



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

January 2026

Chairmans Round Up

Another year is over and time to reflect on the successes and triumphs of 2025 as well as look forward to even more achievements in 2026.

2025 provided some more close fought battles in the National MBO Score League.

Congratulations to Tom Gibbs and Beth Perrou who are the champions for 2025. Mike Rackham and Sheila Pearce won the E Bike categories. The Final National league table can be viewed on the 'Results Leagues' tab. In the Shield Event Black Mountains MBO retained the trophy.

The British Championship weekend was held in North Yorkshire, hosted by NYMBO. A central campsite provided an ideal venue to encourage the social as well as competitive aspects of our sport. After two challenging days there were two new names on the trophies. Well done to Sam Morris and Claire Riley who were overall winners. The Team Event was won by the home team, NYMBO. Overall, a successful weekend and thanks must go to Tim Evans and David Day and their team for keeping you all entertained.

It was really nice to see a full MTBO league back on the Calendar in 2025. With events ranging from the far North to the far South of the British Isles some stiff competition on quality areas was provided. Well done to Charlotte Somers Cocks and Andy Conn who were overall champions for 2025.

There are too many winners in the various competitions and categories to list here but congratulations to you all. A full list of all of the winners and placings in the league can be found on the BMBO Website: [National Results](#)

MBO Score League 2026

Already we are looking towards next year and the first event in the MBO Score League has taken place. Who is going to win the honours? Will Black Mountain continue their dominance of the shield event? All will be revealed as the season unfolds.

The British Championship weekend is moving south this year. A collaboration between BOK and BMMBO is hosting a two-day weekend in the Wiltshire Downs which will be a new area for many BMBO riders. Details here [National Championship Weekend 2026](#)

Changes to note for MBO Score events

Following the AGM, there will be a few of changes to the MBO Score rules this coming year.

- Recognising the fact that riders are staying fitter and riding longer we have introduced M80 and W80 class in the league. I can only hope that I will be one of those to take of advantage of it in the future!
- There will no longer be bonus points for clearing the course within the time limit.
- E-bikes will now have their own separate League table in MBO Score and no longer ranked alongside ordinary bikes.

World Masters MTBO Championships 2026

The highlight of 2026 will be the World Masters MTBO Championships. These are being held in the Moray region of Scotland. Four days of orienteering in some of the best terrain Britain has to offer. This will be an opportunity to compete against some of the best MTBO riders from around the World. A massive first for Britain. See Keith's report below.

I will finish with a big thank you to everyone involved in making our sport a sport that is enjoyed by so many. Without the efforts of event organisers, coordinators, and members of the committee we would not have the sport we have today. Most of all though it is you, the competitors, who turn out whatever the weather to make all the organising worthwhile. If it were not for your feedback and happy smiling faces at the end of the day, there would be no more events. Thankyou!

Tony Brand-Barker, BMBO Chairman.

Membership Fee £10 and Renewals 2026

The BMBO membership fee is now £10. A rise for the first time in at least 10 years, so long I would need to look up the last time it was increased. From memory, Martin Vesty as chairman increased the membership fee and that was the right decision at the right time then. We have tried to keep the fee as low as possible but again now is the right time for a small increase in cash terms £2.

Full BMBO members get a £2 discount per event entry compared to Day Rider members.

Day Rider members pay as they ride, receiving no £2 discount per event.

All rider are treated equally in leagues and national events.

Renewals – We still have riders creating new membership accounts each year instead of logging in and renewing the Membership they already have. You can retrieve your password by supplying your registered email address (case sensitive to your details held with BMBO).

If you still struggle please contact me to clear things up and get you in,

Happy New Year and enjoy your riding in 2026

John Houlihan, BMBO Membership Secretary

News from around the Regions

SLOW

Planning for SLOW's 2026 events is underway. Expect a mix of courses in new areas and old favourites. Keep an eye on the calendars on BMBO, SLOW: [MBO Calendar](#)

Dave Uglow, SLOW Coordinator

Lakes MBO

Lakes MBO is once again offering 7 events throughout the year, and we are pleased to see new planners willing to have a go. The areas will include a mixture of open fell and mixed farmland terrain, all guaranteed to provide a good challenge. Regulars will recognise some of the areas but with different starting venues you will find a new challenge. As an added bonus, there will be terrain that has not been used for MBO Score for many years if at all.

A new venture for the coming year is a double header weekend in September. This will explore the quiet and relatively unknown area North of Skiddaw. Two different event centres will be used but hopefully a few of you will be enticed North for a fun weekend of MBO Score. Tom Gibbs and Sharon Hutchinson are the current LakesMBO Champions. Who will win in Lakes MBO 2026? [BMBO Calendar](#)

Tony Brand-Barker, Lakes MBO Coordinator

Midland MBO/Shield event.

Midlands MBO have a winter 2026 Bike O series to keep you going, quick, cleanish and fun see more here [BMBO Calendar](#).

The Shield event dust has settled on the 2025 season the 2026 season is surely going to be a battle. The strong start to the event from BM MBO has continued and they have won the 3 years it has been running. Surely this next year another group can take over the reins. This last year was very close at the end. The importance for groups to raid points at other local groups events is critical for an overall win.

RULE CHANGE TO NOTE : A slight change to the rules allowing a non-BMBO Member to score on their first event will bring a different strategy. Attracting new members to the sport is difficult but allowing the above incentive will hopefully keep newcomers interested. If you are part of a club or have friends that Ride offroad, invite them along. Help increase your group numbers and support your group co-ordinators.

Black Mountains have identified their 2 events for the year, Govillon 15th March and Abercarn 5th July. Midlands MBO Have 1 event so far nominated at Burton green 14th June. The other groups have yet to commit... Keep an eye on the event calendar for Events near you [BMBO Calendar](#)

Jeff Mew, Midlands MBO and Shield coordinator

Black Mountains MBO

The BM MBO second event of 2026 league will take place on Sunday 11 January with a visit to the village of Mardy on the northern edge of Abergaveny. The taster map will be sent out to everyone on the entry list a couple of days before the event, but expect some fantastic riding on & around the nearby Sugar Loaf mountain. Entry to this event & a list of the other 10 events taking place in 2026 can be viewed here [BMBO Calendar](#)

BMBO Championship Weekend, 16 - 17 May 2026 The dates have been confirmed for the 2026 BMBO Score Champs week end & this year will be delivered by a collaboration between Black Mountains & BOK MBO. We have discovered an amazing area full of byways & bridleways that will provide 2 days of fantastic riding on the rolling grasslands of the North Wessex Downs. We will be hosted by The Brace Arms near Pewsey, Wiltshire. Where camping for tents, caravans & campervans will be available at the venue from Friday evening until Sunday afternoon, you can arrive from 4pm & the gates will be closed at 9pm. The campsite has toilets & hot showers. You can book a pitch when you go through the event entry process, there is plenty of camping but if you require a Hook-up get your pitch booked early to avoid disappointment.

Entries will go live very soon & full details here [BMBO Calendar](#)

Sion James, BMMBO coordinator.

NYMBO

After a very successful National Championship weekend in 2025, things are back to usual with our 2 hour event winter series to keep you warm outside. Running from pubs and exploring the better bridleways and smaller country lanes these popular events keep your winter fitness going: [BMBO Calendar](#)

Allerdale Bike Challenge

For something a little different the Allerdale Bike Challenge provides a midweek opportunity to get some exercise. Entering its 13th year the series is getting ever popular with over 60 riders turning out each week. The series consists of five, two-hour events on tarmac so is suitable for any type of bike. The events are all based in the North and West of Cumbria in the former Allerdale District. A grand chance to have a midweek breather from the pressures of work and a social in the pub afterwards.

Tony Brand-Barker, Allerdale Bike Challenge Coordinator.

World Masters MTBO

Fifty years ago, in 1976 Scotland held the first British World Orienteering Championships in Morayshire. Almost to the day half a century later the first British MTBO Masters Champs is to take place in some of the same beautiful terrain used in 1976. The World Masters MTBO Champs (WMMTBOC) will take place between 8th and 14th September 2026. Four races will take place plus a Model event, training events and a Ceilidh.

A mixture of exciting terrains from detailed forested coastal sand dunes to inland forests along the famous deep gorge of the stunning River Findhorn will be used. Competitors from around 26 nations will compete and we have firm commitments already from Japan, Australia and New Zealand. A unique set of terrains with two new areas to MTBO, with excellent special detailed MTBO maps prepared by Steve Smirthwaite. There are lots of opportunities for both touristic and other MTB riding along this beautiful coast.

We are looking not only for competitors but also volunteers to help for a couple of days or even one to help make this event be the success it deserves. If you want to help as well as compete, please contact our Volunteer Coordinator Linda Cairns (lindamtbo2026@gmail.com).

More details of the event on our WMMTBOC26 website www.mtbo2026.org.

Entries open next April but book the dates for an exciting week in the Highlands now.

Keith Dawson, WMMTBO2026 Lead.

Details of all events can be found on the [BMBO Calendar](#)

If you have any interesting news that you would like to share with the members in future newsletters please email it to chairman@bmbo.org.uk or secretary@bmbo.org.uk