

# Lakeland MBO weekend 6<sup>th</sup> –7<sup>th</sup> November 2010

## Whinlatter and Grizedale Forests

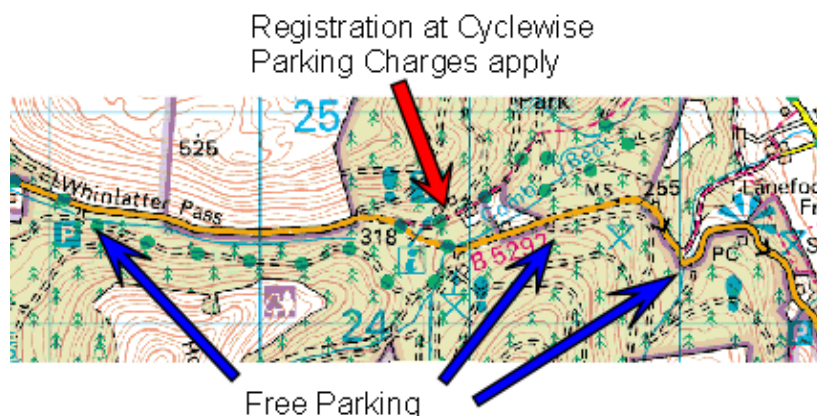
Rounds 9 and 10 of the National MBO League. Also part of the XCC winter league.

Two events in typical Lakeland forest. Forest roads with tough climbs and fast descents, but featuring some little known single track and purpose made cycle trails. Emphasis will be on route choice and reading the contours to achieve the optimum route.

Organisers: Tony & Angela Brand-Barker    mbo@bmbo.org.uk

Saturday 6<sup>th</sup> November - Whinlatter Forest Visitors Centre (NY 208245).

Registration is at the Cyclewise shop beyond the Whinlatter visitor centre. Normal car parking charges apply. Free parking is available within a few minutes cycle ride. See map for details.



This event is a Long MBO. Estimated winning times for all courses is 90 minutes.

Start Times 11:30am to 1.00pm

Sunday 7<sup>th</sup> November -  
Grizedale Forest Visitor Centre  
(SD 335 943)

Registration in courtyard behind visitor centre. Normal car parking charges apply. See map for details

This event is an Ultra Long MBO. Estimated winning times for all courses is 120 minutes.

Start Times 11:00am to 12:30pm



### General Information for both days

- Classes
- A Course – M20, M21 (Open men), M40.
  - B Course – M/W18, W20, W21 (Open Women), W40, M/W50, M60.
  - C Course – W60, Youth
  - D Course - Score (Non-comp) Saturday 90 mins & Sunday 120mins

You may enter any class but you will only count as competitive in your own age class.

Sport Ident electronic timing will be used at both events. SI cards can be hired.

Results will be available on each day and posted on the [www.bmbo.org.uk](http://www.bmbo.org.uk) website as soon as possible. A presentation to winners of the age categories in the 2010 National MBO League will take place after the event on Sunday.

Entry fees per day: £8 Full members. £10 Associate members. Pre entry only.  
Juniors/students deduct £3 per day

SI Card hire: £1 per person / per event. (A lost SI Card will cost you £18).

Closing date:- Colour map guaranteed only if entered by 31st October 2010

Entries to be made through Postal Entries only. There will be no entry on the day.

**All competitors must be members of BMBO as it is a condition of the BMBO event insurance. You can join BMBO as an Associate Member free of charge.**

**Just visit <http://www.bmbo.org.uk/> and click on the JOIN NOW link.**

**Annual full membership of BMBO costs £15 and exempts you from paying the associate member event levy of £2 per event.**

## Entry Form

Full Name			
Address			
Telephone		Email	

Age on 31st Dec 2010.		Course entered (circle)	A	B	C	D (Score)
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BMBO No		SI Card No.		or hire
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**You must provide a BMBO number. If you are not a member join as an associate free on [www.bmbo.org.uk](http://www.bmbo.org.uk)**

Event	Full Member	Associate Member	SI Card Hire if needed		Total
Whinlatter Forest	£8	£10	plus	£1	
Grizedale Forest	£8	£10	plus	£1	
Juniors/students deduct £3 per day				Grand Total	

Cheques payable to :	A. Brand-Barker
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Colour map guaranteed only if entered by 31st October 2010	Lakeland MBO c/o 8 Caldecote Avenue Cockermouth CA13 9EQ
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