



MOUNTAIN BIKE ORIENTEERING

SATURDAY 11 SEPTEMBER 2010

WOODBURY COMMON

FINAL DETAILS

VENUE: Four Firs Car Park Grid Reference SY 031 864

DIRECTIONS:

From Junction 30 of the M5, take the A376 to Clyst St Mary. At the roundabout, take the third exit, A376, signed to Exmouth. At the next roundabout take the first exit, B3179, signed to Woodbury. Go through Woodbury (public toilets available here) and at Four Firs crossroads go forward and immediately turn right into the car park. If you are late arriving at the car park due to traffic delays etc., do not worry as there are no allocated Start Times. Start Times are from 1200 to 1400 for all courses. If you have pre-entered, go to the Start when you are ready. You may have to queue at the Start for a short while to maintain start intervals.

MOUNTAIN BIKE EVENT

Courses:

There are three Mountain Bike Courses: The straight line course lengths are: A -14 km, B -11 km & C - 8 km. The riding distances along tracks and paths will be typically 21, 16 & 11 km respectively. SportIdent electronic punching will be used. The Start is 700m from the car park and the Finish is 300m from the car park. Start times 1200 – 1400 Courses close 1630. If you have not pre-entered go to Registration, open 1130 – 1330.

A newly updated map for MBO, revised summer 2010, scale 1:15,000, contours 5m. A3 size on waterproof paper. Mixed heathland and woodland with large track network.

Entry Fees:

If you have pre-registered as an Associate Member of the BMBO (British Mountain Bike Orienteering) on their website www.bmbo.org.uk, and you have a membership card to show or a number which you can quote, the fee will be £6.00 for seniors and £2.00 for juniors. Without the number you will need to pay £7 seniors and £3.00 for juniors. If you are a full member of BMBO the fee will be £4 for seniors and free for juniors. If you have not pre-entered please go to Registration, open 1130 – 1330.

Rules:

- A safety helmet must be worn at all times during the event.
- Public roads may not be raced upon so only cross roads at right angles at the crossing points marked on the map. If you need to use a short distance of public road walk your bike.
- Some paths have notices specifically banning bikes and horses. These notices are to be respected. Some of these paths are marked on the map but you may come across others. Do not ride where public access is prohibited.
- Do not cut corners, stay on the tracks and paths marked on the map. Do not cross country. There are some electric fences which have been built very recently and construction may still be in progress. Do not damage these fences.

Please follow the Countryside and Mountain Bike Codes at all times:

- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Consider and respect other people.
- In particular, be considerate to walkers and horse riders – use a bell or call out to announce your presence.
- Be safe – plan ahead and follow any signs.
- Ride in control at all times. Avoid skidding.

FOOT O EVENT

Courses:

There are two Foot O courses of Green and Orange Standard. Traditional Pin punches and control cards will be used. The Start and Finish are adjacent to the car park. Start times 1200 – 1400 Courses close 1530. Competitors taking part in the Foot O will be covered by BOF insurance.

Map:

A standard orienteering map, scale 1 : 10,000 contours 5m A4 size bagged and sealed.

Entry Fees:

£5.00 seniors, £1.00 juniors. Entry on the Day only. Please go to Registration, open from 1130 - 1330.

Organiser: Roger Green tel. :01392 278512 roger-green@blueyonder.co.uk

Planner (MBO): Nigel Benham (SARUM)

Planner (Foot O): Jill Green (DEVON)

Controller (Foot O): Roger Green (DEVON)

HOW TO GET TO THE EVENT

