



# Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

bmbo.org.uk

Newsletter March 2010

## FIXTURES

### March 2010

Sun 21	<b>Oxen Park, S Lake Dist</b>	MBO Score 3 hour	Epic	<a href="#">Details</a>
Sun 21	<b>West Sheffield, Peak District</b>	MBO Score 3 hour	Dark & White	<a href="#">Details</a>
Sat 27	<b>Hednesford Camp &amp; Brindley Heath, Cannock</b>	MBO mid distance	Walton Chasers <b>National MBO 3</b>	<a href="#">Details</a>
Sun 28	<b>North Cannock Chase</b>	MBO Score 3 hour	Walton Chasers <b>National MBO Score 2</b>	<a href="#">Details</a>
Sun 28	<b>W. Cumbria</b>	MBO Score 3 hour	West coast MTB	<a href="#">Details</a>

### April 2010

Sun 4	<b>Innerleithen S. Scotland</b>	MBO Score 3 hour	SMBO	<a href="#">Details</a>
Mon 5	<b>N. Ireland</b>	MBO Score 4 hour	Trailblazers MTBO	<a href="#">Details</a>
Sat 10	<b>Staveley, Cumbria</b>	MBO Score 3 hour	Epic	<a href="#">Details</a>
Sun 11	<b>Grindleford, Central Peak District (re-scheduled from 10th Jan)</b>	MBO Score 3 hour	Dark & White	<a href="#">Details</a>
Sun 11	<b>N. Ireland</b>	MBO Score 4 hour	Trailblazers MTBO	<a href="#">Details</a>
Sat 17	<b>Langdale &amp; Broxa Forest N. Yorks</b>	MBO Score 3 hour	NYMBO <b>National MBO Score 3</b>	<a href="#">Details</a>
Sun 18	<b>University of Ulster, Coleraine N. Ireland</b>	MBO Score 4 hour	Trailblazers MTBO	<a href="#">Details</a>
Sun 18	<b>Foxley Herefordshire</b>	MBO	British MBO <b>National MBO 4</b>	<a href="#">Details</a>
Sat 24	<b>Dalbeattie Forest, SW. Scotland</b>	MBO	Forth Valley Orienteers	<a href="#">Details</a>
Sun 25	<b>Cannock Chase, Staffs</b>	Enduro	Dark & White	<a href="#">Details</a>
Sun 25	<b>Isle of Man – North</b>	MBO Score 3 hour	Manx Timing Solutions	<a href="#">Details</a>
Sun 25	<b>Loweswater</b>	MBO Score 3 hour	Cross Cumbria Cyclists	<a href="#">Details</a>

## May 2010

Sun 2	<b>Glentress, S Scotland</b>	MBO Score 3 hour	SMBO <b>National MBO Score 4</b>	<a href="#">Details</a>
Wed 5	<b>Peak District</b>	MBO Score 2 hour	Dark & White	<a href="#">Details</a>
Sat 8	<b>Keilder - The Border Raid</b>	Enduro	The Bike Place in Keilder	<a href="#">Details</a>
Sat 8	<b>Drumlanrig Estate SW Scotland</b>	MBO	Forth Valley Orienteers <b>National MBO 5</b>	<a href="#">Details</a>
Sun 9	<b>Mabie Forest SW Scotland</b>	MBO	Forth Valley Orienteers <b>National MBO 6</b>	<a href="#">Details</a>
Sat 15	<b>Boltby &amp; Silton Forest, N. Yorks</b>	MBO Score 3 hour	NYMBO	<a href="#">Details</a>
Sun 16	<b>Sheffield (provisional)</b>	MBO	BMBO <b>National MBO 7</b>	<a href="#">Details</a>
Thu 20	<b>Peak District</b>	MBO Score 2 hour	Dark & White	<a href="#">Details</a>
Sat 22	<b>Keswick</b>	MBO Score 3 hour	Epic	<a href="#">Details</a>
Sun 30	<b>Selside, North of Kendal, Cumbria</b>	MBO Score 5 hour	Cross Cumbria Cyclists <b>National MBO Score 5</b>	<a href="#">Details</a>

### Fixture Changes

Don't forget to check the calendar page of the website occasionally, as dates and details can get changed. Note that the NYMBO events at **Driffield** have been moved forward a week and are now on 12<sup>th</sup> June. MBO in the morning and MBO Score in the afternoon will make it worth the journey to East Yorks.

### World Orienteering Championships (WOC) Selection Races for the GB Team.

The WOC is mountain bike orienteering on a big scale with teams coming from all over the world to enter. This year the WOC is in Portugal on 9th to 18th July 2010.

To select the GB team there are four MBO selection races in the UK. These races will be used to select the GB team following the Selection Policy which is available from the website under the "GB team" button. Currently the selectors are Peter Strong and Charlie Summers Cocks.

If you are interested in selection then let one of the selectors know via this e-mail address which is also on the BMBO website [selectors@bmbo.org.uk](mailto:selectors@bmbo.org.uk).

The Selection races are:

Selection Race 1	<b>27th March</b>	Cannock - Organiser Mark Stodgell.
Selection Race 2	<b>18th April</b>	Foxly (Herefordshire) - Organiser - Colin Palmer.
Selection Races 3 & 4	<b>8th &amp; 9th May</b>	Southern Scotland - Organiser - Janine Inman.

These events are on the BMBO calendar and can be entered on line following the links off the calendar.

The selection policy for 2010 has also been published. The big change is a percentage high bar for those seeking selection. Qualifying Men 105% and Women 115% of winners time. The aim is to push for better competition with a view to all team members making the A final at World Championship Events.

The Selection Policy is published on the website under the GB Team tab.

## National Leagues

**National MBO league:** The first two events at Sherbrook and Inside Park have now taken place. The 3rd event at Cannock Chase is on 27th March. This event is also the first of the international selection races. The first league tables will be published after the Cannock event.

**National MBO Score league:** Only one event completed so far - at Sherwood Pines. Next one is at Cannock Chase on the 28<sup>th</sup> March, so that should be a good weekend for accumulating points.....

## Apologies

Are due to Andrew Hudson. Due to a technical hitch, his report of the Tollerton event in the February newsletter was not fully included. This has now been resolved, and you can read his full report via the newsletter page of the website.

## Know the Rules

Lets have a look at the MBO score event rules that apply to pairs of competitors.

**Rule 4:** *Team Members must keep in voice contact at all times - including control sites and finish.* If you are riding as a team, you stay together. It is not allowed for one rider to collect a control while the other has a rest! Both team members must visit each control. This is easier to monitor with electronic timing, and is why both team members have a dibber attached by a wristband.

**Rule 12:** *Towing or the use of towing aids is not allowed.*

Well, I certainly saw this rule being ignored at Sherwood, so now you have no excuse for not knowing you were breaking the rules! Pairs have the advantage of draughting, but not towing. (Obviously those events that permit young children take a more generous attitude towards our future champions)

## The forum and whats new in it

The forum is now finished bar any tweak and ideas you come up with. It has closed and open areas for membership discussion.

To Post to the forum you need to login using your membership login. You can subscribe to First Posts under any topic and get a copy of the first post made so that you do not need to visit the site to see what is going on. For subsequent posts to a thread, you need to subscribe to that thread. Its simple and we hope provides what you need to stay in touch with other members.

For Sale and Wanted – yes we have our own market place.

## SHERWOOD MBO SCORE EVENT 28 Feb 2010 - Competitors report

Having done events at Sherwood a few times before, and knowing the format was one I really like - an OS map plus an orienteering map - we stuck to a strategy we'd used before....to do some of the controls on the OS map, then come back into the forest and do all the "O" map controls. I know we never go fast enough to reach the high scoring northerly points above the A616, so we never even look at them. Its an event that I just enjoy and its fun to ride.

The weather had been rather wet so I was concerned about the conditions of the bridle paths outside of the forest (between the start and Edwinstowe) - they are down farm fields and usually muddy even in drier weather. I was relieved to see nothing on them. Without much route planning we set off down the main road route out of the forest - with hind sight this was mistake one - we hadn't even looked at the O map and should have gone to control 1 first.

But it was straight down the road, under the railway bridge and turn right on to the track. Here there was a bit of a comedy moment - Pete Wooton was going the same way and stopped on the track - Bryan just ran slowly into him and they both came crashing down. A car stopped to see if they were OK, and a guy came out of his house to check - I just laughed.

Back on the bikes we quickly went in and out for 17 and headed on north. At the road crossing we went across and left - another couple headed right - I am sure they hadn't realised there was a track to the left and straight to the check point. From 15 we headed north - I know this track is partly tarmac so chose that instead of east then north. From 21, it was north again, after I nearly headed off in the wrong direction because I got totally disorientated whilst getting the control. Then west to 22 and back to the same point, and east to 23, before coming south again to 20. Another big mistake here and in trying to take the bridle path we ended up in the Major Oak enclosure! A few minutes were lost getting out again, and finding the real bridle path - I was convinced we were going in the wrong direction.

Then through Edwinstowe and up the hill to Lidgett, passing Andrea and Geoff going in the opposite direction. Over to checkpoint 18 to come into the Forest past Centre Parcs - we were surprised how run down the chalets looked. We were back in the forest in 1hr 15minutes - which was much faster than I'd expected so I knew we had to aim to collect everything. I'd swapped maps when we reached 18 and had been planning the route whilst we cycled the relatively smooth track into the forest.

We headed south on the main track, looking for the small track off to the west into 3. I felt the navigation was fairly straight forward till we tried to get to 10. There were loads of small tracks and we choose the wrong one - we were in a deep channel pushing the bikes until we saw someone off to the south of us who was obviously on a rideable track. We headed that way quickly, but then missed the turn to 10 and had to come back for it again. Our final mistake was coming out from 4 when I headed south east instead of east - the track at the top was muddy and slippery and I felt time was galloping away from us. We got down to the cross roads and the lead in to the finish with about 3 minutes to spare. We were both tired. But there was just one 10 point checkpoint left in the forest so we had to do it.

In the end it was that decision that gave us the extra points to beat the others - we got the 10 points and were 3 minutes 6 seconds late losing 4. Those 6 points made the difference between winning our class or being second.

The route was 17, 15, 21, 22, 23, 20, 18, 3, 2, 7, 12, 13, 14, 16, 15, 11, 9, 10, 8, 5, 6, 4, 1

Lisa Wellbourn

### Newsletter

Any articles, reports etc, please send to [newsletter@bmbo.org.uk](mailto:newsletter@bmbo.org.uk)