



SUNDAY 17th JULY 2016 NORTH YORKSHIRE MOORS
NYMBO/BMBO MOUNTAIN BIKE MARATHON



VENUE GR 846 882 Parking and camping at The Fox & Rabbit Inn, Lockton YO18 7NQ
5 miles north of Pickering on the A169 towards Whitby

COURSES A 100km in 10 hours

Fox & Rabbit - Staindale -Jingleby - Crosscliff - Newgate Foot - Saltergate Bank - Malo Cross -
Louven Howe - Breckon Howe -Grosmont - Egton Bridge - Delves - Glaisdale - Rosedale Head -
Blakey Rigg - Bloworth Crossing - Lowna - Hutton le Hole - Cawthorne - Farwath Crossing - Fox &
Rabbit

B 75km in 8 hours

The same to Glaisdale then Shunner Howe - Hamer Bridge - Low Muffles - Spiers House -
Sutherland Lodge -Cawthorne - Farwath Crossing - Fox & Rabbit

C 50km in 6 hours

The same to Breckon Howe then Goathland - Simon Howe - Wardle Rigg - Levisham Station -
Levisham Village and Church - Farwath - Fox & Rabbit

D 25km in 4 hours

The same to Saltergate Bank then Levisham Moor, Village and Church - Farwath - Fox & Rabbit

TERRAIN Some of the best bridleways and moorland scenery in England

MAP Full colour route map at 1-60000 and description provided but the Explorer OL27
(&26) 1-25000 maps might be useful

REGISTER 8.00 - 9.00 STARTS 8.30 - 9.30

FEES SENIORS £15.00 JUNIORS £10.00
Enter online at www.bmbo.org.uk and save £1

ORGANISER STEVE WILLIS 01748 821498

This is a challenge not a race so no prizes for the fastest times

All finishers within the time limits will receive a commemorative mug and certificate

All riders should carry repair kit, spare tubes, suitable clothing & helmet, food & drink, 50p for the phone
Refreshments available at 4 checkpoints - Saltergate Bank, Breckon Howe, Bloworth Crossing, Ravenswick,
Please show courtesy to local residents and visitors.

All proceeds from this event will be donated to the Scarborough & Ryedale Search & Rescue Team

Commemorative mugs guaranteed for the first 100 riders. You can ride as solo, pairs, or groups.

Camping available at the Fox & Rabbit on Saturday for £5. (Only 5 caravans allowed on the CL site)

NYMBO MARATHON Entry Form 17/07/16
Solo/Team member 1

MOORS MARATHON
Team member 2

Name
BMBO No.
Club/Town
Telephone
Email (if new)
Age 17/07/16.....
Course entered.....

Event Fee £.....enclosed Cheque to 'NYMBO'
I/We agree to abide by the BMBO rules and enter this event at my/our own risk
Signed

Send your entries by 14th July to guarantee your place.
By post to Steve Willis, 42 Stanley Grove, Richmond DL10 5AU
By email to nymboevents@btinternet.com