

## Black Mountain MBO – Wye Valley Course

CONTROL	LOCATION	VALUE
SP	Road & Track Junction	
01	Track & BW Junction	
02	Track Junction	
03	Road & BW Junction	
04	Track Junction	
05	Track & FP Junction	
06	Track Bend	
07	Path Bend	
08	Road & BW Junction	
09	Road & Path Junction	
10	Track & Path Junction	
11	Track & Stream Crossing	
12	Road & BW Junction	
13	Track & Path Junction	
14	Track & Path Junction	
15	Road Junction	
16	BW Bend	
17	BW & Path Junction	
18	BW & FP Junction	
19	Road & FP Junction	
20	Track Junction	
21	BW & Path Junction	
22	Road Junction	
23	BW Bend	
24	BW Junction	
25	Road & FP Junction	
26	Path Junction	
FP	Car Park Entrance	

### 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 - 1230

## Instructions

The Course Parking is at – Whitestone Car Park between Llandogo & Catbrook (Nearest Post Code NP16 6NF)

There will be no Event HQ or manned start, ensure someone knows where you are going & your expected finish time.

**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.

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

This can be found by searching Sporteering 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.

**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.