

Date: Sunday 2nd January 2011

Location: Woodbury Common, East Devon

Mountain Bike Orienteering - Entry Categories:

Participants can enter the Orienteering 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!

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 £13 total (or £17 for Entry On The Day), 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. Each Pair will only be allocated 1 map – more maps can be purchased if required.

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

Trail Blazer - Entry Categories:

Participants can enter the Trail Blazer event as a **Solo** (Individual), on either the **Short** (2 Laps), **Medium** (4 Laps) or **Long** (6 Laps). We are aiming for each lap to be approximately 3-5km long. All participants must be over the age of 18.

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

We are offering a 20% discount for pre-entering the event.

	Pre-Entry Price	Entry On The Day Price
Mountain Bike Orienteering		
Family Score Event – 1.5 Hours	£13	£17
Single Short Score – 2 Hours	£16	£20
Single Long Score – 3.5 Hours	£23	£28
Pairs Short Score – 2 Hours	£27 (Per Pair)	£34 (Per Pair)
Pairs Long Score – 3.5 Hours	£32 (Per Pair)	£40 (Per Pair)
Extra Map (For Pairs or Families)	£2.50	
Map Board	£7.50	
Trail Blazer Timed Event		
Short – 2 Laps	£12	£15
Medium – 4 Laps	£16	£20
Long – 6 Laps	£20	£25

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.

For the **Orienteering**; Start Times are between 10am and 12pm for Long Score, 10am and 1.30pm for Short Score and 10am and 2pm for Families. **Solo's, Pairs and Families may start at any time between their allocated times.**

For the **Trail Blazer**; Start Times are between 10am and 12pm for Long, 10am and 1pm for Medium and 10am and 2pm for Short. **Participants may start at any time between their allocated times.**

All courses close at 4pm. Prize Giving and Results will be at 4.15pm – 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 28th December 2010. Entry on the day is possible, but it will cost more – 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 to cover administration costs), you will still need to complete an entry form which can be emailed to us at 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) – *IF ORIENTEERING*
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)

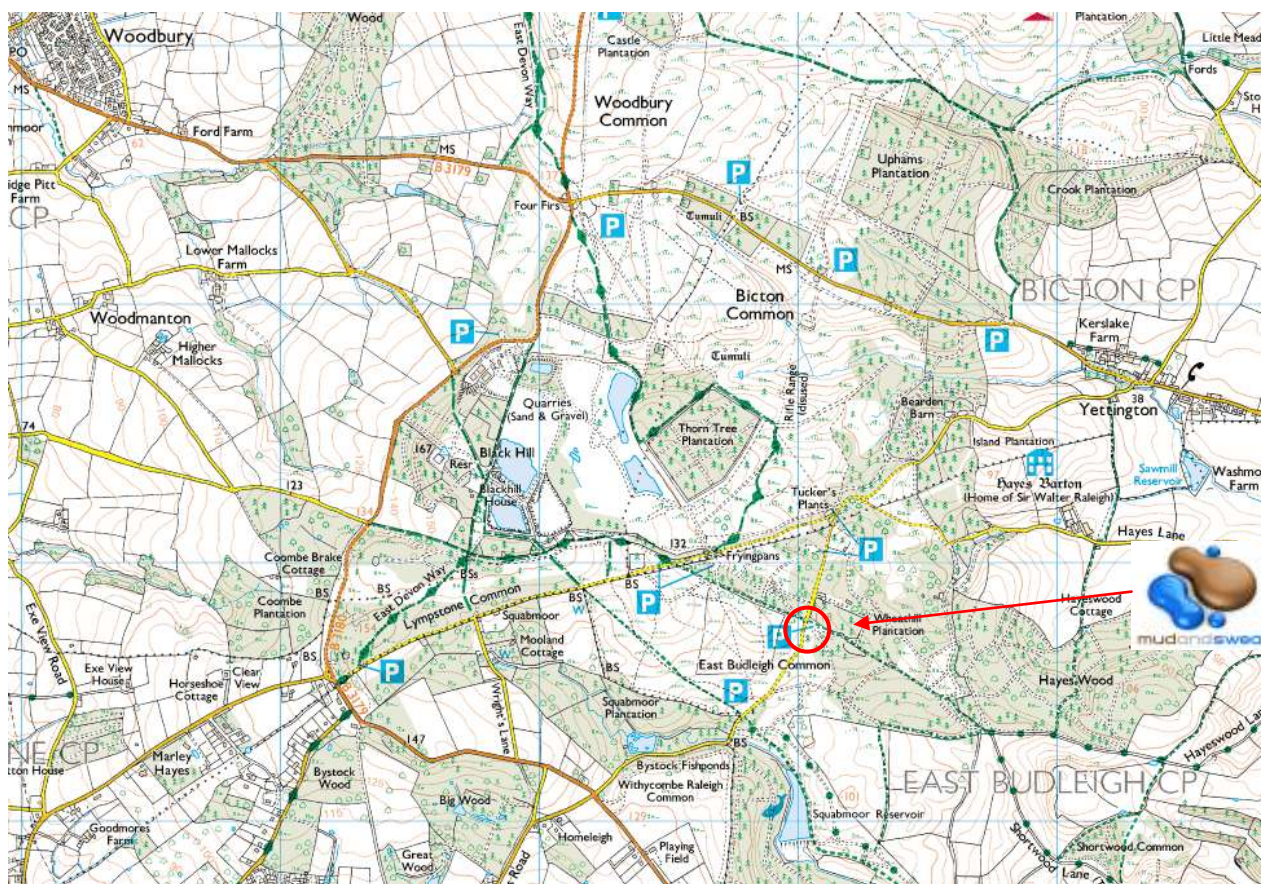
We also recommend the following:

A platypus or similar hydration system
A bike map holder (we will have a number of these for sale at the event) – *IF ORIENTEERING*
A permanent marker pen – *IF ORIENTEERING*
Watch – *IF ORIENTEERING*
Waterproof or windproof layers
Bike computer (to help measure distance covered)

Directions to Woodbury Common – At present we plan on utilising the Wheathill Plantation Car Park on Woodbury Common – *Please check the Website and Facebook page prior to the event to check we have not changed car parks.*

Parking is likely to be fairly tight, so please allow yourself time to find somewhere to park. If Wheathill Car Park is full, there are 5 further car parks within 500m, plus some on-road parking.

Travelling by car, come off the M5 at Junction 30, and take the A376 towards Exmouth. At the first roundabout, take the first major exit on to the A3052 towards Newton Poppleford. After approximately 5 miles, you will come to a crossroads (the Half Way Inn is here) – turn right on to the B3180. After approximately 3-4 miles, you will come to a crossroads (with the B3179 to Woodbury on your right) – keep going straight on here. You will need to take the third left hand turning, which will be after approximately 1 ¾ miles. The car park will be on your right hand side after about half a mile.



Other Information

There will be light refreshments available to purchase.