**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.

**Courses/Classes May7/8th Start time lists for 7/8th to be published on bmbo.org.uk in Bulletin**

A M21-M55, W21-45

B M18,M60-65, W50-65, M70 **(Note due to quality of M70 entry this course is now B not C)**

C M/W16, M75+, 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.

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.

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](https://mor.scot/sites/default/files/2021-06/MTBO%20Safety%20Rules.pdf)

**For foreign competitors remember we ride (and drive) on the left. Be courteous and shout passing on the right if overtaking.**

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.](https://www.nhs.uk/conditions/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](https://mor.scot/sites/default/files/2021-06/MTBO%20Safety%20Rules.pdf).

**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](https://mor.scot/sites/default/files/2021-06/MTBO%20Safety%20Rules.pdf). 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](https://mor.scot/results) (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.

Entrance at WhatThreeWords ///amplifier.typed.anyone

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.

First Start 1800 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.

**Course safety notes**: All courses – the route to the start will have racing riders crossing over. Please take care!

Courses A & B cross-over a narrow bridge on the way out and back. Please take care meeting oncoming riders. The roads around Nethybridge are generally very quiet but please ensure you obey the Highway Code and take care when emerging from paths on to the roads.  In particular for our foreign visitors a reminder to ride on the left.

There are sections of open land / rides which you are permitted to ride across – these are mapped with a dark orange.

Map Scale 1:7500 5m contour.  Course A – double-sided A4.

A - 8km - mixture of fast trails and rooty fun! Some road sections 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

This is the first time BASOC have put on an MTBO event and we are really excited to bring you all to our beautiful part of the world.  Please be nice to us, our community and our environment as we would love to be able to do it again in the future!

**Local Interest**

<https://nethybridge.com/>

[RSPB Loch Garten](https://www.rspb.org.uk/reserves-and-events/reserves-a-z/loch-garten/)

[Strathspey Steam Railway](https://www.strathspeyrailway.co.uk/)

[Abernethy Golf Club](https://abernethygolfclub.com/)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Start Lists Sprint Course |  |  |  |  |  |
|  | A Course | B Course | C Course |
| 18:00 |   |   |   |   |   |   | Ian Hall | M70 |
| 18:01 |  |  |   | kevin pickering | M60 |   |   |  |   |
| 18:02 | James Laird | M50 |   |   |  |   |   |  |   |
| 18:03 | Robert Bloor | M60 |   |   |  |   | Rona Laird | Y18 |   |
| 18:04 |  |  |   | David Rose | M70 |   |   |  |   |
| 18:05 | andy conn | M50 |   |   |  |   |   |  |   |
| 18:06 | Eddie Harwood | M70 |   |   |  |   | Anne Campbell | W60 |
| 18:07 |  |  |   | Liz Potterton | W60 |   |   |  |   |
| 18:08 | Ricky Mckay | M50 |   |   |  |   |   |  |   |
| 18:09 | Karena Hanley | W50 |   |   |  |   | Jude Smith | W50 |
| 18:10 |  |  |   | Charlotte Somers Cocks | W60 |   |   |  |   |
| 18:11 | Alexandr Toloch | M50 |   |   |  |   |   |  |   |
| 18:12 | Kenneth Svensson | M60 |   |  |  |   |  |  |   |
| 18:13 |  |  |   | Rachel Kirkland | W50 |   |   |  |   |
| 18:14 | Peter Strong | M50 |   |   |  |   |   |  |   |
| 18:15 | Mike Wimpenny | M70 |   |   |  |   |   |  |   |
| 18:16 |  |  |   | Katja Brunstedt | W40 |   |   |  |   |
| 18:17 | Ewan Bennett | Y18 |   |   |  |   |   |  |   |
| 18:18 | Jan Kral | M50 |   |   |  |   |   |  |   |
| 18:19 |  |  |   | Clare Kemsley | W50 | (Punching) |   |  |   |
| 18:20 | Will Dixon | M21 |   |   |  |   |   |  |   |
| 18:21 | Robert Urbanik | M50 |   |   |  |   |   |  |   |
| 18:22 |  |  |   |   |  |   |   |  |   |
| 18:23 | Jonathan Ellis | M40 |   |   |  |   |   |  |   |
| 18:24 | Alan Bennett | M50 |   |   |  |   |   |  |   |
| 18:25 |  |  |   |   |  |   |   |  |   |
| 18:26 | Laurence Phin | M50 |   |   |  |   |   |  |   |
| 18:27 | Walter Clark | M40 |   |   |  |   |   |  |   |
| 18:28 |  |  |   |   |  |   |   |  |   |
| 18:29 | Harry Dowdell | M60 |   |   |  |   |   |  |   |
| 18:30 | Tomas Zrnik | M50 |   |   |  |   |   |  |   |
| 18:31 |  |  |   |   |  |   |   |  |   |
| 18:32 | Peter Ferguson | M70 |   |   |  |   |   |  |   |
| 18:33 | Ian McIntyre | M50 |   |   |  |   |   |  |   |
| 18:34 |  |  |   |   |  |   |   |  |   |
| 18:35 | Mark Stodgell | M50 |   |   |  |   |   |  |   |
| 18:36 | Lucy Mair | W40 |   |   |  |   |   |  |   |
| 18:37 |  |  |   |   |  |   |   |  |   |
| 18:38 | Katy Boocock | W50 |   |   |  |   |   |  |   |
| 18:39 | Phil Smith | M50 |   |   |  |   |   |  |   |
| 18:40 |  |  |   |   |  |   |   |  |   |
| 18:41 | Morten Nørgaard | M50 |   |   |  |   |   |  |   |
| 18:42 | Keith dawson | M60 |   |   |  |   |   |  |   |
| 18:43 |  |  |   |   |  |   |   |  |   |
| 18:44 | John Newsom | M21 |   |   |  |   |   |  |   |
| 18:45 | Tim Evans | M50 |   |   |  |   |   |  |   |
| 18:46 |  |  |   |   |  |   |   |  |   |
| 18:47 | Nuno Cerqueira | M21 |   |   |  |   |   |  |   |
| 18:48 | Gary Tompsett | M50 |   |   |  |   |   |  |   |
| 18:49 |  |  |   |   |  |   |   |  |   |
| 18:50 | Alistair Landels | M50 |   |   |  |   |   |  |   |
| 18:51 | Bob Cherry | M60 |   |   |  |   |   |  |   |
| 18:52 |  |  |   |   |  |   |   |  |   |
| 18:53 | Paul McGreal | M50 |   |   |  |   |   |  |   |
| 18:54 | James Stewart | M60 |   |   |  |   |   |  |   |
| 18:55 |  |  |   |   |  |   |   |  |   |
| 18:56 | Paul Borrowman | M50 |   |  |  |   |   |  |   |
| 18:57 | Richard Oxlade | M60 |   |   |  |   | Matthew Inman | Y18 |   |
| 18:58 |  |  |   |   |  |   |   |  |   |
| 18:59 | Jason Inman | M50 |   |   |  |   |   |  |   |
| 19:00 | Jeff Powell Davies | M40 |   |  |  |  |   |  |   |
| 19:01 |  |  |   |   |  |   |   |  |   |
| 19:02 | Oscar Shepherd | Y18 |   |  |  |   |   |  |   |
| 19:03 | Ifor Powell | M50 |  |   |  |  |   |  |   |
| 19:04 |  |  |   |   |  |   |   |  |   |
| 19:05 | Mark Wood | M50 |   |   |  |   |   |  |   |
| 19:06 | Janine Inman | W40 |   |  |  |   |   |  |   |
| 19:07 |  |  |   |   |  |   |   |  |   |
| 19:08 | Alistair Powell | M40 |   |  |  |   |   |  |   |
| 19:09 | John Houlihan | M50 |   |   |  |   |   |  |   |
| 19:10 |  |  |   |  |  |   |   |  |   |
| 19:11 | Ingrid Stengard | W21 |   |   |  |   |   |  |   |
| 19:12 | Ian Nixon | M40 |   |   |  |   |   |  |   |
| 19:13 |  |  |   |   |  |   |   |  |   |
| 19:14 | Joergen Nielsen | M21 |   |   |  |   |   |  |   |
| 19:15 | Elstone Elstone | M50 |   |   |   |   |   |   |   |

**Quarry Woods Elgin Middle Race WMS Saturday 7th May**

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.

**Parking and assembly**

Spynie Dental Centre, Duffus Road, Elgin, Moray, IV30 5PW

Entrance to the parking will be from the B9012 Duffus Road on the west side of Elgin.

# 57°39'27.0"N 3°19'49.7"W. What 3 Words: shed.means.flips

# Registration

# Will be situated in the start area

# Start Area

Leave the car parking area and head right (west) for about 50m along the B9012. The start area will be in the small car parking area on the left. Take care when crossing the road. Parking and assembly will be near to the B9012 Duffus Road on the west side of Elgin.

# Start times First start will be 12:00. Start times will be pre-allocated and be available on the BMBO website as soon as possible after the closing date. It will be a punching start.

**Courses**

A course - M21-M55, W21-45
B course - M18, M60-65, W50-65, M70
C course - M/W16, W70+
D course - Novices and other classes

**Courses**

A course – 12.4km- 22 controls - 1:10000 5m contour. Double sided map. Size A4 plus

B course - 10.5km - 16 controls - 1:10000 5m contour. Double sided map. Size A4 plus

C course – 8.6km – 16 controls- 1:10000 5m contour. Single sided map. Size A4 plus

D course – 3km – 11 controls - 1:5000 5m contour. Double sided map. A4

Please note that the courses a A, B and C cross a quiet minor road twice. The crossings will **NOT** be timed out or manned. Please take care and watch for traffic.

**Finish**

The finish will be approximately 50m from the Start area. Live Results may be available to be notified

**Download**

Download will be situated in the assembly. Please remember to download and return borrowed SIACs if appropriate if not being used the next day.

All riders **MUST** report to the download even if they retire.

**Results**

Results will appear on the [www.bmbo.org.uk](http://www.bmbo.org.uk) website as soon as possible.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Start Lists Middle Course |  |  |  |  |  |  |  |  |  |  |
|  | A Course | B Course | C Course | D Course |
| 12:00 | Jason Inman | M50 | 8669946 |   |   |   |   |   |   |   |   |   |
| 12:01 |   |  |   | MARTIN BAGNESS | M60 |   |   |  |   |   |  |   |
| 12:02 | Jeff Powell Davies | M40 | 8310580 |   |  |   |   |  |   |   |  |   |
| 12:03 | Alan Bennett | M50 | 8020666 |   |  |   |   |  |   |   |  |   |
| 12:04 |   |  |   | kevin pickering | M60 | 820600 |   |  |   |   |  |   |
| 12:05 | Phil Smith | M50 | 8300463 |   |  |   |   |  |   |   |  |   |
| 12:06 | Gary Tompsett | M50 | 8641587 |   |  |   |   |  |   |   |  |   |
| 12:07 |   |  |   | David Rose | M70 | 342104 |   |  |   |   |  |   |
| 12:08 | Ian McIntyre | M50 | 236207 |   |  |   |   |  |   |   |  |   |
| 12:09 | Ewan Bennett | Y18 | 8050405 |   |  |   |   |  |   |   |  |   |
| 12:10 |   |  |   | Liz Potterton | W60 | 12324 |   |  |   |   |  |   |
| 12:11 | Alexandr Toloch | M50 | 8662147 |   |  |   |   |  |   |   |  |   |
| 12:12 | Tim Griffin | M50 | 8140866 |   |  |   |   |  |   |   |  |   |
| 12:13 |   |  |   | Richard Oxlade | M60 | 8020958 |   |  |   |   |  |   |
| 12:14 | Lucy Mair | W40 | 8181977 |   |  |   |   |  |   |   |  |   |
| 12:15 | Nuno Cerqueira | M21 | 8003049 |   |  |   |   |  |   |   |  |   |
| 12:16 |   |  |   | Robert Bloor | M60 | 600500 |   |  |   | Felix Tweedie-McFarlane | Y18 |   |
| 12:17 | Robert Urbanik | M50 | 8662745 |   |  |   |   |  |   |   |  |   |
| 12:18 | Colin Slater | M40 |   |   |  |   |   |  |   |   |  |   |
| 12:19 |   |  |   | Scott Perry | Y18 | 183862 |   |  |   | Kito Thornhill | Y18 |   |
| 12:20 | Tim Evans | M50 | 8170563 |   |  |   |   |  |   |   |  |   |
| 12:21 | Jane Chisholm | W21 | 8383831 |   |  |   |   |  |   |   |  |   |
| 12:22 |   |  |   | Mike Wimpenny | M70 | 8008002 |   |  |   | Faith Kenyon | Y18 | 8260605 |
| 12:23 | Ian Nixon | M40 | 961982 |   |  |   |   |  |   |   |  |   |
| 12:24 | Ricky Mckay | M50 |   |   |  |   |   |  |   |   |  |   |
| 12:25 |   |  |   | Stefan Killberg | M60 | 8042710 |   |  |   | Jude Smith | W50 | 41378 |
| 12:26 | Velina Valova | W21 | 8516960 |   |  |   |   |  |   |   |  |   |
| 12:27 | Jonathan Ellis | M40 | 8200179 |   |  |   |   |  |   |   |  |   |
| 12:28 |   |  |   | Harry Dowdell | M60 | 8641595 |   |  |   | Adam Anderson | M21 |   |
| 12:29 | Mark Stodgell | M50 | 8645277 |   |  |   | Kate McLuckie | Y18 | 8667902 |   |  |   |
| 12:30 | Terry Johnstone | M50 | 8657531 |   |  |   |   |  |   |   |  |   |
| 12:31 |   |  |   | Eddie Harwood | M70 | 8657382 |   |  |   | Anne Campbell | W60 | 8641598 |
| 12:32 | Jan Kral | M50 | 8645929 |   |  |   |   |  |   |   |  |   |
| 12:33 | Alistair Powell | M40 | 773855 |   |  |   |   |  |   |   |  |   |
| 12:34 |   |  |   | Rachel Kirkland | W50 | 8181026 |   |  |   |   |  |   |
| 12:35 | Stephen Perry | M50 | 822284 |   |  |   |   |  |   |   |  |   |
| 12:36 | Ingrid Stengard | W21 | 8641589 |   |  |   |   |  |   |   |  |   |
| 12:37 |   |  |   | Nina Saunders | W40 |   |   |  |   |   |  |   |
| 12:38 | Ifor Powell | M50 | 8100468 |   |  |   |   |  |   |   |  |   |
| 12:39 | Mark Wood | M50 | 8170504 |   |  |   |   |  |   |   |  |   |
| 12:40 |   |  |   | Charlotte Somers Cocks | W60 | 8012595 |   |  |   |   |  |   |
| 12:41 | Tomas Zrnik | M50 | 8659415 |   |  |   |   |  |   |   |  |   |
| 12:42 | Will Dixon | M21 | 8516460 |   |  |   |   |  |   |   |  |   |
| 12:43 |   |  |   | Joergen Nielsen | M70 | 8635882 |   |  |   |   |  |   |
| 12:44 | andy conn | M50 | 8250390 |   |  |   |   |  |   |   |  |   |
| 12:45 | Sarah Wallace | W21 | 8080784 |   |  |   |   |  |   |   |  |   |
| 12:46 |   |  |   | Bob Cherry | M60 | 8641597 |   |  |   |   |  |   |
| 12:47 | Katja Brunstedt | W40 | 8290174 |   |  |   |   |  |   |   |  |   |
| 12:48 | Alistair Landels | M50 | 8120968 |   |  |   | Matthew Inman | Y18 | 8270809 |   |  |   |
| 12:49 |   |  |   | James Stewart  | M60 | 8641588 |   |  |   |   |  |   |
| 12:50 | Dagmar Borrowman | W40 | 2079982 |   |  |   |   |  |   |   |  |   |
| 12:51 | Morten Norgaard | M50 | 8140772 |   |  |   |   |  |   |   |  |   |
| 12:52 |   |  |   | Karena Hanley | W50 | 8210128 |   |  |   |   |  |   |
| 12:53 | Paul McGreal | M50 | 434768 |   |  |   |   |  |   |   |  |   |
| 12:54 | Kev Smith | M40 | 8198101 |   |  |   |   |  |   |   |  |   |
| 12:55 |   |  |   | Kenneth Svensson | M60 | 8061060 |   |  |   |   |  |   |
| 12:56 | John Houlihan | M50 | 8290964 |   |  |   |   |  |   |   |  |   |
| 12:57 | Walter Clark | M40 | 80765432 |   |  |   |   |  |   |   |  |   |
| 12:58 |   |  |   |   |  |   |   |  |   |   |  |   |
| 12:59 | Arnis Saltums | M21 | 8005204 |   |  |   |   |  |   |   |  |   |
| 13:00 |   |  |   |   |  |   |   |  |   |   |  |   |
| 13:01 |   |  |   | Keith dawson | M60 | 7107107 |   |  |   |   |  |   |
| 13:02 | Janine Inman | W40 | 8669947 |   |  |   |   |  |   | Hannah Inman | Y18 | 8130912 |
|   |   |   |   |   |   |   |   |   |   |   |   |   |

**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](https://what3words.com/reservoir.exactly.acting)

Public toilets are available in Grant Park, Forres. [what3words.com/bulbs.ambushes.forwarded](https://what3words.com/bulbs.ambushes.forwarded) or Tescos.

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.

First Start 1030 Courses close at 15.00

**Course lengths:**

 A course  21.2k (approx. optimal 36k) 20 controls

B course  16.2k (approx. optimal 28k) 15 controls

C Course  11.1k (approx. optimal 17k) 11 controls

D course   9.6k  (approx. optimal 15k)  8 controls

**Map & Terrain**

A course, Map scale 1:15,000 Size A3 plus

B course, Map scale 1:15,000 Size A3 plus

C course Map scale 1:15,000 Size A3 approx

D course Map scale 1:15,000 Size A3 approx

**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. There are two padlocked gates which competitors on the A and B courses may encounter. If encountered it will be necessary for competitors to lift their bikes over the gates, and climb over themselves. Any riders for whom this is too much of a challenge should do the C course.

**TAKE CARE ON ESTATE ROADS**. There are minor estate roads that are very quiet but are used by residents and farm vehicles. There are two padlocked gates which A and B courses may encounter. It will be necessary for competitors to lift bikes over the gates and then climb over. Any riders for whom this may prove too much of a challenge should select the C course.

**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 treated as one way, all other tracks can be used in either direction even if on the ground signs state one way.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Start Lists Long Course |  |  |  |  |  |  |  |  |  |  |
|  | A Course | B Course | C Course | D Course |
| 10:30 | Phil Smith | M50 | 8300463 |   |   |   |   |   |   |   |   |   |
| 10:32 | andy conn | M50 | 8250390 |  |  |   |   |  |   |   |  |   |
| 10:34 |   |  |   | Scott Perry | Y18 | 183862 |   |  |   |   |  |   |
| 10:36 | Jan Kral | M50 | 8645929 |  |  |   | Hugh Nicholson | M50 | 8657411 |   |  |   |
| 10:38 | Oscar Shepherd | Y18 | 8657670 |  |  |   |   |  |   | Felix Tweedie-McFarlane | Y18 |   |
| 10:40 |   |  |   | Stefan Killberg | M60 | 8042710 |   |  |   |   |  |   |
| 10:42 | Nina Saunders | W40 |   |  |  |   | Rosslyn Nicholson | W50 | 46801 |   |  |   |
| 10:44 | Ifor Powell | M50 | 8100468 |  |  |   |   |  |   | David Ritchie | M60 | 8121928 |
| 10:46 |   |  |   | Tony Brand-Barker | M60 | 8050258 |   |  |   |   |  |   |
| 10:48 | Alan Bennett | M50 | 8020666 |  |  |   | Matthew Inman | Y18 | 8270809 |   |  |   |
| 10:50 | Arnis Saltums | M21 | 8005204 |  |  |   |   |  |   | Kito Thornhill | Y18 |   |
| 10:52 |   |  |   | Eddie Harwood | M70 | 8657382 |   |  |   |   |  |   |
| 10:54 | Walter Clark | M40 | 80765432 |  |  |   | Finlay McLuckie | Y18 | 8111008 |   |  |   |
| 10:56 | Katja Brunstedt | W40 | 8290174 |  |  |   |   |  |   | Jude Smith | W50 | 41378 |
| 10:58 |   |  |   | Charlotte Somers Cocks | W60 | 8012595 |   |  |   |   |  |   |
| 11:00 | Ewan Bennett | Y18 | 8050405 |  |  |   | Kate McLuckie | Y18 | 8667902 |   |  |   |
| 11:02 | Jane Chisholm | W21 | 8383831 |  |  |   |   |  |   | Fergus Kenyon | Y18 | 2096959 |
| 11:04 |   |  |   | Joergen Nielsen | M70 | 8635882 |   |  |   |   |  |   |
| 11:06 | Tomas Zrnik | M50 | 8659415 |  |  |   | Malcolm Aldridge | M60 |   |   |  |   |
| 11:08 | Paul McGreal | M50 | 434768 |  |  |   |   |  |   |   |  |   |
| 11:10 |   |  |   | Liz Potterton | W60 | 12324 |   |  |   |   |  |   |
| 11:12 | Morten Norgaard | M50 | 8140772 |  |  |   | Nick Tanner | M40 |   |   |  |   |
| 11:14 | Ian McIntyre | M50 | 236207 |  |  |   |   |  |   |   |  |   |
| 11:16 |   |  |   | Elizabeth Kenyon | W50 | 2102885 |   |  |   |   |  |   |
| 11:18 | Janine Inman | W40 | 8669947 |  |  |   | Pippa Tanner | W40 |   |   |  |   |
| 11:20 | John Houlihan | M50 | 8290964 |  |  |   |   |  |   |   |  |   |
| 11:22 |   |  |   | David Rose | M70 | 342104 |   |  |   |   |  |   |
| 11:24 | Keith Bailey | M60 | 433195 |  |  |   |   |  |   |   |  |   |
| 11:26 | Mark Bailey | M21 |   |  |  |   |   |  |   |   |  |   |
| 11:28 |   |  |   | Rachel Kirkland | W50 | 8181026 |   |  |   |   |  |   |
| 11:30 | Ingrid Stengard | W21 | 8641589 |  |  |   |   |  |   |   |  |   |
| 11:32 | Stephen Perry | M50 | 822284 |  |  |   |   |  |   |   |  |   |
| 11:34 |   |  |   | Angela Brand-Barker | W60 | 8381961 |   |  |   |   |  |   |
| 11:36 | Alistair Landels | M50 | 8120968 |  |  |   |   |  |   |   |  |   |
| 11:38 | Lucy Mair | W40 | 8181977 |  |  |   |   |  |   |   |  |   |
| 11:40 |   |  |   | Mike Wimpenny | M70 | 8008002 |   |  |   |   |  |   |
| 11:42 | Alexandr Toloch | M50 | 8662147 |  |  |   |   |  |   |   |  |   |
| 11:44 | Terry Johnstone | M50 | 8657531 |  |  |   |   |  |   |   |  |   |
| 11:46 |   |  |   | Harry Dowdell | M60 | 8641595 |   |  |   |   |  |   |
| 11:48 | Gary Tompsett | M50 | 8641587 |  |  |   |   |  |   |   |  |   |
| 11:50 | Jonathan Ellis | M40 | 8200179 |  |  |   |   |  |   |   |  |   |
| 11:52 |   |  |   | Richard Oxlade | M60 | 8020958 |   |  |   |   |  |   |
| 11:54 | Mark Wood | M50 | 8170504 |  |  |   |   |  |   |   |  |   |
| 11:56 | Ian Nixon | M40 | 961982 |  |  |   |   |  |   |   |  |   |
| 11:58 |   |  |   | James Stewart  | M60 | 8641588 |   |  |   |   |  |   |
| 12:00 | Robert Urbanik | M50 | 8662745 |  |  |   |   |  |   |   |  |   |
| 12:02 | Will Dixon | M21 | 8516460 |  |  |   |   |  |   |   |  |   |
| 12:04 |   |  |   | Kenneth Svensson | M60 | 8061060 |   |  |   |   |  |   |
| 12:06 | Jeff Powell Davies | M40 | 8310580 |  |  |   |   |  |   |   |  |   |
| 12:08 | Nuno Cerqueira | M21 | 8003049 |  |  |   |   |  |   |   |  |   |
| 12:10 |   |  |   | Robert Bloor | M60 | 600500 |   |  |   |   |  |   |
| 12:12 | Mark Stodgell | M50 | 8645277 |  |  |   |   |  |   |   |  |   |
| 12:14 | Colin Slater | M40 |   |  |  |   |   |  |   |   |  |   |
| 12:16 |   |  |   | Karena Hanley | W50 | 8210128 |   |  |   |   |  |   |
| 12:18 | Velina Valova | W21 | 8516960 |  |  |   |   |  |   |   |  |   |
| 12:20 | Alistair Powell | M40 | 773855 |  |  |   |   |  |   |   |  |   |
| 12:22 |   |  |   | kevin pickering | M60 | 820600 |   |  |   |   |  |   |
| 12:24 | Tim Evans | M50 | 8170563 |  |  |   |   |  |   |   |  |   |
| 12:26 |   |  |   | MARTIN BAGNESS | M60 |   |   |  |   |   |  |   |
| 12:28 |   |  |   |  |  |   |   |  |   |   |  |   |
| 12:30 |   |  |   | Keith dawson | M60 | 7107107 |   |  |   |   |  |   |
| 12:32 |   |  |   |  |  |   |   |  |   |   |  |   |
| 12:34 |   |  |   |  |  |   |   |  |   |   |  |   |
| 12:36 |   |   |   |   |   |   |   |   |   |   |   |   |



