roads. Being "local", I certainly didn't expect to spend over half my time riding completely new terrain! Karen

MBO Score National League

Not much to report so far. Not many riders competed in both of the first two rounds at Hathersage and Blanchland, so no pattern is yet emerging, apart from Sally Lee, who has won W40 at both events, (read her account of the Blanchland event).

Another five rounds, and it's all to play for.....

MBOPeeps - Treasurer

A description of the treasurer's job by John Dixon:

I expect that like many of the 1,300 plus members, the inner workings of BMBO are a mystery to you. I just used to turn up and ride. Thanks very much. Then I got a bit more involved helping locally and eventually volunteered to be Treasurer.

At the last AGM some committee members – including me - announced that they would not be standing for re-election next year. (The Minutes identify the roles and can be read in the November Newsletter - along with everything else that was agreed on your behalf).

There hasn't been a glut of volunteers so I thought I'd start the ball rolling by explaining the Treasurer's role and how simple it is but also how important. The other Committee members will submit their profiles in subsequent newsletters.

BMBO receives money from two sources - Membership Fees and the Event Levy. The first is obvious but the Levy is what Organisers pay to cover the insurance costs of Associate Members. Organisers complete the Levy page in the Events section of the website and send me a cheque for the appropriate amount.

Recent changes/improvements in the system mean that riders can enter on-line and send the money to BMBO instead of the Organiser so if the on-line entry fees exceed the Levy I have to give the Organiser money back. And now that on-line banking is so secure a lot of payments are by BACS transfers.

For historical reasons the Membership Fees and on-line entry fees are in one bank account (Merchant Account) and kept separate from the BMBO account. Money is transferred from the Merchant Account to the BMBO account as it accumulates. The Chairman has managed the Merchant Account as part of his duties (all to be explained in a further article).

So: all I have to do is record moneys received and payments made – invoices for goods and services such as OS Licence, Insurance, web development, trophies, YHA membership, Honorariums (Committee Members receive £360 pa) etc. The mandate requires two signatures on our cheques so if I am paying an invoice I fill in the cheque and send it off to one of other signatories who post it of to the payee. I usually include an sae and a copy of the invoice if I haven't sent one attached to an email advising of the cheque in the post. All expenses such as envelopes & stamps are recoverable from BMBO.

There is an Excel spread sheet that does all the clever stuff. All I do to start the annual accounts is put last years final figures into this years opening figures and save the file as accounts 2010/11 or as appropriate. Through the year I record all the receipts and all the payments. If I receive a cheque I have a paying in book so a trip to the bank is called for. I usually wait and take several at once but on-line banking may reduce this onerous task. I have to double-check the levy payments against the figures on the website and if all is in order I can mark an event as 'paid'. I also have to keep an eye on previous events and chase Organisers who may be tardy in completing the Levy and sending me the money.

At the year-end I prepare the accounts for presentation at the AGM. To be honest, I have had help from the previous Treasurer with this bit, so even if your background isn't accountancy (I am an Electrical/Mechanical Engineer) it isn't impossible. So, the accounts balance and I make an analysis of the situation – BMBO financial health so to speak – for presentation at the AGM.

So, for the odd few hours now and again,
doing something interesting and getting paid,
volunteer!