

Moravian/ESOC/BASOC/AYROC Orienteering Club MTBO Weekend 6-8th May 2022

We welcome you to glorious Moray for our May weekend of MTBO. There are many wonderful places to visit in Moray, such as Cawdor Castle, Brodie Castle, Culbin Forest, Clava Cairns, Aberlour and Glenfiddich Distilleries, Elgin Cathedral to mention just a few. Please make the most of the touristic opportunities on your visit. There are also many mtb opportunities such as the Moray Monster trails and Laggan Wolftrax en route to Forres.



Please read the following carefully so that everyone can have a safe and enjoyable weekend. The event has limited man power so we are not providing many of the elements of a larger event. You will experience limited help with parking, no taped route to the low key start, unmanned finish and online results service. Please accept that more than these basics will be a bonus. Our aim is to reward you with top quality terrain, brand new maps and fun high quality courses.

How to enter the British MTBO Championship Weekend

All entries for the events will be made through the **British Mountain Bike Orienteering (BMBO)** website. There will not be any Entry on the Day available.

Riders who are already BMBO members can enter in the usual way.

Riders who are not BMBO members or **International riders** will have to register with BMBO as a Day member.

Registering free of charge as a BMBO member

Visit <http://www.bmbo.org.uk> and select **Join Now**

Towards the bottom of this page, you will see **[New Adult Day Riders Register Now - Click Here](#)**

Log Details - in You will need to create a **User Name** and **Password**

Select Membership – from the drop-down menu select **Day Rider Adult**. This free of charge.

Your Details – fill in your personal details and address details

Tick the box **I am not a Robot**

Click **Submit**

You are now registered as a Day Member of BMBO.

Making an Entry

Visit <http://www.bmbo.org.uk>

In the left-hand column select **Event Calendar**

Select the event you wish to enter and click **Enter**

On the **Events Details** page click **Enter Event**

You will be asked to Login using your **User name** and **Password**

Click **Proceed**

Tick the events that you wish to enter

Select the **Course** you intend to ride and your **Age Class** from the drop-down menus

Click **Proceed**

On the summary page select **Proceed to Payment** or modify your entry

You will now be directed to the payments system.

You can check that your entry has been accepted by going to the Events Details page again and clicking **View Entry List** In case of any difficulties please contact: **Chairman@bmbo.org.uk**

Courses/Classes May7/8th

A M21-M55, W21-45

B M18, M60-65, W50-65

C M/W16, M70+, W70+

D Novices and other classes

COVID19. You must read the Covid guidance on scottish-orienteering.org

You must not attend if you are exhibiting one or more Covid-19 symptom or are in Covid-19 related quarantine or isolation even when accompanying someone else.

There is no entry on the day. Pre-entry only.

Competitors should maintain social distancing (2m+) at all times, unless with family/bubble members. Be particularly careful at download.

Use hand-gel before and after your ride.

Aim to arrive at an event as close as possible to your allocated start time.

Move quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control.

Please pay particular attention to the English and Scottish rules of travel between certain areas/towns.

Anyone taking part must follow Government Covid guidance to ensure the safety of themselves, other participants, event volunteers and the general public.

Safety

Please read the Moravian MTBO Safety Rules that provide an essential guide to the rules, map symbols and safety elements of MTBO. You must be familiar with the [MTBO Rules & Safety Guidelines](#)

A Covid risk assessment and British Mountain Bike Orienteering (BMBO) risk assessment have been completed and will be available for inspection at registration.

Competitors must wear a BSI standard helmet and use a serviceable bike that must stay with them at all times. Appropriate cycle clothing is to be worn.

Mobile phone signal in the area is intermittent and an emergency mobile phone number is printed on the map.

Please note any relevant medical conditions on your SI entry, or email the organiser.

Ticks are present and can be picked up even when cycling. Please check for ticks after you have been orienteering. Ticks are very common and they spread [Lyme disease](#).

Some of the competition areas are popular with walkers (in particular Sanquhar) and horse riders (especially near the Dava Way in Altyre). Please be courteous and give way to them as our access for future MTBO events relies on this. See [Safety Rule #6](#).

Parking

Please find your own way to the event car parks as there will be no sign posting.

Registration, Download and First Aid

Each event will have a registration area where you can pick up and return hired SIAC. If you are competing in other events this weekend please keep your SIAC dibber and hand it back in after your last race. Any lost SIACs will be charged at £65.

Model maps showing the route to the start will be available at registration especially Long. First Aid will also be available.

Start & Finish TAKE CARE ON THE PUBLIC ROADS TO THE START

The route to the start will not be sign posted.

Start times will be pre allocated and published on the [BMBO website](#)

Please do not come to the start until 10 minutes before your start time to minimise the number of people at the start area and maintain social distancing.

The start sequence will be as follows:

- 4 minutes - call up (manned)
- 3 minutes - clear. (not manned)
- 2 minutes - check. (not manned)

- 1 minute - pick up map and attach to map board. (manned)
- 0 - CROSS START LINE & PUNCH START

The controls are SIAC enabled (range about 50cm). YOU MUST PUNCH THE START.

THE FINISH IS SI AIR ENABLED. Cross the line and move clear of the finish control quickly.

In the unlikely event that the SI air does not work the control may have gone to sleep. Please dib the control box and await a beep.

RIDERS MUST STAY ON MAPPED PATHS AND ROADS, CROSS COUNTRY RIDING IS NOT ALLOWED - except where indicated with the orange or black dot symbol on the map. [See point 21 in the rules and guidelines.](#) Your bike must remain with you at all times.

Download - It is essential that everyone returns to download even if you have not completed your course. Results will be posted on the Moravian and BMBO websites as soon after the event as possible. It may be possible to have live results available via the link on the [club website results page](#) (not Friday night) <https://mor.scot/results>. Championship results will be calculated as soon as possible after the race and published on the web. Due to Covid restrictions there will be no prize giving.

EVENTS

Nethy Bridge Sprint – Friday 6th May

- Parking will be adjacent to the Nethy Bridge Community Centre on the Games Field parking area.

Registration, download and toilets at the community centre. Please remove muddy shoes before entering, and wear a face mask while inside.

The start location is ~1km from parking along a minor, dead-end road. Model maps will be available. WhatThreeWords outfit.handicaps.footballers

Courses close at 21.00

Map & Terrain

Nethybridge has beautiful Scots Pine woodlands including sections of Abernethy National Nature Reserve and the Speyside Way. The paths in the woodland to the south of the village are mainly well drained and give fast riding with minimal contours. North of the village, over the river, provides more intricate path networks in the community woodlands with roots, rocks and heather. There are also more contours with some steeper sections. If you have time to look around you will be treated to some beautiful views and you might meet some of the local wildlife which featured on BBC's Springwatch.

Scale 1:5,000 equivalent (1:10,000 printed at 200%) 5m contour. Courses A & B – double-sided A4.

A - 8km - mixture of fast trails and rooty fun! Some road crossings and urban controls - one section in very intricate path network to test your navigation

B - 6km - same course as A bit missing one forest loop

C - 4km - no road crossings and less complex path networks so suitable for juniors or novices

Organiser – Lynne Walker / Jane Cox

Planner – Jane Chisholm

Local Interest

<https://nethybridge.com/>

Quarry Woods Elgin Middle Race WMS Saturday 7th May

Parking and assembly will be near to the B9012 Duffus Road on the west side of Elgin.

Terrain consists of mixed forest with many well-defined tracks on the outskirts of Elgin. The east side of the area is made up of mature oak forest on a gentle well drained slope. Further west is a large hill with mature pine plantation forest. The south side of this hill is steep with numerous single track mtb trails. There are a number of quarries, some of which are accessible on technical single track. More course details to follow.

Mapping

A course - 1:10000 5m contour. Double sided map. Size A4 plus

B course - 1:10000 5m contour. Double sided map. Size A4 plus

C course - 1:10000 5m contour. Double sided map. Size A4 plus

D course - 1:5000 5m contour. Double sided map. A4

Altyre Estate/Sanquhar Woods. British Long Distance Championships WMS Sunday 8th May 2022

Parking, registration, model map pickup, download and first aid are at Forres Academy car park, Sanquhar Road, Forres. what3words.com/reservoir.exactly.acting

Public toilets are available in Grant Park, Forres. what3words.com/bulbs.ambushes.forwarded or Tesco's.

The start is about 3km from the car park along a public bridleway (former railway line). A model map will show the route to the start. The finish is close to the car park.

Courses close at 15.00

Map & Terrain

A course, Map scale 1:15,000 with 1:7500 inset. 5m contours. Size A3 plus

B course, Map scale 1:15,000 with 1:7500 inset, 5m contours. Size A3 plus

C course Map scale 1:10,000 with 1:7500 inset, 5m contours, size A3.

D course Map scale 1:10000 with 1:7500 inset, 5m contours, size A3

Altyre Estate has a variety of mixed woodland and open fields with an intricate network of paths and tracks. There is some challenging single track over undulating moraine and some steep hills. The terrain rises about 100m from the north to the south.

The A and B courses may encounter 2 fords – it is possible to cycle through these but take care. You may encounter gates that should be open but in the unlikely event that one is closed please leave it closed after passing through.

TAKE CARE ON ESTATE ROADS. There are minor estate roads that are very quiet but are used by residents and farm vehicles.

Sanquhar Woods has a mix of housing estate roads and woodland with an intricate and well drained path network. The terrain consists of glacial sand and gravel moraine surrounded by extensive marsh. Some hills are short but very steep.

There is a bike park with a one-way system. Tracks marked with a magenta chevron on the map should be treated as one way, all other tracks can be used in either direction even if on the ground signs state one way.

