

**Date:** Saturday 7<sup>th</sup> August 2010

**Location:** Haldon Forest Park

### Summer Sweat Series 2 (Mountain Bike Orienteering) - Entry Categories and Prices:

Participants can enter each event as a **Solo** (Individual), as a **Pair** or as a **Family** Group... If you are entering as a Solo or Pair, you then have the option of entering the **Short Score** or **Long Score**. The only difference between Short and Long is the time you have available to visit as many checkpoints as possible, with Short Score having 2 hours, and Long Score having 3.5 hours. Please note - Pairs and Family Groups must stay together during the event and may not split up!

**We are offering substantial discounts for pre-entering more than 1 of the Summer 'Sweat' Events. For pre-entering the remaining 2 events, you could save yourself 10%!**

	<b>PRE-ENTRY 1 EVENT (Postal or Online)</b>	<b>PRE-ENTRY 2 EVENTS</b>	<i>ENTRY ON THE DAY 1 EVENT</i>
<b>Family – 1.5 Hours</b>	<b>£15</b>	£27	£17
<b>Solo Short Score – 2 Hours</b>	<b>£18</b>	£33	£20
<b>Solo Long Score – 3.5 Hours</b>	<b>£26</b>	£47	£28
<b>Pairs Short Score – 2 Hours</b>	<b>£30 (Per Pair)</b>	£54	£34
<b>Pairs Long Score – 3.5 Hours</b>	<b>£36 (Per Pair)</b>	£65	£40
<b>Extra Map</b>	<b>£2.50</b>	£5	£2.50
<b>Map Board</b>	<b>£7</b>	£7	£7

Those competing as a Pair or as a Family may purchase an extra map if they wish, at an additional cost of £2.50.

For the Short and Long Score categories, all participants must be over the age of 16. 16 and 17 year olds will be permitted to enter, so long as they compete as a Pair with an accompanying adult over the age of 18. Under 16's may enter the Family category, so long as they compete with an accompanying adult over the age of 18. Family groups will be charged £15 total, no matter how many people are in their family group – please note, each family group must have at least one person under 16 competing. Each family group will only be allocated 1 map and 1 'Dibber' – more maps can be purchased or dibbers hired if required. Please note, that for this event – the Family time has been extended to 2 hours.

There will be prizes for the winners of each of the five categories, along with some spot prizes for the muddiest and sweatiest participants!

Please note, we will be unable to provide refunds on entry payments in the event of dropping out of the event.

### Timings of the Event:

Registration is open from 9.30am until 1.45pm – please allow at least 15 minutes to register and receive your 'Dibber' and final instructions before making your way to the start.

Start Times are between 10am and 12.30pm for Long Score, 10am and 2pm for Short Score and 10am and 2pm for Families. **Solo's, Pairs and Families may start at any time between their allocated times.**

Courses close at 4.15pm. Prize Giving and Results will be at 4.30pm – or sooner if everyone has finished! Winners who are not present at the prize giving will be forwarded their prizes.

**How to enter:**

Please download and print the entry form. This will need to be completed and sent to Way Ahead with a cheque for the correct amount by the 3<sup>rd</sup> August. Entry on the day is possible, but it will cost an extra £2 per person (or family) – see Entry On Day Prices.

It is also possible to enter online by using PayPal through the website (please note there is an additional cost of £1.50 for 1 event or £2.25 for 2 events to cover administration costs), you will still need to complete an entry form which can be emailed to us at [events@mudandsweat.com](mailto:events@mudandsweat.com) or bought with you to the event. You can also pay by BACS Transfer (Bank – at no additional cost) – please email us if you wish to pay this way.

After we have received your entry form, you will be sent an email confirmation, which will also include any last minute details about the event.

**What your entry includes:**

VAT  
Waterproof Map with Pre-Marked Checkpoints  
Use of Electronic Scoring Dibber  
Permissions and Access for the Area  
Event Public Liability Insurance  
First Aid Cover  
Prizes

**What you need to bring:**

A well-maintained mountain bike  
A bike helmet (the wearing of a helmet is compulsory)  
A compass (note the use of GPS is discouraged)  
A small first aid kit (including any personal medication and a whistle)  
A mobile phone  
Bike repair kit (including pump, puncture repair and spare inner tube as a minimum)

**We also recommend the following:**

A platypus or similar hydration system  
A bike map holder  
A permanent marker pen  
Watch  
Waterproof or windproof layers  
Bike computer (to help measure distance covered)

**Other Information:**

**Start and Finish (Parking), Haldon Forest Park** – Travelling by car on the A38 turn off at the exit for Exeter Racecourse (there are no slip roads for this turning). Follow the brown tourist signs for Haldon Forest Park. The Haldon Gateway Car Park is signposted further along the road on the left. The Grid Reference is SX 884849.

The car park is a Pay and Display Car Park, which costs £1.50 for the whole day.

Forest Cycle Hire are located at the Hub at Haldon Forest Park – if you wish to hire a bike, please contact them direct on 01392 833768

There are also toilets and a wash down facility for your bike at the Hub. There is also a café to open with refreshments available to purchase.

**The final event in the Summer 'Sweat' Series will be (Venues TBC):**

Sunday 3<sup>rd</sup> October 2010 – Somerset