

## Black Mountain MBO – Forest of Dean Course

Control Number & Description	Value
SP - Track Junction	
01 – Track Junction	
02 – Road & Path Junction	
03 – Road & BW Junction	
04 – Path & FP Junction	
05 – Track & Path Junction	
06 – BW & FP Junction	
07 – Bend in Track	
08 – Gravel to Grass BW Junction	
09 – Track & Path Junction	
10 – Path Junction	
11 – Track & Path Junction	
12 – Road Junction	
13 – Road Junction	
14 – Path Junction	
15 – Track Junction	
16 – Road Junction	
17 – Bend in Path	
18 – Track Junction	
19 – Track & Path Junction	
20 – Track & FP Junction	
21 – Path Junction	
22 – Track & Path Junction	
23 – Path Junction	
24 – Stone Bridge	
25 – Track Junction	
26 – Path Junction	
27 – Bend in Path	
28 – Road & BW Junction	
29 – Path Junction	
30 – Road Junction	
FP - Car Park	Total 600

**Time Limit 3 Hours**

**Penalties**

0-10 = 1 pt/min, 11-20= 2 pts/min, 21-30 = 5pts/min, 31-60 = 10 pts/min,

1 hour overdue then their entire score for the day is lost

**Token Code - 2315**

## Instructions

The Course Parking is at – The Plump Hill Ponds car park 1 ½ km south of Mitcheldean just off the A4136. Follow the sign for *The Wilderness* & it is 100m up the road on the left, the car park is at the finish point on the map.

There will be no Event HQ or manned start, ensure someone knows where you are going & your expected finish time. Make sure you are properly equipped for an off-road ride+ & check the weather forecast. The Trails are rough in places so take extra care especially when descending.

**Small Area Format (SAF)** - Controls (CPs) on the map will be colour coded either red or blue. You choose which colour you want to collect first e.g. red. You can change to the other colour e.g. blue at any point BUT once you have switched you cannot go back to any remaining controls in the first colour. If you accidentally punch the wrong colour it will not count, but don't worry you won't be disqualified but the system will not let you revisit it again. For example, you could plan a route to collect as many red controls as you can in one 'loop' before doing a further 'loop' collecting blue controls (you are not allowed to then go back to red). But remember this needs to be done in the time allowed!

The A4 map can be printed off at home, it will comprise of Red CPs, and Blue CPs, they will show the Red & Blue CPs but not the values, these are only available once you start but more about that later.

**Sportteering App** - To take part you will need a waterproofed, fully charged GPS enabled mobile phone & install the Sportteering App, this is used to record your time & CP visits.

This can be found by searching Sportteering in Google Play on Android or the App Store on Apple devices. When you register as well as all the other details in the ALIAS field please add your first & last name as this is what is displayed when publishing the results. Once registered have a read through the Instructions in the main menu.

To find the event set the Events filter to: **United Kingdom & Mountain Bike** then slide the **Remember Settings** Tab across. Click **Apply** & the Black Mountains MBO Events will be listed. Click on the Event you wish to take part in, it will ask you for a token code which written below the descriptions. Once you have the token you will be able to view a satellite image of the event area with the Start, Finish & CPs. If you tap on the CP you will see the CP number & site description but no values.

### CLOSE ANY WEB PAGES & APPS NOT IN USE

**On the Day** - Make your way to the parking point & get ready. Once prepared make your way to the Start point, once it is clear of other riders open the App & click **SCAN GPS**. Your time starts now click **CONTROLS** & all the values will now be displayed. Place the values on the paper map & note that some may be zero so are dead controls. Plan your route & off you go, each time you arrive at a CP check the blue location dot on the Phone App satellite map is near the CP marker, check the CP number & click **SCAN GPS** & it will record your visit. Continue around the course on the first colour then flick to the other colour, as the time limit approaches head to the Finish point & click **SCAN GPS**, your score will then be calculated & displayed. If you choose to retire go to the main menu & click **Leave Early** select **Other** & type in the reason why you retired so we know you are safe.

**COVID 19 Measures & Additional Safety** - If you are experiencing COVID like symptoms, no matter how mild please do not travel to the event. Whilst at the start & out on the course, please maintain a 2 meter distance between yourself, other riders & general members of the public at all times. Slow down & give way to all other users, especially at choke points where the trail narrows & at gates.

**All Courses are ridden at your own risk & are not marshalled**, ensure you are properly equipped for an off road cycle ride. Make sure someone knows where you are & your estimated finish time. In an Emergency, if you are in a remote area dial 999 or 112 and ask for POLICE, then ask for MOUNTAIN RESCUE. If you are on a road dial 999 or 112 and ask for an Ambulance. If you have no phone signal blow 6 blasts repeated on your whistle with an interval of one minute between each series of 6 blasts until help arrives.