



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering

bmbo.org.uk

October 2026

In this issue of the BMBO newsletter you will find:

Season summary

Role vacancies

How you can help

BMBO ambassadors

WMMTBOC26

Offers to contribute to newsletter

Website issues

The 2026 season is nearly complete. The final league scores and ranking are almost upon us. It is time to give thanks and reflect a while on the past year.

As you know BMBO is the organising body for all aspects of Mountain Bike orienteering. Our sport only continues because of work that goes on behind the scenes. Your BMBO committee ensures that the systems are in place for our sport to function. This umbrella is used by local organisers who volunteer by being proactive and facilitate local leagues and events.

Can we all say a big thanks to our local event coordinators. For all their efforts to provide MBO events for us to enjoy:

NYMBO : Tim Evans and Steve Willis

Lakes MBO: Tony Brand- Barker

Black Mountains MBO: Sion James

Midlands MBO: Jeff Mew

SLOW: David Uglow

Lakeland Lanequests: Helen Jackson

Allerdale Bike Challenge: Tony Brand-Barker

Dyffryn Conwy MTB: Andrew Barnwell

The BMBO statistician collates results from all events to produce national leagues and ranking.

We all love our MTB orienteering sport. It's that unique challenge of a test of fitness, navigational skill, strategic route planning, changing tactics during the ride. All that combines to produce the attainable challenge that we love.



Stepping down

Jack Higham was getting there trying to spread the word via the BMBO FB pages. Jack is no longer able to offer his time so he is stepping down. We thank him for efforts and contributions.

Tony Brand-Barker has been chairman for 10 years, after only stepping in for 2 years. He has guided us through, on top of doing all the league score collations as statistician, picking up many little jobs and organising the Lakes MBO series and Allerdale Bike Challenge evening events.



A very big applause to Jack and Tony for all their contributions. Tony is continuing to do all the event stats, but it is time for others to step forward and help secure the future of our sport.

It is the BMBO AGM on 17th November it will be online. To be part of the event you will need to enter the free event on the BMBO calendar [link here](#).
Joining details will be sent to you nearer the date.

BMBO currently has a vacancy for these positions. *If you can contribute some time to your sport, by doing one of theories or part of one please contact [Tony Brand-Barker](#) in the first, as soon as possible, by end of October at the latest.*

BMBO Chairman Job Description

*To help promote the development of Mountain Bike Orienteering in Britain.
To encourage and liaise with Event organisers and Calendar coordinator to establish an annual league.*

To offer, or arrange, support for new planners / organisers.

Liaise with Publicity officer over arrangements for British Champs weekend and National League awards.

To review and update the league rules as necessary in liaison with the BMBO committee.

Liaise with website coordinator to keep webpage information up to date.

Negotiate with external bodies such as Forest Enterprise as needed.

To Chair committee meetings once or twice per year or as required

To Chair the Annual General Meeting.

To report back to the committee and the AGM.

The post attracts an annual honorarium.

BMBO Secretary Job Description

To arrange committee meeting.

Arrange committee agendas by Liaising with committee members, organising club leads and receiving comments from members.

Take minutes of meetings and make them available in good time.

To contact other organisations on behalf of BMBO to promote our sport.

The post attracts an annual honorarium.

BMBO Social Media guru Job Description

To maintain and improve BMBO social media presence with the aim of attracting new participants to the sporting celebrating successes by competitors.

Be proactive in liaising with committee members, organising club leads and members obtain 'worthy' photos, videos, snippets and short articles which would be of interest.

Post relevant media on club FB pages and hopefully other Social media platforms.

The post attracts an annual honorarium

BMBO MTBO coordinator Job Description

To establish an annual MTBO league by liaising with potential event organisers.

Arrange for annual MTBO championship events (Long, Middle, Short if possible).

To collate events results and produce and distribute league tables.

Advertise ethos events and encourage higher participation rates.

Inform the committee of MTBO developments.

The post attracts an annual honorarium

So what can you do to help?

Our sport would benefit from:

A stronger committee - [volunteer to do or help with one of the roles listed above.](#)

More riders at each event - [become a local ambassador and encourage others to find out about events and participate](#)

More events - [volunteer to organise and plan an event](#)

Event organisers would prefer you to enter events earlier. - [enter events early, don't leave it to the last 4 days.](#)

BMBO ambassadors Your sport needs you.

BMBO are looking for local **ambassadors** to help promote MTBO / MBO events in your area. Can you spare a few hours month to contact shops/ clubs / individuals or just your groups of mates to try and encourage more participants at events.

Your local group has lead organiser. As an ambassador you simply need to contact them and offer to help with assist.

The World Masters Mountain Bike Orienteering Championships took place in Moray, Scotland 8th – 12th September 2026

We would like to share our appreciation to all those that organise, planned, helped and took part.

Event Coordinators report - Keith Dawson

The WMMTBOC26 in Scotland is a wrap! A vision of three years ago became a wonderful reality this week in the beautiful and varied forests of the Moray coast. Thank you so very much for all your kind and immensely enthusiastic comments about the races and your wonderful smiling faces.

A team of more than 100 volunteered delivered four quality races for 350 competitors from 29 nations.

Uk riders gained first place in their category, with 18 riders taking the podium in their age category.

Thank you to Keith Dawson for pulling it all together, four varied courses and terrains with a great Ceilidh on the Saturday night.

Thanks to SOA and Richard Oxlade and BMBO and Tony Brand-Barker for their support and to Tiago Fernandes.

Special thanks to Steve Smirthwaite for all his superb efforts on maps, controlling and a thousand other jobs over the last three years and to Bob Cherry, Mark Stodgell, and Karena Hanley for their key roles.

Thanks to course planner Arnis Saltums, Richard Oxlade, James Stewart, Kevin Pickering, Bob Cherry, Emily Benham Kvåle, Jane Chisholm and the day organisers Tony and Angela Brand-Barker, Tim Evans, Alistair Powell, Kevin Pickering.

Thanks to Linda Cairns for coordinating all the fantastic volunteers and organising teams and the landowners for their fantastic cooperation and support.

Day 1 Middle Distance Roseisle

Day 2 Sprint Sanquhar Woods

Day 3 Mass start Lossie Woods

Day 4 Long Darnaway woods



We are impressed by the success of all of took part.

The following winning 1st place in their age group

Alan Cherry M35 Mass start

Ian Nixon M40 Middle/Sprint

Nick Dallimore M70 Sprint /Long

Nicky Griffin W60 Long

Karen Hanley W60 Middle

Mary Williams W75 Mass /lon

Results for UK based riders

Age	Name	Club	Middle	Sprint	Mass	Long
M35	Adam Bushnell.	WCOC	4 th	5th	5th	6th
	Alan Cherry	AYROC			1st	2nd
M40	Ian Nixon		1st	1st	3rd	2nd
	Paul Pickering	WIM	8 th	10th	8th	9th
	Todd Oates	LMBO	9 th	5th	4th	5th
M45	Chris Godfree	FVO	5th		5th	5th
	Alistair Powell	GBMTBO	8th	6th	9th	
	Johnathan Ellis	ELO	12th	11th	10th	9th
M50	Tom Gibbs	Lakes	9th	9th	7th	3rd
	Paul McGreal	ROX	20th	21st		

	Alistair Morris	EPOC	21st			14th
	Jon Rhodes	NYMBO		26th	23rd	20th
M55	Killian Lomas	GBMTBO	2 nd	4th	4th	
	Peter Simmonds	GBMTBO	17 th	15th	12th	11th
	Simon Bourne	ELO	22 nd	26th	28th	18th
	Andrew Windrum	EBOR	23rd		13th	
	Nick Howlett	LOC	27th			
	David Spence	LOC	30th	25th	33rd	21st
	Fraser Purves	FVO	32nd	28th		15th
	Mark Wood	FVO	33rd	24th	30th	30th
	Phil Clark	LEI	40th			27th
	Ian Jones	ERYRI	41st	38th	32nd	
	Jon Heising		42nd	40th		29th
	Jon Cross	FVO	43rd	37th		
	Martin Ward			23rd		22nd
	Steve Nicholson	FVO		32nd	14th	10th
M60	Charlie Adams	SYO	10th	19th	22nd	19th
	Gary Tompsett	STAG	23rd	18th	17th	23rd
	Phil Smith	AYROC	35th	29th	41st	36th
	Christopher Ashenden	SN	40th	41st	43rd	
	Ian McIntyre	INT	41st	37th	44th	41st
	Mark Chapman	SYO		34th	34th	34th
	Andy Conn				5th	
	Mike Dennison					38th
M65	John Rawden	GBMTBO	20th	30th		28th
	Mike Hayward	BMBO	21st	19th		21st
	Martin Dean	FVO	23rd	26th	19th	17th
	Robin Orr			8th	9th	7th
	Johnathan Emberton			14th		13th
	Russel McKechnie	INVOC			21st	29th
	Hogo Baker	FVO			23rd	
M70	Nick Dallimore	GBMTBO	4th	1 st	3rd	1 st

W35	Chloe Haines		3rd	3rd	3rd	5th
	Annabel Pickering	WIM	4th		4th	
W40	Janine Inman	FVO	4th	5th		6th
W50	Peggy Purves	FVO	17th	19th	16th	13th
	Nina Saunders	SO	18th		18th	14th
W55	Jenny Peel	SYO	9th	13th		
	Jenny Lightfoot	SYO	14th	10th	8th	8th
	Diane Jacks	WRE	15th		7th	
W60	Nicky Griffin		5th	6th	1st	
	Karen Hanley	ESOC	8th	1st		
	Helen Ashenden	SN	11th	9th		
W70	Caroline Dallimore	GBMTBO	4th	5th		5th
W75	Mary Williams	ESOC	3rd	2nd	1st	1st

It would be so lovely to build upon the great success of WMMTBOC26 To do this we need an MTBO coordinator and offers to organise events. Can you be motivated and proactive? You know what to do!

Ideas -If you want to make contributions in any way to this [newsletter](#), ask to be added to the list of those that might contribute. Is there something you need to ask or share or do you have some pics from events? There are lots of events on the calendar for the winter months. Go on take look and commit to riding in a few. Go enter now!!

Website

"You may have heard in the national news that a critical security issue affecting PHP (our website is written in PHP) had been identified.

The BMBO website has been upgraded to a patched version and our Host has applied the patch to the server system.

Therefore the BMBO site is as safe as possible and complies with National Cyber Security Centre advice:

<https://www.ncsc.gov.uk/news/critical-security-issue-affecting-php>

We have now switched on error reporting and some members who used the site in the last few days will have seen error messages above the site. These are nearly all undeclared variables (poor style these days), they do not affect the running of the site and are being mopped up asap.

To reassure BMBO members, BMBO does not handle financial transactions, you are passed onto the World Pay payment system, they handle all card and personal data, BMBO does not handle your card data at all.

The site is large, we test it, however if you see an error message then please email the URL of the page you are using so that we can find the undeclared variables and clean up the code.

If you have any concerns then please contact website@bmbo.org.uk

Thanks John Houlihan"