



Ayton Quarry by Andy Lumley

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Dear members...

Firstly an apology for the delay in getting a newsletter out to you! It's not been for lack of activity we can assure you!! We'd all of course prefer to spend more time on MTB related activities but sometimes other things get in the way. On that note we're looking to strengthen the committee - in particular we're looking for;

1. Event Promoter

Specifying event posters, flyers & web adverts to promote our rides and events (in conjunction with graphic designer); distributing promotional materials to schools / bike shops etc; updating website etc (approx. 3 hrs per month in total)

2. Club Treasurer

Maintaining club account, producing end of year report for AGM (approx. 1-2 hrs per week)

3. Activity Planner

Planning club activity schedule and leading / coaching rota (approx. 2 days spread through January)

4. Social Media Co-ordinator

Regularly update club website and social media accounts

If you'd be interested in helping with any of these roles then please get in touch! We're not your standard (boring) club committee - just a bunch of active riders who want to put something back into the sport - and ride some nice trails along the way!

Happy riding!

Nick

RACING REPORT

by Nick Piper

I'm proud to say that MTBG has a World beater in our ranks! **Andy Conn** took the overall MTBO World Series title this year after an impressive season that saw him winning events across Europe. He also came back with a number of medals from the MTBO World Championships in Portugal - see his race report on the next page.



Jason Hynd has also been banging out the results again this year with a string of endurance wins include a third consecutive Bontrager 24/12 win in the 12hr Vets and an impressive 2nd in the Glentress 7 - his next event is Relentless 24hr at Fort William on Halloween - surely a 24hr event is scary enough without adding ghosts and werewolves I think?



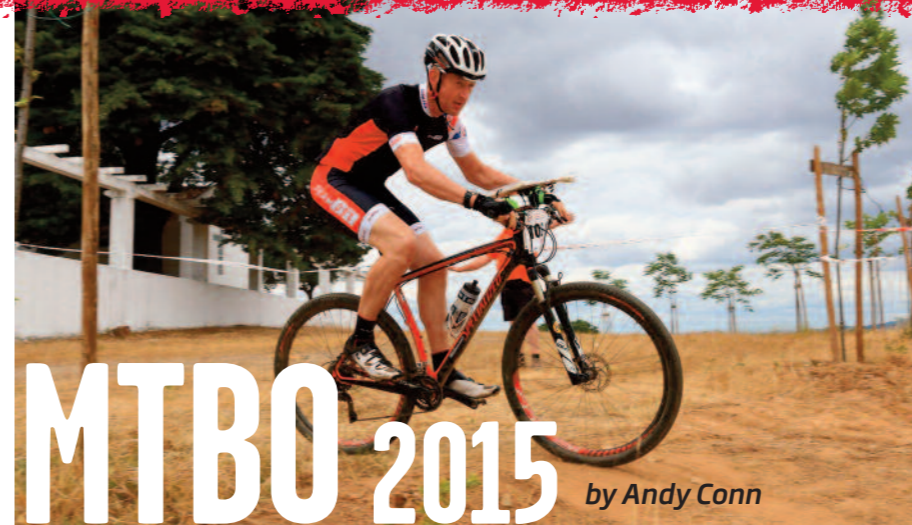
NORTH EAST XC SERIES ROUND 5: ERRINGTON WOODS

The 26th June saw the club host round #5 of the North East XC series. Again located at Errington Woods, New Marske - we made a number of changes this year including tweaking the course, improving spectator access, moving the event HQ, and increasing car-parking capacity.

The course changes included a whole new start loop and finish, the addition of a nice new descent and, to the relief of many, the removal of the final super-slippery clay bank that provided some good 'you've been framed' moments last year.

In contrast to the heavy rain and fog that dampened us in 2014, the weather smiled on us with blue skies and sunshine throughout. 70+ riders fought out the prizes with some excellent racing across all the categories - from under 10's right through to the Grand Vets - the smiles and positive feedback at the finish confirmed the event had been a success.

As always we'd like to thank the small army of volunteers who made it happen - without you it wouldn't be possible - in particular race organiser Ian T for all the hours and enthusiasm! Also a big thanks to Redcar and Cleveland Council and Friends of Errington woods who've both supported the event from the start.



MTBO 2015

by Andy Conn

Mountain Bike Orienteering; riding around on an all-terrain bicycle, any wheel size, whilst trying to work out where you are and where you are going.

It's a dying sport and it's possibly the way things are meant to be. There was a time when the first item you bought after your first mountain bike was an OS map to try and work out where you could go explore on your new pride and joy.*

There are lots of other things, we used to do but all gone now. Cress on your plate when you went out for dinner, even with chips, which we had with every meal. Chips, not cress. Getting 'the stitch' when you did any activity. (Where has 'the stitch' gone?) Shouting rude words at football matches, seeing unicorns roaming freely in Guisborough Woods.

Off the topic here, time distorts memories: I was telling someone the other day about one of my wonderful childhood adventures at Rosecroft Loftus, something that happened to me, when I was informed that I was describing an episode of Grange Hill.

Back on topic, so trail centres and GPS gadgets have done away for the need of any map skills. So, before the sport totally dies, with all the people that participate, I have been spending a bit of time this year on the MTBO tour.

Because of my shifts at work I would have to use holidays to complete any set of races so I decided to live the life of a European MTBO Playboy for 2015. No

Rihanna 'Give it to me baby, like boom boom boom' fuzzy warm fun times like Lewis Hamilton, alas no, just travelling to a lot of races in Europe.

MTBO Masters World Championships and Masters World Series.

First trip was just training for 10 days at that Club La Santa, Lanzarote. It's a bit 'Taste the Difference' (pay more for the same item) but the equipment and facilities are all top quality and if you have friends/families that are into sports other than biking it's a good holiday. (Bike hire is free) (Dead on a night though, all athletes tucked up wrapped in their compression suits) Then the racing started in Denmark, March. First race was a disqualification for a mistake. I WASN'T A BAD MAN! ... I just made an error of judgement.

Second race was only just ok and I started to wonder if it was a good idea to commit to all the trips.

Next was Hungary, major improvement with 2 wins, then a trip to Colmar, France for 2x second places. Racing in the vineyards was a new experience too. I was happy, the orienteering gods were smiling on me again.

The main event of the year is the World Champs, this year in Portugal, near the Spanish border. This area was like a scorched dry version of our moors with a few eucalyptus forests, no restrictions on where we rode and a new area to all. MTBO is always easier if you know the

area, that's obvious? The skill is to be able to hammer around a totally unknown area, XC speed, just using the map to locate the controls. I had 3 good races here, got 2x bronzes and a silver medal. I want a gold, maybe next year.

The temperature dipped the week the racing was on, probably cooler than expected in that area, I didn't think anything of it at the time but it was good fortune for me, as I found out on the next trip.

It was Czech Rep. for the final event of the year, the temp. was 35°+ and my mind quit functioning. I always thought I was fine in high temperatures but I maybe based that assumption on a 25°, top temperature ever on Teesside, rather than a Central European bollock blisterer.

The Czech event was 5 days of racing, every night they had a party then raced again next morning.

I don't recommend this tactic but I calculated that no one could beat me for overall Masters World Cup so just went to the party. Lots of others were playing the same game so it was possibly the best thing to do. If Rihanna had been there, just maybe.....

I ended up with M45 Masters World Cup gold medal, nothing too amazing but it still takes a bit of time, money and determination to achieve. And it was my little target for the year.

Anyone fancy MTBO look at BMBO website. The UK events are cheap but well organised. There is a difference in the UK that mostly the events are to a time limit, random controls. Outside the UK it's a set course, a XC course that has no arrows or tapes.

Has anyone got any questions?

Andy Conn

*** Now, the first thing you consider buying is another bike because the one you have just bought has the wrong size wheels. Or so we are told.**

Q&A WITH MTBG RACE TEAM MEMBER, NEIL SHEARER

My year as an competitive MTB'er began in September 2013 when I joined MTB Guisborough and their successful race team to get fit and take part in competitions. In 2014 I did 5 out of the 8 races in the NEXC Series and I competed in the Vet Mens category (see NEXCMTB.com) for final standings.

My first race was Round 2 at Errington Woods near Marske in absolutely atrocious conditions. Rounds 3 and 5 were at Hetton Lyons Country Park in Houghton-le-Spring near Chester-Le-Street, County Durham.

Round 4 was in Blaydon Burn and Round 6 was in Richmond, North Yorkshire.

Round 7 was back in the Newcastle direction at Ponteland and Round 8 was the final race of the season at Hamsterley Forest and again in atrocious weather conditions but after my 2 not so serious crashes I finished in 18th place overall out of 61 riders.

I wish to convey my heartfelt thanks to my team mates, Nick Piper, Tony "Chunky" Robbins, Ian Thompson, Andy Conn, Steve "Steggo" Thomas and Lee O'Leary for their friendship and backing in my inaugural season as a MTBG racer.

1. What was your favourite round and why?

My favourite round was the last round at Hamsterley Forest. Despite the treacherous race conditions I enjoyed it and I was also there to help out when 2 riders collided.

2. What was your worst round and why?

My worst round was the race at Errington Woods because of the foul weather and the course as well played havoc with riders

3. What did you learn from the series?

I learned that to enjoy the races you have to sacrifice your time, energy and effort that all helps you to be a better competitor

4. Do you have any tips for others who might be interested in XC racing?

If there is anyone wanting to get into racing they should join MTB Guisborough and then they will get a lot out of racing.



Adults

This summer - in response to feedback from last year's member survey - we've been running weekly Thursday night guided rides and monthly '1st Thursday' coaching sessions.

Whilst the coaching sessions have been very popular the attendance on the guided rides has generally been pretty low. As a result we'll likely just continue with the coaching sessions next year unless member feedback tells us otherwise - if there's any other activities you'd like to see us offering please get in touch!



Juniors



The junior rides have been running throughout the summer - with weekly Thursday evening sessions during term-time since May and bi-weekly Sunday rides during the holidays. Attendances continue to rise and skills continue to improve - half of the little rippers are better than the leaders now!

We're planning to expand our activities next year to include Summer holiday sessions for under 10's and more induction coaching sessions for new riders.

Again a big thanks to all club members who volunteer as leaders and coaches to make it possible.

As always we're looking for volunteers, so if you think have what it takes (a passion for MTB, commitment, good general fitness and 'red grade' riding skills, a willingness to lead approx. 1 ride per month), and you'd like to get involved then please get in touch: coaching@mtbguisborough.com. We're particularly looking to increase female participation in 2016, both in terms of young riders and volunteer leaders.



TRAILBUILDING UPDATE

by Dan Pattinson



It's time for an update on the subject that is always at the forefront of debate. There has, as always, been heated discussions again this year around official trailbuilding and the FC, but as always, we are trying to put something back into the trails.

Sean Farnaby stepped up at the start of the year with a vision of completing Les' 1. After a meeting where the local community was invited to come along and give their ideas, a line was plotted and some clearing began. Over the past couple of months Sean and the team have been working hard to get the line armoured with some suitable berms to maintain speed. We must also say a huge thank you to Stuart, the FC ranger for bringing some machinery up to Guisborough for one of our planned digs. This enabled us to get a decent amount of material up the trail for building and armoring, leaving us now with a nearly finished new section of trail. This has added a bit more interest to the lower slopes of Les' 1. With one final dig at the end of the month, and with a little more FC help, Sean is hoping to add the finishing touches in time for autumn. The final piece of the puzzle will be to put some armour on the two big berms halfway up the trail before winter comes. So a massive thank you and well done to Sean from everyone at the club, and other trail users as well I am sure.

So back to those heated discussions. The usual issues were being expressed about having to sign up to SingletrAction in order to work on the FC trails. Although there was still a small team of regular trailbuilders, and we were gaining a few new members, I felt I still needed to try and simplify the process. At the SingletrAction AGM I put forward a proposal from MTB Guisborough Club, that we joined SingletrAction as a Club, and all our members would be allowed to build without needing to pay out any extra themselves. This proposal has been accepted by the SingletrAction committee, but due to some changes in the way we are insured the final details are still being worked

on. We are hoping to get confirmation in time for 2016. The basic idea is that if you are an MTB Guisborough Club member you can come along to a dig day, complete a simple registration form, and you're good to go. We will then do the admin work with SingletrAction so you are covered by their insurance. In the meantime though new volunteers are able to come and do three sessions without having to commit any payment to SingletrAction. They won't be eligible for any benefits, but it's a great try before you buy opportunity. SingletrAction have also lowered their membership fee to just £10.

It's the insurance that is the big change in trailbuilding this year. The FC have been really struggling over the past few years with the 'where there's blame, there's a claim' culture we unfortunately live in. They have a limited budget for these claims and it gets eaten up very quickly. So this year they have asked all voluntary groups to provide their own insurance to work in the forest. This is a national thing, and has provoked some discussion amongst trailbuilding groups across the country. There has also been talk of a national trailbuilding governing body being formed. More about that as it comes though.

In non-official trailbuilding there has been an abundance of great natural trails springing up across the forest to keep things fresh, and the team over at the MTB Guisborough Social site are also working with a local landowner (and fellow MTB'er) to develop a new trail on some land he owns at the edge of Roseberry Common. It looks like an interesting project so check it out.

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