

Bike O The Allerdale Bike Challenge finished on a sunny evening at Mawbray. Our sponsors had provided bags full of prizes and many WCOC members were prize winners. Well done Kate (top lady), Richard (top man) and Anne (1st W50). Missing that evening were Karen & Matt Blackley (1st generation pair), Heather Wornham and Ellis Hanson (1st youth team) and Michael Pearson (1st M60).



During the winter, Kent valley cycle club hold a series of Bike O events starting on 9th November in Kendal. These are events that utilise the networks of lanes in South Lakes and always end up at a pub – great winter training but do be aware that ice can make everything a bit trickier!

MTBO The 2014 British Champs are now over. Chris BB won the M21 league but was off the pace for overall title which went to Andrew Windrum (EBOR). Charlotte Somers-Cocks (LOC) won the ladies league and once again was on the podium in the World Masters MTBO Champs in Portugal.

There are already event dates pencilled in for 2015 – will keep you posted!

MBO SCORE The West Coast MTB league has 5 events scheduled this winter. Dates initially clashed with Kent valley Bike O so organisers are currently "juggling" to avoid date clashes = riders have LOTS of opportunities to get out on road and mountain bikes. These are local 3 hour score events that will use SI kit this year (so will be included in the National League). Provisional fixtures:

Sundays: Dec 7th, Jan 11th, Feb 8th Whinlatter, March 15th

Wednesday evenings: Dec 17th, Jan 28th & Feb18th. These are 1hr 45 mins evening score events. If you think that this sounds like a piece of cake – ask Roger Jackson about an event last winter – it took him a week to thaw out & dry his cycle gear.

For final details of the above events (and other fixtures), "entry portal" and all things Mountain Bike Orienteering, <u>www.bmbo.org.uk</u> or e-mail Tony & Angela BB on mbo@bmbo.org,uk