



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

March 2009

9 week calendar and 12 events

- 21 March Cannock MTBO National League Round 2
<http://walton-chasers.co.uk/events/2009/MTBO/2009MTBO.html>
- 21 March NYMBO Pocklington
<http://www.nymbo.org.uk/woldsflier2009.htm>
- 22 March National TQ D&W Peak District
http://www.darkandwhite.co.uk/challenge-events-outdoor-activities.asp?race_id=210
- 29 March Manx winter series
<http://www.manxtimingsolutions.com/Trailquest/Index.html>
- 5 April Endurance Life Coastal Series 6 of 7
<http://www.endurancelife.com/event.asp?series=11>
- 5 April D&W Winter League 6 of 8
http://www.darkandwhite.co.uk/challenge-events-outdoor-activities.asp?race_id=208
- 18 April NYMBO Broxa Forest
<http://www.nymbo.org.uk/broxaflier2009.htm>
- 25 April NEMBOS Beamish Museum
See website for flyer update when available
- 26 April XCC National TQ League
<http://xcc.byethost7.com/events.html>
- 6 May D&W Summer League
<http://www.darkandwhite.co.uk/> flyers not out yet.
- 9 May National TQ NEMBOS Glen Tress
<http://www.entrycentral.com/index.php?raceID=100531>
- 10 May Endurance Life 7 of 7 Coastal Series
<http://www.endurancelife.com/event.asp?series=11>

You have 4 national ranking events this month, MTBO Cannock, TQ Peak District, TQ in the Lake District, TQ Glen Tress.

European MTBO Championships and World MTBO Championship selection events

All TCA members are eligible for selection and the selection policy is available for download from:
<http://www.trailquest.co.uk/files/public/tca/mtbo/MTBOPolicy.pdf>

Even if you feel your not up to it, why not do these events, ride as hard as you can and surprise yourself!

GB Team selectors for 2009 are: Mike Browell, Hilary Bloor and Peter Strong.

All athletes available and interested in being selected must contact the selectors by the following dates:

EOC Denmark expression of interest by 16th April 2009

WOC Israel expression of interest by 16th May 2009

by emailing to mtboselectors@trailquest.co.uk

European MTBO Champs 22-28 June Denmark.

Selection Races:

21st March, Cannock, WCH, Organiser Mark Stodgell

16th May 2009, Gilling Woods, Organiser Andrew Windrum

more information: <http://www.eocmtbo2009.dk/eocmtbo2009/>

World MTBO Champs 9-16 August Israel

Selection Races:

21st March, Cannock, WCH, Organiser Mark Stodgell

16th May 2009, Gilling Woods, Organiser Andrew Windrum

14th June Sarum. Down South – National Championships

15th June 2009, Dorset, Organiser Trevor Bridle, Wimborne, Middle - National Championships

more information: <http://www.nivut.org.il/mtbo/>

National Championships weekend 2009

With the National Champs weekend quite early this year, Karen Blackburn gives a preview of whats in store.

May 16th Gilling Woods (MTBO National League counting event)

This is an MTBO event with a fixed course, so the winners will be the fastest riders over the cross-country course of up to 30 sequential controls on 2 maps. It is a 1:15000 orienteering map with the tracks graded to national standard by the planner - Andrew Windrum. The expected winning time is approximately 90 minutes. Gilling Woods are privately owned by Ampleforth Abbey and make a superb venue for mountain biking with an excellent network of forest roads and single tracks in undulating terrain and sometimes steep terrain.

The event centre is at Redcar Farm (2 miles west of Gilling East) where camping is available on Friday and Saturday for £2 per person per night. There will be water and portaloos available and caravans are welcome. The starts will be nearby between 1 and 2pm.

May 17th Duncombe Hall, Ryedale

3hr Trailquest (Score event) unusually using a 1:25000 map drawn by regular mapping star Jens Strains. With this kind of mapping expect a great event with lots of good accurate navigation. The event centre is at Duncombe Hall on the edge of Helmsley, with starts between 12 and 1pm. The competition area is very scenic and includes Lower Ryedale and Riccaldale as well as the moors, forests and fields in between. There is an excellent network of minor roads and bridleways as well as many tracks which are privately owned by the Facombe Estate so their permission is greatly appreciated. Dave Goodwin is planning the course and is checking out all of the rarely used tracks on the estate so that they are mapped accurately - and to make sure that you only ride the best ones!!

Flyers when available will be emailed out.

National TQ 2009 Round 1 South Devon

The Endurancelife Coastal Trail Quest (CTQ) Stage 4: South Devon was selected as the opening qualifying event in the Trail Cyclists' Association's National Series 2009. Anticipation was high as participants arrived at the event base in Beesands, and those who entered were treated to a superb day of mountain bike orienteering.

Based at the picturesque and traditional fishing village of Beesands in this glorious area of Devon, the event base was perfectly positioned for exploration of this Area of Outstanding Natural Beauty. As entrants registered the early morning sea air had started to lift and everyone was soon basking in glorious sunshine.

Almost 100 participants entered the event opting for either the Short Score (3 hour) or Medium Score (5 hour). Both classes took in the very best views, landscape and off-road cycling terrain that the area had to offer.

Most riders chose to head for the southerly-based controls, several of which were sited in idyllic coves along this stunning stretch of coastline. Those who headed north were required to stretch their legs a little but were rewarded with some high scoring controls. Naturally there were those enthusiastic few who went for them all!

One thing no trailquester could avoid was the hills. This area surprised most people with its uncompromising number of sharp climbs and descents. The course was designed to showcase the little known mountain biking potential of the area and it certainly did that by utilising its extensive network of green lanes and bridleways. With narrow lanes, banked steeply by hedgerows offering glimpses of sublime panoramic views, even the road cycling felt like it was off road.

As the day drew on and participants started to trickle in, some impressive scores were being registered in both classes. The big question on everyone's lips, would it be cleared? This was deemed achievable by course planner Will Turner, but would require a big effort. After much effort James Hunt (363 points) and Mark Stodgell (360) just missed the clean sweep by one control. A very tight finish reflecting competitive riding. Ali Northcott was third overall with an impressive 325 points.

National TQ 2009 Round 2 Cannock

We have not received full details from their exploits but it was a very, very, very, close finish. As anticipated the area was amazing for accurate navigation and looking at the splits for some legs it was apparent that navigation errors proved crucial.

Liam Corner	240 points
Bryan Singleton	240 Points
Steve Heading	240 points
Alan Hartley	230 Points
James Taylor	225 points
Chris McSweeney	220 Points

analysis, maps sections and comments from those involved next month, but for now results with

split times here:

<http://www.walton-chasers.co.uk/results/2009/Trailquest-Mar/index.html>

and a few lines from Mike Hayward

“On receiving the map the first thing that struck you was the contrast between the forest areas of fine track detail and the surprising controls sited in built up areas where street counting was my main navigational strategy.

The main decision was to be made at the start. Which control to visit first? Then clockwise or anticlockwise? Once selected the sequence of controls was more or less sorted apart from a few spots where controls could be linked differently. The main challenge came through selecting the best route between controls - Of which there were many- So many in fact that it was rare to meet another rider on the same route. This was MTBO riding but a TQ event, lots of fast accurate navigation with lots of route choice.

With such accurate mapping you could rely on following single track just as well as the main forest roads- key was keeping track of your location and making the correct path selection at junctions.

The trails were mostly dry except for a control on a very slimy piece of single track where Tony Gray reported being surrounded by about 15 startled deer (did he talk his way out of trouble, Ed) It was good to see some old faces back from injury. Liam Corner back from injury but sharp on navigation, Steve Heading former TCA champion and Bryan Singleton 2008 Champion all collected the days high score of 240 points missing only 2 controls. Andy Snell riding his first event for 8 years won the 2 hour event with a score of 150.

The trails were good, the map fantastic. Amazing event by Stodge (Mark Stodgell).”

The next event at Cannock is an MTBO on 21st March. Not to be missed:

<http://walton-chasers.co.uk/events/2009/MTBO/2009MTBO.html>

National TQ Series 2009, everything you need to know.....

Karen Blackburn has been getting all the inside information you need about the National series events with a few surprises such as lions. So as the evenings get lighter and you get fitter, put these dates in your diary.

Event 1. Sun 22nd Feb - South Devon Endurance Life 5 hours See event report.

Event 2. Sat 7th March - Cannock Chase South 3 hours
Organiser: Mark Stodgell of Walton Chasers See event report.

Event 3. Sun 22nd March - Peak district 3 hours

Organiser: Dark and White Challenge Events

SW Sheffield area - event open to various age categories, suitable for beginners through to experienced mountain bikers/trailquesters/orienteers. HQ at The Holy Trinity Parish Centre on the corner of Dobcroft Road and Whirlowdale Road Sheffield S7 2LQ. On street parking nearby. Also round 7 of the D&W Winter Mountain Bike Trailquest League.

http://www.darkandwhite.co.uk/challenge-events-outdoor-activities.asp?race_id=210

Event 4. Sun 26th April - Furness S. Lakes 3 hours

Organiser: Henry Syska of XCC (*Cross Cumbria Cyclists*)

This event will feature the Furness Fells area which lies in the south of Cumbria near Ulverston and the event HQ will be in the small village of Pennington at the foot of Kirkby Moor, famous for a set of stocks in its churchyard and its friendly llamas. The bridleways that cross the nearby moors provide relatively good going, even in wet weather, and the views of the southern Lake District are superb on a clear day. The area is surprisingly hilly and, if you get carried away with your route during the event, you may find you have a rather large hill to climb to get back to the event HQ, and not much time left. The event can be combined with a visit to the Dalton Wildlife Park, about 3 miles from the HQ, which has lions, tigers, otters, lots of monkeys ranging free and even penguins, if you still have the energy left for a 2 hour stroll. This will also be the first event in the six event 2009 Cross Cumbria Cyclists Trailquest series. Details at <http://www.crosscumbria.co.uk/>

Event 5. Sat 9th May - Glenn Tress 3 hours

Organiser: Paul McGreal of Peebles Cycling Club

Peebles Cycling Club invites you to the Scottish round of the TCA Trailquest National Series. The venue once again is the spectacular Glentress Forest in the glorious Scottish Borders. Many will know Glentress as arguably the best trail centre in the UK, and it is the jewel in the crown of the hugely successful '7 Stanes' network of MTB centres. The TQ event will take you on these amazing trails, and also deeper into the 'off the beaten track' forest, which is criss-crossed by a massive network of forest roads, paths, and the old, locally-built singletracks. The area has been specially mapped at 1:15000 for Trailquest by Cliff White. Expect a wide mix of trails, lots of singletrack, tough navigational decisions, and a wee bit of climb!. Entry details via

<http://www.peeblescycling.org/>

Why not combine taking part in the TQ with a weekend of riding in the area?. Glentress itself has 70km of trail, and Innerleithen (5 mins down the A72) has another 35km. Plus there are miles and miles of superb natural trails. Peebles has lots of B+B's, Hotels, Pubs and Campsites."

Event 6. Sun 31st May - Wark forest 4 hours

Organiser: Steve Watson of NEMBOS (North East Mountain Bike Orienteering Series)

Wark Forest is the lesser known neighbour of Kielder. It provides miles of forest roads and bridleways that see very little use by motor vehicles or mtbs. The 2009 event will be in a different part of the forest and surrounding area to last years and will cover even more bridleways and less forest road. Just don't expect to see much tarmac. If the weather is as good as last year the views will be super. Easy to access (about 20mins from Hexham), its not as far to travel as you might think, and well worth the journey. stevenwatson1402@yahoo.co.uk

Event 7. Sat 20th June - Swaledale 5 hours

Organiser: Steve Willis of NYMBO (North Yorkshire Mountain Bike Orienteering)

The event centre is at the new Dales Mountain Biking Centre at Fremington - just outside Reeth. This is a 5 hour score event with starts between 10 and 11am using a 1:40000 map drawn by Jens Strain. The course is being planned by Steve Willis who is enjoying riding all of the bridleways in such beautiful scenery. It is a tough area for mountain biking with places like Apedale,

Arkengarthdale and The Stang as well as Swaledale itself and all of the connecting moorland tracks

[Http://nymbo.org.uk/](http://nymbo.org.uk/)

Event 8. Sun 28th June - Laxey, Isle of Man 5 hours

Organiser: Graham Hughes of Manx MBC

Map: OS Sheet 95 1:50k Event Centre - Laxey. HQ to be confirmed.

Event Area - Eastern & Central hills.

The Isle of Man has a rich and varied terrain that is perfect for Mountain Biking. There are many more trails than are apparent from the map and enough to satisfy the most hardened Mountain Biker. The Island played host to a full Polaris event in 2003 and a local Trailquest series (including a winter night event) is well established. We have our own SPORTident kit and operate a full electronic results service.

Laxey is at Sea level and there are hills to well over 2,000 feet surrounding the event area.

Event info on <http://www.trailquest.manxtimingsolutions.com/>

For travel and accommodation options on the IoM, please visit the government web site at www.gov.im.

Event 9. Sun 19th July - Heversham 5 hours

Organiser: Ray Morriss of XCC (*Cross Cumbria Cyclists*)

This event will start from Heversham village, about 10 miles south of Kendal on the A6 and will use the area to the East towards Kirkby Lonsdale and Barbon. There are plenty of good bridleways and hills. (I've just had a look at the 1:50,000 - near Heversham its lots of small steep hills, and further east they are big steep hills, no flat bits - K). The proceeds from the event are going towards Heversham village hall (The Atheneum) and the Royal National Lifeboat Institution.

[Http://www.crosscumbria.co.uk/](http://www.crosscumbria.co.uk/)

Event 10. Sat 29th August - Malham Moors 4 hours

Organiser: Chris Wildman of Malham Show

Malham has to be one of the best bits of England for mountain biking. Miles of classic boats and bridleways which are getting nicer to use as the National Parks reduce useage by 4x4s. Fabulous limestone scenery which also ensures rapid drainage keeping the trails rideable. Even when its very wet (2008) the water is nice and clean! **Sponsored by Malham Youth Hostel** and a good selection of prizes **from [Chevin Cycles](#), [OMM Original Mountain Marathon](#) and [SIS Science in Sport](#).**

Organised as part of Malham show, event entry includes entry to the show, which is always worth a look around, and provides a very friendly atmosphere.

[Http://www.malhamdale.com/showtrailquest.htm](http://www.malhamdale.com/showtrailquest.htm)

Event 11. Sun 6th September - Blanchland 3 hours

Organiser: Barry Philipson of NEMBOS (North East Mountain Bike Orienteering Series)

A 3 hour event in the North Pennines AONB taking in moorland tracks, forest roads, singletrack, big climbs, big descents & probably some tea & cakes at the finish.

Should be views across the Derwent Reservoir and across Hadrian's Wall country to the Cheviot. It's a nice village Hall and the car park is on hard standing. Blanchland is a pretty village with an Abbey, riverside walks, tearoom etc, so you could bring the family.

(and my house might be on the map - K) 3broomfield@tiscali.co.uk

Event 12. Sat 17th October - Masham Moors 4 hours

Organiser: Steve Willis of NYMBO (North Yorkshire Mountain Bike Orienteering)

The event centre is at Fearby - 2 miles west of Masham - with start times between 10 and 11am.

The course is being planned by David Day and Roz Bardon. This is a 4 hour score event with a

1:40000 map drawn by Jens Strain. The competition area extends from Lower Wensleydale to Upper Nidderdale including Colsterdale, the Laver valley as well as Masham, Kirby Malzeard and Dallowgill Moors. There are plenty of hills to climb and plenty of fast descents in a beautiful area with an excellent minor road and track network.

[Http://nymbo.org.uk/](http://nymbo.org.uk/)