



Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

October 2009

October has seen the finale of the National League, and the regional summer leagues. But there's still lots of events, with winter series from D&W, NYMBO, CLOK and Epic already on the calendar. I do like these winter events – informal and shorter duration and then tea and biscuits in the village hall or a meal/drink in the pub after. Time to get to know some of the other riders and a good motivator to get out for a ride on those less than perfect winter days.

TCA Fixtures November - December 2009

Sun 08 Nov Manx Mountain Bike Club 3hr Late Autumn Trailquest Crosby, ISLE OF MAN
<http://www.trailquest.manxtiming.com/>

Sun 08 Nov D&W 3hr trailquest PEAK DISTRICT Winter League 1 of 8.
<http://www.darkandwhite.co.uk/>

Sat 14 Nov NYMBO 2hr Lanequest Holly Hill Inn, RICHMOND Winter series 1 of 4
[NYMBO](#)

Sun 15 Nov 3 hr Epic Trailquest SKELWITH BRIDGE Winter Series 1 of 5
[Bluestone events](#)

Sat 21 Nov CLOK 2hr Lanequest WESTERDALE, Nr Castleton Winter series 1 of 3
[CLOK](#)

Sat 21 Nov TCA ANNUAL GENERAL MEETING PEAK DISTRICT
More details in this newsletter

Sun 22 Nov D&W 3 hr trailquest PEAK DISTRICT Winter League 2 of 8
<http://www.darkandwhite.co.uk/>

Sat 5 Dec NYMBO 2hr Lanequest The New Inn, ECCUP Winter series 2 of 4
[NYMBO](#)

Sun 06 Dec 3 hr Epic Trailquest YORKSHIRE Winter Series 2 of 5
[Bluestone events](#)

Sun 13 Dec D&W 3hr trailquest PEAK DISTRICT Winter League 3 of 8
<http://www.darkandwhite.co.uk/>

TCA AGM 2009 Saturday 21 November. Peak District

This years AGM is in Youlgreave Youth Hostel with a D+W winter league event on the sunday a few miles ride away. We have 20 beds booked so places are limited. Book breakfast and evening meal, should you want them, when you book your bed.

Bed £18

Breakfast £5

Dinner £7

Usual Saturday social ride leaving at 12 noon. This year we will be taking pictures on the social ride for the new website. These images will be used to promote the sport so put on your best colourful racing kit and map board. AGM, Prize giving and a few social drinks for the hardy.

Youlgreave Youth Hostel location: [Youlgreave YHA](#)

The agenda will go out shortly before the AGM by email to all members.

For booking and your discussion topics please contact chairman@trailquest.co.uk

TCA committee nominations wanted

Anybody who wants to contribute to the running and development of the sport should come forward and join the committee. All positions are vacant and that includes chairman! Come on, step up and take control. If you don't want to join the committee but want to help by doing a smaller job get in contact with your local organiser, they can always do with help at events.

Questions, Questions, what to do next year?

Well, we have new a web site coming that will really making running events easier for organisers and the committee. But what about competitors? The new site is designed to make it easier to find out what, where, when, how much and who won! So less searching for event information and results.

But to give us a pointer about development next year, here are 4 questions;

- 1, Tell us one thing you would like the TCA to do or do better?
- 2, Tell us one thing you have done or could do, to help the TCA?
- 3, Tell us one thing you would like organisers to do or do better?
- 4, Tell us one thing you have done or could do, to help your local organiser?

Answers by email, with your name please, to [Questionnaire](#).

Online Membership

We are working on a few changes to the online membership system so that your membership status is clearer. When you renew online you will receive a confirmation email and your membership card will be in this email, print and take it to events.

We have problems with people who join as associates but fail to validate the confirmation email. They falsely believe they have joined, without validation their membership application is listed as pending and deleted after 48hrs. Pending applications will get 2 reminder emails and upon deletion will receive an email stating the "Membership application has not been validated and hence it has been deleted."

TCA NATIONAL TRAILQUEST LEAGUE RESULTS 2009

Here are the winners of this years TCA National League;

M21 - Rik Thompson (Right down the wire and decided at the last event where Rik had a good event and pip Simmons by just 2.1% in the National League).

W21 - Margaret McPhillips (Decided at the last event and beating Emily Brooks)

M40 - Bryan Singleton.

W40 - Angela Brand-Barker.

M50 - Tony Brand-Barker (Tony had a hard fight throughout the year with John Rawden and a late surge from Henry Syska, but still battled through to win at the last event).

W50 - Anne Plant.

M60 - Ray Morriss

W60 - Karen Blackburn.

X40 - (Mixed Vets) Michael Connor & Barbara Hickson.

Overall National League Champion for 2009 is Bryan Singleton.

Bryan had a great year and has now won the National Champs and National League 2 years on the trot, can anybody stop him from winning 3 years in a row?

To be eligible for a final league position you have to have competed in 6 or more National TCA events, which is why some classes have no winner.

The full results are available here [National 2009 Results](#).

Well done to all the league winners a great achievement from you all. Your names will be in bigger lights on the new website.

Peter Strong

TCA Calendar Coordinator.

Masham National Trailquest 17th October 2009 - planners' comments

What a superb area. Roz & I certainly enjoyed planning on an area that we were already reasonably familiar with; there is a good mix of grassy bridleways, stony tracks & quiet minor roads with plenty of hills to keep you breathing hard. Fearby village hall was perfect for our needs (and inexpensive), with access to a friendly farmer's field for parking.

The weather was much dryer than anticipated with no serious rain since August bank holiday. Consequently some of the routes shown as soft were probably not *as* soft as we guessed they would be when we had to finalise the map corrections some time before the event.

Looking at the splits there was no unanimity on the best route which was pleasing; all the leading riders chose different options. The usual navigational difficulties cropped up but what surprised us was the number of riders who, instead of heading south from control 26 on Witton Fell, rode west for up to 2 km before realising something was amiss (a glance at the compass would have rung a bell!). At some stage control 26 had been moved to a spot about half a kilometre north; well done to Steve Willis for spotting the control on his way up the hill and moving it back to the correct location. I understand that riders affected have been credited with the points.

Finally did anyone look closely at the sighting towers associated with Leighton & Roundhill reservoirs that were built in the 20th century? Looking across from the road heading south-west from Leighton, a slit can be seen at a certain angle through the tower above Arnagill Crags. They were built in the days before GPS and were used by workmen maintaining the water pipelines leaving the reservoirs. When you could see through the tower you were above the line of the pipe –

simple wasn't it?

David Day

Masham National Trailquest 17th October 2009- Competitors Report

On the day, the weather for biking was fantastic with hardly any wind. The event map looked as if it was going to offer a huge challenge with a large area covering both Witton Fell and Masham Moor. I remembered from previous events that Witton Fell was a lung buster from the north and a killer down the side of Agra Moor, while Masham Moor was a killer in a head wind and best approached by the road climb round Leighton Reservoir.

I started with an anti-clockwise loop heading north taking in 11 then down to Ellingstring for a short in and out to 27 then down to 7 and across the fields past Ellington Firth. Control 22 proved difficult with a group of us including Andy W doing a biking conga in search of the control. After 6, 16 and 21 (and a few gates in the process) it was head south through East Witton up to Witton Fell which again proved to be a lung buster. At the corner of Witton Wood I fortunately continued south rather than skirting round to the west which seemed to confuse many.

The moor crossing was fairly technical culminating in the rocky Agra descent with a bit of get off and push thrown in.

The southern section started with a climb to 13 at the monument then a drop to the road followed by a climb up the road towards Nidderdale. After the cattle grids at 4 and 10 I went along the track to 23 then down to 29. I was then faced with a dilemma – ‘do I head across the northern section of the moor for 28 and 20 or head across the southern route towards 15?’ I chose the latter.

On my way to 15 I passed Jill hurtling towards me. She didn't even stop for a quick chat – a woman with a mission! I continued on to the chapel at 24 then down the road to 30. I tried to ride through the River Laver and fell off doing a riggwelter impression in the process. Drenched, I then headed towards 14. I then realised that I didn't have time to manage 20 and 28 on the way home so headed for 25 followed by a lovely gentle bridleway to 19 (much needed at this stage). It was then home via Ilton and a quick in and out for 18 before getting back 6 minutes late.

After loading the bikes on the car and finding that Boro were losing 1-0 at home to Watford it was time to watch the end of season presentations for the NYMBO league. Well done to everyone.

On the drive home I was, as ever, treated to Jill analysing my route versus mileage and telling me - as Jim Bowen (Bullseye) would say - ‘Now let me show you what you could've won.’ My mistake was that I was too fixed on my route and should've gone from 13 up to 18 then climbed over the track via 28 and 20 to 23 and 29 rather than doing the road climb. An extra 50 points. But, never mind.

Boro lost but as ever I had a fantastic day biking and a big thank you to Dave and Roz for such an excellent event map and thanks to all the team for putting this event and the rest of the series together.

Conrad Ellison

Full results, and more reports, are on the NYMBO website <http://nymbo.org.uk/>