



mudandsweat

MOUNTAIN BIKE ORIENTEERING EVENT FORMAT

The objective of the event is to visit as many checkpoints as possible within a specified time, in order to maximise your score.

Each Solo or Pair or Family will be given a pre-marked waterproof map with the locations of all the checkpoints on. Each checkpoint has a value. These are listed on the reverse of your map, along with the checkpoint descriptions. The checkpoint descriptions describe what can be found in the centre of the red circle, and are where you will find the checkpoint itself.

It is up to you how many checkpoints you visit. You may visit as many checkpoints as you like within the time limit, and the checkpoints can be visited in any order. You may only visit each checkpoint once.

This format gives you maximum flexibility. You can play to your strengths and choose your own route and distance to cover in the time limit. You can plan how many checkpoints you can visit, and adjust this as you go along. Beware however, there are time penalties for every minute you are late back to the finish outside of your time – these are outlined on the back of your map.

Mud and Sweat utilise an Electronic Scoring System called 'Sportident'. Each participant is given an electronic 'Dibber', which is attached by a band to their wrist. This Dibber must be inserted into the Electronic Box at each checkpoint you visit. This enables quick and simple recording of your visits to each checkpoint and your overall time and score. It's operation will be explained in greater depth at registration. Participants who lose or break their 'Dibber' will be charged £30.

Please note, Family groups will only be allocated 1 'Dibber' between them.

Some areas on your map may be marked Out of Bounds (OOB), including busy roads – these areas will be highlighted. There is a penalty of 100 points for any Participant found in an OOB area.

If you are competing as a pair or as a family group, you must stay together throughout the event, this means within 15m of each other at all times.

Please follow the Countryside and Mountain Bike Codes at all times:

Leave gates and property as you find them

Protect plants and animals, and take your litter home

Consider and respect other people

In particular, be considerate to walkers – use a bell or call out to announce your presence

Be safe – plan ahead and follow any signs

Ride in control at all times

Avoid skidding

Do not cut corners, stay on the permitted tracks

Do not ride where cycling is not permitted or where public access is prohibited