



# Blood, Sweat and Gears

Newsletter of the National Governing Body for Mountain Bike Orienteering.

[bmbo.org.uk](http://bmbo.org.uk)

**October 2024**

The BMBO AGM is to be held on-line on the Monday 4<sup>th</sup> November at 7:30pm.

As always this is an opportunity for members to share their ideas about the future of BMBO. However, we intend to change the format slightly this year.

We are inviting members to send in proposals for consideration at the meeting. A voting form will then be sent to all Full members giving them the opportunity to vote on the proposals.

The results of the ballot will then be used to inform the decision making of the AGM.

- Deadline for proposals 20<sup>th</sup> October
- Ballot form to be sent out 23<sup>rd</sup> October
- Ballot closes on 1<sup>st</sup> November
- AGM 4<sup>th</sup> November

The time line for this is quite tight and we ask you to send your proposals as soon as possible to [chairman@bmbo.org.uk](mailto:chairman@bmbo.org.uk)

Current proposals received so far.

- Committee meeting to be held on-line.
- The following nominations for committee post have been received
  - Ifor Powell. Assistant web manager
  - Jack Higham & Jeff Mew to share the marketing role
  - Mike Hayward. MTBO coordinator
  - All club managers will be invited to attend the committee meetings
- Allow the use of MapRun for the British Championship weekend. Proposed Steve Willis and Seconded Sion James.

We look forward to seeing you at the AGM.

Finally the MTBO World Masters Championships 2026 are in Scotland. Mike Hayward is taking on development of MTBO events in the UK to allow competitors to gain experience of MTBO events. See his article below.

**Tony Brand-Barker, Chairman, and the BMBO Committee.**

## **MTBO in Great Britain. The pathway to the World Masters MTBO Scotland 2026?**

**By Mike Hayward**

I would like to introduce myself. Mike Hayward, Former MBO British Champion. Organiser of many Trailquest (now MBO) events since 1994 using the Cross Cumbria Cyclists banner and competitor in over 100 MBO / MTBO / Polaris events.

After a lapse in my interest I returned to MBO in 2024 and have taken on the role of MTBO coordinator. Why you might ask?

The world MTBO championships will be held in the Moray area of Scotland 3-7 June 2026. We would like to see a large number of British rides taking part. However there is a need more

events across the country, for riders to take part and practise their skills during 2025 and 2026. BMBO would like to boost the opportunities to take part and want you can get involved.

I hope that you will take the time to read the information below. It is intended to stimulate discussion with you and your Bike Orienteering friends and / or club committee and members.

After your consideration, I would request that you get back to me as soon as possible or by October 31st at latest. If you can indicate either :

1. We think we can help by organising one or more events
2. We are unable to take part on this occasion.

Riders take part in MTBO in age categories, eMTB category to be confirmed.

To this end we are seeking to raise the profile of MTBO in 2025 and first half of 2026, to give riders ample opportunity to take part, get the bug, practise rides and then compete in the 2026 World Masters Championships.

For 2025 we have already 2 weekend events planned, one on the south coast of England date TBC and one Moray near Inverness date TBC. We are hoping to add a lot more events to the 2025 and 2026 calendars.

We invite you to join the initiative and contribute, by adding events to the MTBO calendar. If you are a club you can also make you members aware of the opportunity and if not a club similarly with your friends.

MTBO races come in three categories:

Sprint a win time of about 20 -25 minutes, Middle with win time of about 50-55 minutes Long with a win time of about 105 -115 minutes. These events take place in areas with:

- orienteering maps
- tracks that are cycle-able
- a suitable complex track network (6-7 km) (15-17km) ( c30km)

MTBO is about about quick execution of route choice while riding as fast as possible. MTBO is not about stopping to read micro detail to find either the control or indistinct track junctions

BMBO are asking if you or your club can get involved.

Do you have any suitable areas mapped?

Do you have any keen individuals with or a group that would have the enthusiasm and be willing to plan and run an event?

Will you be able to join the journey to Moray 2026 and improve the spread of MTBO events and participation across Great Britain?

Stage 1 is to express your interest in being involved

Stage 2 is to identify any individuals who will have enthusiasm to make an event happen.

Stage 3 to identify a suitable event are and seek permissions

Stage 4 to add your event to MTBO calendar

Stage 4 to plan the event

Stage 5 to run the events on the day. And share the results.

I will be available to guide you through the process and collate all events to form a BMBO calendar, which will contribute to a league of events. Guidance for planning events is available in a handbook and BMBO will offer outline advice.

In the first instance get in touch for an informal chat or send your questions or response to **Mike Hayward** ([mike.yakbike@gmail.com](mailto:mike.yakbike@gmail.com))

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