



# Mountain Bike and Try Orienteering - come and have a go!



BAOC & Sarum Bike & Run Orienteering Event

Bulford Ridges  
MTBO + Foot O

Saturday 18<sup>th</sup> September 2010

**Directions:** Signed from Tidworth at GR SU235485 and Eastbound A303 at GR SU178422.  
Parking at GR SU207446. Please park as indicated

**Terrain:** Open ridge with a good track network, with small wooded areas. Technical area of trenches

**Maps:** MTBO- 1:15,000 using MTBO symbols; Foot 'O'- 1:10,000 partially amended Summer 2010

**Courses: MTBO:** Long: 12Km  
Medium: 9.4Km ... all as the crow flies!  
Short: 7.9Km

**It is compulsory that all MTBO competitors must wear a helmet - No Helmet - No Go!**

**Foot O:** Orange (easy) - for accompanied beginners

Light Green (getting more challenging!) - for improving adult beginners

Blue (challenging & long!) - for the more experienced runners

*(Coaching available: Suitable for beginners with help and friendly advice to get started - all you will need are walking/ jogging clothes and trainers! Children will need to be accompanied around their course)*

**Registration:** from 10.00am - 12.30pm

**Starts:** from 10.30am - 13.00pm

**Courses close:** 3.00pm

**Fees:** Foot O: Seniors £4; Juniors £2 EMIT hire £1 (juniors free)

MTBO: Seniors £6; Juniors £4

(MTBO - £2 Reduction on sight of a valid BMO Full or Junior membership card)

**Facilities:** First Aid, Loo (no other facilities)

**Planner:** Jan Belza (SARUM)

**Army Organiser:** Colonel PRL Lane (BAOC)

**Organisers:** Liz Yeadon (07990 734576)/ Nigel Benham (MTBO) (SARUM)

**MTBO Insurance:** Competitors taking part in the MTBO event will need to pre-register as a **Full** Member of the BMO (British Mountain Bike Orienteering) on their website [www.bmbo.org.uk](http://www.bmbo.org.uk). This is simple and you will get a membership number & card which you will need to have with you when entering - otherwise you need to pay £2 extra on the day.