



## Harlequins Orienteering Club

BMBO MBO National League 2012

*Saturday 28<sup>th</sup> April*

# FOXLEY MBO

MANSEL LACY, HEREFORDSHIRE

Just off the A480, NW of Hereford. SO425456

### Event Area

The Foxley Estate comprises a wide wooded ridge around 3 sides of a farmed valley.

It is a sporting estate, and your constant companions on the event will be pheasants.

There is no informal access to the public as there are no public footpaths or bridleways, but a complex path and grass ride network together with core stoned access tracks used by the gamekeepers and foresters will provide plenty of route choice. Offtrack riding will be permitted on this event.

### Map

The waterproof map used will be based on the new map to be used at the Midland Champs on 11th March, with the path / track layout hopefully revised to MBO specifications. Actual scale yet to be finalised but will be as large as possible and may therefore be at an unconventional scale. Maps will be issued at the start at 1 minute intervals.

### Event Format

Registration: 10.00 - 11.00. Starts: 11.00 - 12.00

Long. Estimated winning times 80 - 110 minutes

The competition will use a combination of fixed sequence and free order controls.

Punching will be with Sportident - dibbers available for loan on the day. Lost cards will be charged at £30.00

Please read the BMBO MBO Rules and Guidelines for further information.

### Courses

A Course. Approx. 20km

M21, M40, (Open men),

B Course. Approx. 15km

W21, W40, M50, W50, M60, MW 18 & W20, (Open Women),

C Course. Approx. 10km

W60, Youth and "Come & try it".

### Entries and Fees

All entrants **MUST** be members of British Mountainbike Orienteering to cover insurance (BOF insurance not valid). Go to [www.bmbo.org.uk](http://www.bmbo.org.uk) and obtain a BMBO membership number before attempting to enter, **AND BRING THIS NUMBER WITH YOU.**

Entry fee: £7.00

Juniors (16 & under) £5.00

Online entry recommended - go to [www.bmbo.org.uk](http://www.bmbo.org.uk) Closing Date Thursday April 25th @9 pm .

An early entry discount also available.

Entries by telephone, post (or e mail will be accepted at [MBO@branchline.demon.co.uk](mailto:MBO@branchline.demon.co.uk) ) with payment at registration, but will be regarded as "one the day" entries and attract a £3.00 surcharge

All Competitors must carry the following equipment: Bike, Helmet, Whistle, Map, SI Card

Competitors are also recommended to carry: Waterproof Top, First Aid Kit, Compass, cycle Computer, Tools.

### AND – for Sunday...

Make a weekend of it - 20 miles away will be the Boktrot – Bristol Orienteering Club's classic foot O event.

For information see: <http://www.bristolorienteeing.org.uk/events/bok-mike-nelson-boktrot-aso-individual-champs-new-beechenurst-forest-dean>

Plus ride the Verderys and Freeminers at trails at Cannop before you leave the Forest of Dean.

### Contact

Colin Palmer. 01531 633500. (07906 964702 on the day only). [mbo@branchline.demon.co.uk](mailto:mbo@branchline.demon.co.uk)

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