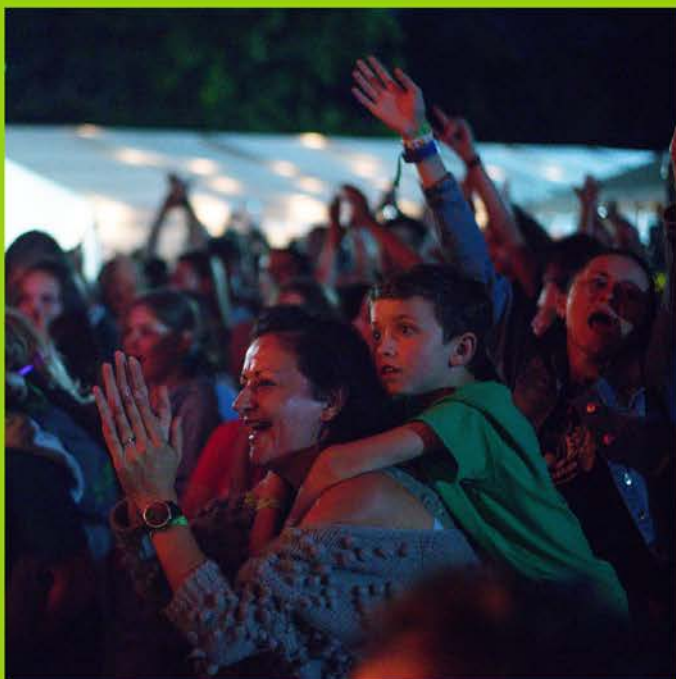


# BIG BIKE BASH 2023



OFFICIAL PROGRAMME



## Bikes - Bands - Beer

in support of **UK YOUTH**



# YOUR ADVENTURE YOUR WAY

WITH



OS Maps is your route to adventure this summer. Discover new trails, find your sense of freedom and feel alive.

Plan new routes to ride and places to explore. Download maps to use offline, whenever & wherever you go, with mapping across all of the UK just a tap away.

Find out more at [os.uk/osm](https://os.uk/osm) or download the app



SEE > BETTER PLACE

# ABOUT THE BASH

2007. The year our founder had a party in his garden and the birth of the Big Bike Bash. Nick has a lot to answer for! Without Nick's vision, enthusiasm and commitment, the BBB wouldn't be here today.

While Nick and his family have moved on from the BBB their legacy will never be forgotten, especially by me. The idea of hosting a gathering of like-minded people with young families for a weekend of riding bikes, drinking beer and listening to music has been the ethos of the BBB ever since.

Nick handed me the reins some 12 years back and I'm proud to say it is the reason my hair has fallen out! I have huge support from the Trustees of the charity behind the BBB, Action Academy, and the people who work tirelessly all year round to make the BBB happen, together with the 50+ volunteers who do whatever they can to bring the BBB together.

2022 marked a milestone for the BBB - £1/4 million was raised!! Yes - since the first BBB over £250,000 has been raised by having this fabulous party each August! What an achievement!

Thank you xx

Each and every one of you has helped towards raising this incredible sum; our sponsors, prize givers, bands, food vendors, stall holders, attendees, neighbours, Avon Tyrrell staff and, of course, our army in lime green, the volunteers – you all made this fantastic thing happen.

So, I hear you ask, what has been done with this £1/4 million?

It's been spent supporting projects within Avon Tyrrell!

You see that lovely boathouse that has toilet and shower facilities, along with disabled access to the lake? Yeh, you helped with that.

The climbing tower? Yep, some of that too!

The 40+ bikes that the young people get use when they visit on residential trips? Yep, that was you! Oh, and the ongoing maintenance and the training of staff!

Accessible bikes and equipment so that the less abled can enjoy the area – Yep!

Honestly, the list goes on with the bits you have helped make possible. That is why the BBB Lime Green Army are so passionate. That is why the BBB Lime Green Army do it – each and every one of us. We all want to make a difference to a young person's life and, collectively, thanks the Nick's party in his garden back in 2007, that is why the BBB happens and we do make a difference.

I feel that we have yet to have the 'perfect' BBB. Each year we try to fine tune it to make it better. But what is better? What is perfection? If we find perfection will that be the end? We have had our dreams, desires and expectations hampered over the last few years by insurance, Covid and the like, but still hope that we can come up with a format that makes the BBB a special family weekend.

The BBB is a large event that requires work far in advance of the actual weekend. The following year's planning starts way in advance of the current event. Yep, we are already working on 2024 before 2023 has taken place! We start each year's build in early summer with a trail clearing camp – a weekend of heavy duty gardening! Not only does this help create the trails you'll race on, but it makes safe MTB trails for the visitors to Avon Tyrrell over the summer.

We move on to the site to start the BBB build on the Friday before you arrive and we spend that weekend doing more heavy duty gardening. We then move on to the main arena construction. Things like marquees, toilets, stages, electricity, sound, lights, barriers, hay bales, beer and stillage all start to arrive from Tuesday and the courses need to be signed and taped. I can't forget one of the most important jobs of the BBB – the bar! This was built by Richard (dad to me!) and run by our fabulous Landlady, Wendy! The final job is to erect the start arch and you'll find a relaxed smile on my face when it's up!

Behind the scenes, the Administration team work to produce the camp packs – that's a load of envelopes of stuff to stuff! In addition to running the raffle and generally helping to ensure that the event runs smoothly!

Then you all arrive! The chaos begins. And we start raising money for charity... Enjoy!

Robin





**SCHWALBE** 



# **DEVELOPED**

**FOR DIRT, ROCKS AND GOLD**

**THE ALL NEW  
TACKY CHAN TIRE –  
FROM RACETRACK  
TO HOMETRAIL**

**Get there**



[www.schwalbe.com/en](http://www.schwalbe.com/en)



[@schwalbetyresuk](https://www.instagram.com/schwalbetyresuk)



THE ULTIMATE RIDE  
DAY OR NIGHT



 **ULTIMATE**

 **EXPOSURE  
LIGHTS**



- Online routes
  - Guidebooks
    - Unique cycling events
      - Bespoke adventures



**ROUGH RIDE GUIDE**

**Proudly sponsoring the Big Bike Bash since 2009**



# TREASURE

# HUNT

Sunday 27th  
August

FIND US AT  
THE ROUGH  
RIDE GUIDE  
STAND!!

Join Rough Ride Guide's  
Treasure Hunt; great fun  
for all ages and abilities!

Use the map to find  
each chainring

Different chainrings  
have different points

Maximum of 30 minutes  
out on the course

Prizes for the most  
points in the fastest time

Prizes awarded for:

- \* Best Team
- \* Best Solo
- \* Best Family

GREAT  
PRIZES

TO BE WON!!



[www.roughrideguide.co.uk](http://www.roughrideguide.co.uk)



# Welcome to Avon Tyrrell

## Leaders in Outdoor Learning

For over 75 years, UK Youth has delivered inspiring outdoor learning at Avon Tyrrell, providing opportunities for children and young people to experience, learn and develop in an unrivalled environment.

We are open year-round and pride ourselves on being an accessible venue open to everyone, with tailored accommodation and activity programmes allowing groups and individuals to all benefit from outdoor learning.

### Our history & Heritage

Our amazing house, built on the edge of the New Forest, has a remarkable history and some hidden stories to tell. In 1881 Lord John Manners was challenged to buy, train and ride the winner of the 1882 Grand National. Conditions on the day were one of the worst in race history but Lord Manners and Seaman (his horse) passed the winning post a short head in front of the race favourite, securing £28,000 in winnings. Lord Manners used his winnings to commission the building of Avon Tyrrell House.

Built in 1891, Avon Tyrrell House was a family home until World War I, when the Manners family opened Avon Tyrrell as a convalesce centre for injured soldiers. In World War II the house was requisitioned as an intelligence gathering post and training area.

After use by the army in World War II, the Manners family decided to entrust the house and grounds to the 'Youth of the Nation' for use by children and young people to provide outdoor adventure. Avon Tyrrell was officially opened as an outdoor centre by Princess Elizabeth (now the late Queen Elizabeth II) in July 1949.



## Avon Tyrrell Capital Appeal

Let's build a future to thrive. We're seeking £6.4m to invest in an Experiential Learning and Sports Centre, restore our beautiful manor house, undertake critical restoration and modernisation.



Find out  
more



# Our Impact - Inspiring Outdoor Learning

UK Youth is a leading charity with a vision that all young people are equipped to thrive and empowered to contribute at every stage of their lives.

UK Youth is tackling inequality for young people through youth work and outdoor learning. Through Avon Tyrrell, we provide opportunities for children and young people to experience learn and develop in an unrivalled environment. Young people are facing a complex and increasingly challenging world. There are pressures on their mental health, employment prospects and even physical safety. Participating in high-quality, inclusive outdoor learning can make a positive impact, provide opportunities to learn new skills and create memories in a safe environment.



## Apprenticeship

We have delivered an annual apprenticeship scheme at Avon Tyrrell, helping young people find entry to employment in a variety of industries and roles. We currently have 10 apprentices in our scheme.

Applications for new apprentices will be opening soon - if you are interested in instructing outdoor learning scan the QR code to find out more about our apprenticeship.



SCAN ME

In 2022/2023 we delivered 56,516 engagement days of outdoor learning for young people.

During 2022/23, our outdoor learning team directly supported 16,904 young people





Book online



Scan me or

avontyrrell.org.uk

# Weekend Activity Guide



**Open Lake**  
5+ | £7pp

Saturday:

09:00 - 09:30  
09:30 - 10:00  
10:00 - 10:30  
11:00 - 11:30  
11:30 - 12:00  
12:00 - 12:30  
13:30 - 14:00  
14:00 - 14:30  
14:30 - 15:00  
15:30 - 16:00  
16:00 - 16:30  
16:30 - 17:00

Sunday:

11:00 - 11:30  
11:30 - 12:00  
12:00 - 12:30  
13:30 - 14:00  
14:00 - 14:30  
14:30 - 15:00  
15:30 - 16:00  
16:00 - 16:30  
16:30 - 17:00



**Climbing**  
5+ | £7pp

Saturday:

09:00 - 09:30  
09:30 - 10:00  
10:00 - 10:30  
11:00 - 11:30  
11:30 - 12:00  
12:00 - 12:30

Sunday:

09:00 - 09:30  
09:30 - 10:00  
10:00 - 10:30  
11:00 - 11:30  
11:30 - 12:00  
12:00 - 12:30



**Tree Top Trail**  
8+ | £7pp

Saturday:

13:30 - 14:15  
14:30 - 15:15  
15:30 - 16:15  
16:30 - 17:15

Sunday:

09:00 - 09:45  
10:00 - 10:45  
11:00 - 11:45  
12:00 - 12:45



**Archery**  
5+ | £7pp

Saturday:

13:30 - 14:00  
14:00 - 14:30  
14:30 - 15:00  
15:30 - 16:00  
16:00 - 16:30  
16:30 - 17:00

Sunday:

09:00 - 09:30  
09:30 - 10:00  
10:00 - 10:30  
11:00 - 11:30  
11:30 - 12:00  
12:00 - 12:30

**Zip Wire | 8+ | £7pp**



Saturday:

09:00 - 09:30    10:00 - 10:30    11:30 - 12:00  
09:30 - 10:00    11:00 - 11:30    12:00 - 12:30

Sunday:

13:30 - 14:00    14:30 - 15:00    16:00 - 16:30  
14:00 - 14:30    15:30 - 16:00    16:30 - 17:00

**Pump & Gravity Inductions (30 mins)**

Friday: 10 - 12:30 and 13:30 - 17:00    Sunday: 10 - 12:30 and  
Saturday: 10 - 12:30 and 13:30 - 17:00    13:30 - 17:00

**Challenge Course | 5+ | £7pp**

Sunday:

13:30 - 14:00    14:00 - 14:30    14:30 - 15:00    15:30 - 16:00    16:00 - 16:30    16:30 - 17:00

Book online





# Join us for some food



## Café Explore

(Served from the main house.)

Open for cooked breakfast and brunch

Saturday & Sunday 08:00-14:00 and Monday 08:00-12:00



## Autumn/Winter lodge breaks

Come back with friends and family this winter and stay in one of our self-contained lodges. Choose between 6, 12 & 14 berth and enjoy cosy nights and toasted marshmallows over the fire pit – it's the perfect opportunity to make some memories. Plus there are plenty of places to explore and activities to do on your doorstep!



## Special offer for BBB guests

20% off our **Go Adventure Activities**

for bookings made between October 2023 to January 2024 with code:

**ATBBB23**



Book  
your  
slot  
now





# FIREGUARD SERVICES

Quality & Reliable Servicing Of All Makes Of Fire Alarms And Extinguishers By Professional Qualified Engineers



- Fire Alarms
- Fire Extinguishers
- Emergency Lighting
- Fire Risk Assessments
- Portable Appliance Testing
- Fixed Wiring Tests
- Fire Training
- Safety Signs
- Marine Systems



24hr Callout

# 01425 616139

[www.fireguardservices.co.uk](http://www.fireguardservices.co.uk)



Unit 1 Milton Business Centre,  
Wick Drive, New Milton,  
Hampshire BH25 6RH



ViewHR is an independent HR and Employment Law consultancy providing valued and varied HR support services to a wide range of businesses including legal, healthcare, IT, education, financial services, manufacturing and engineering, private households, and other professional sectors.

[www.viewHR.co.uk](http://www.viewHR.co.uk) 01425 205390

## LOTS OF RAFFLE PRIZES TO BE WON

Including....

- REID 4 Plus Electric Scooter
- Cannondale Bike from 99 Bikes
- John Lewis Hamper / Vouchers
- Esteban Diffuser from [Hair by Amanda](#)
- Lego / Games / Books / Bag
- Beauty Products / Japanese Tea Set
- And many many more

# FUN STUFF FOR ALL THE KIDS

## Colouring

Saturday and Sunday Colouring always available to collect from admin.

## Design the 2024 Wristband

Have a go at designing the 2024 Big Bike Bash Wristband – winners will be announced after the Bash. Collect templates from admin, submit your design to admin by end of Sunday.

## Chain ring hoopla

Saturday and Sunday Visit the Rough Ride Guide stand and have a go at chain ring hoopla.

## Face Painting & Hair Braiding Saturday & Sunday

Sessions £3 – limited availability. Please book in at admin.

## Pottery stall all weekend

The ever popular pottery painting stall is back again

## Join the treasure hunt !

See the separate page in the programme to see where and when !

## SUNDAY Roll up, roll up for Circus Show & skills lessons

Sunday Lunch Showtime 1.15 - 1.45 at main stage  
Free circus skills lessons. Come along to the main arena. Open from 11.30-1pm and 2-3pm.

## FREE Kid's Bike Skills Coaching at the bash

Sessions running on Saturday and Sunday from 08:00 - 08:45 and 09:00 - 09:45 on the tennis courts.

Open to kids under 11 who are on pedal bikes with no stabilisers are up to learning / improving some basic biking skills and building confidence.

We will cover braking - cornering - standing on pedals riding over small obstacles

10 spaces available for each session. Please sign up and fill in consent forms at the BBB admin tent on Friday. **Big thanks to Poppy and Ben who are both qualified British Cycling Coaches who are doing this for us at no cost!**





VIBRANT  
FOREST  
BREWERY

## TAPROOM

WE TAKE PRIDE IN SERVING THE FRESHEST BEER EVERY WEEK. AS WELL AS LOCAL CIDERS, WINES AND SOFT DRINKS. LOCAL STREET FOOD SERVED EVERY SATURDAY.

OPEN FRIDAYS,  
SATURDAYS AND  
SUNDAYS



VEGAN FRIENDLY  
BREWERY



VIBRANTFOREST.CO.UK

BREWERY TOURS  
SHOP  
PRIVATE HIRE  
EVENTS

UNITS 3 TO 6 THE PURLIEU CENTRE  
HARDLEY INDUSTRIAL ESTATE  
SO45 3AE





# BIG BOBBLE HATS



## GET A CUSTOM BIG BOBBLE HAT FOR YOUR TEAM!

- FREE DESIGN SERVICE
- GREAT FOR KEEPING WARM BEFORE/AFTER TRAINING
- ADD YOUR LOGO TO THE FRONT!
- WIDE RANGE OF COLOURS TO CHOOSE FROM

**CUSTOM@BIGBOBBLEHATS.CO.UK**

[bigbobblehats.co.uk](http://bigbobblehats.co.uk)

@bigbobblehats



CLOTHING AND ACCESSORIES FROM THE NEW FOREST



[RIMECUDA.COM](http://RIMECUDA.COM)

 **Cortex**  
Solutions

We are an IT Support and Consultancy business, with over 25 years' experience, specialising in a wide range of flexible technology solutions to meet all your business needs.

<https://www.cortexsolutions.co.uk/>



A white AMS truck with a green body, carrying a load of brown aggregate material. The truck is parked in front of a green building. The license plate is LG23 UBB.

THE BEST CHOICE LOCALLY FOR

# AGGREGATES, CONCRETE & WASTE SERVICES

- Aggregates, sands & soil
- Roll On Roll Off hire
- Grab & tipper truck hire
- Skip hire & skip bags
- Ready mixed concrete
- Trade waste services



**Visit:** [www.avonmaterialsupplies.co.uk](http://www.avonmaterialsupplies.co.uk) **Call:** 01202 579579

A photograph of a waste management facility. A yellow forklift is in the foreground, and a large pile of waste is being processed. The background shows a large industrial building.

OPERATING ACROSS DORSET,  
SOMESET & SURROUNDING AREAS

# WASTE MANAGEMENT & LAND TRANSFORMATION

- Waste disposal
- Land transformation
- Recycling
- Acoustic bunds
- Hazardous waste
- Slurry lagoons



All size vehicles welcome and accepted.

**Visit:** [www.commercialrecycling.co.uk](http://www.commercialrecycling.co.uk) **Call:** 01202 331560



# BIG BIKE BASH CODE OF CONDUCT

During your participation in the Big Bike Bash at Avon Tyrrell Outdoor Centre, we kindly ask that you adhere to these rules for your own safety and the safety and enjoyment of others.

- NO WOOD FIRES! GAS BBQs and stoves ONLY. FIRE PITS are not permitted on site for this event.

- If you wish to use a GAS BBQ during your stay, please ensure that it is kept off the ground when in use, and is properly switched off after use.

- Please only consume food and drink purchased from our outlets in the 'Arena', at Cafe Explore or in the main house - all profits go to the charity.

- Please help us by putting all your waste in the bins provided and tell us if a bin is full!

- Please respect other guests around you during your stay. Do not play loud music at any time and keep noise levels to a minimum at night.

- We have a quiet period from 11.30pm until 7:30 am.

- As we have large numbers of people on site; including small children, please only cycle on the designated tracks and always wear a helmet and please keep your speed down outside of the organised races.

- Parents/Guardians - please accompany and supervise your children. Supervision is also suggested for those new to off-road riding.

- Please make sure your bike is in good working order, pay particular attention to the tyres, brakes and gears. There are retailers on site that can help here if you need it.

- Know your limitations. Off-road cycling can be fun and challenging but can be hazardous so don't try any stunts or tricks you can't do or have never tried before.

**- The pump & gravity track area is to be used only during races by inducted riders only.**

- Please restrict vehicle movement on site, especially late at night, and keep vehicles off of grassy areas.

- Know where your nearest Fire Assembly point is in case of an emergency (see map).

- All rubbish/recycling should be disposed of inside the skips/bins provided. Please ensure nothing is left next to any of the skips/bins provided, as these can attract wildlife. A skip can be found at the entrance to the campsite, and an additional skip and recycling point can be found in the car park by reception. Please note: Guests leaving large quantities of rubbish will be charged for its removal.

- The main house is open for breakfast, but outside these opening times, access is restricted to house guests only.

- Damage to self catering lodges or Avon Tyrrell property will be invoiced to the named person responsible for the group or party without exception.

- Please ensure you abide by all out of bounds signs and do not enter areas of restricted access.

- Please ensure you are aware of all water hazards on site, and take any necessary precautions to ensure the safety of your group.

## **ALWAYS WEAR A HELMET WHEN CYCLING**

As well as having direct access to the New Forest, Avon Tyrrell land also borders a number of private properties. If you are unsure of our boundaries please ask. Many are barbed wire - take care.

In fairness to our housekeeping staff, we kindly ask that you leave ample time to pack up and depart your lodge accommodation so that arriving groups can check in on time. Your departure time is 10am. Campers are welcome to stay pitched until Monday lunchtime.

Please also note that to comply with our insurance certification, self catering accommodation is sold with a maximum upper limit of occupants. Guests must ensure the maximum numbers are not exceeded.

**Please Use Common Sense** – If you are a nuisance to others and cannot abide by these rules, we will have no hesitation to ask individuals/groups to leave, no refund will be provided.

## **Thinking of doing lake activity sessions during the BBB?**

Our instructor covering sessions on the lake is available to brief participants but here's some key points of extra information to take note of before you decide to proceed:

When participating in water sports there maybe some natural hazards you may come across like sharp stones or fishing hooks on the bottom of the lake, potential water-borne illnesses or risks such as drowning and hypothermia. However these are rare and with a bit of care and management certainly should not stop us from enjoying sessions. By following a few simple rules we can stay safe AND enjoy all that the great outdoors has to offer!

- If you have any unhealed cuts or grazes cover them up with micropore tape/waterproof plasters.

- Wear suitable shoes and clothes for the activity

- Avoid prolonged swimming in the lake or drinking lake water

- Once the safety equipment is on (like buoyancy aids), don't adjust or play with it, ask an instructor first

- Wash your hands, face and body after sessions - there is a shower block next to the lake

- If after the session, even after a few days, you start to feel unwell perhaps with flu-like symptoms and are at all worried, see your GP-make sure you explain what you have been up to.

## **Additional Information for Campers**

Please ensure you pitch your tents at least 6 metres away from neighbouring groups and lodges, and at least 3 metres from others within your own group.

Please be aware of the risks of Lyme Disease (from ticks) and Weil's Disease (from water courses) which can occur in the New Forest. Reception can give advice on these if you have any concerns.

Should you experience any problems during your stay please report them immediately to our reception staff or BBB Volunteers in lime green.

Out of office hours please contact the On Call member of staff who can be contacted using the emergency phone point outside reception, or by calling 07743 559344.

Please note our rules are to ensure everyone's enjoyment, please abide by these and remember we are only able to help if we are aware of the problem.

**Disclaimer:** Our events and races are fun but can carry the risk of injury. Whilst we have insurance and risk assessment in place for all activities everyone must follow this Code. In participating in the Big Bike Bash you understand and agree that you do this entirely at your own risk, that you must rely on your own ability to deal with all hazards and that you must ride in a manner which is safe for yourself and all others. You agree that no liability whatsoever shall be attached to the promoter, the venue supplier, event sponsor(s) or any official or member of the promoting club or UK Youth in respect of any injury, loss or damage suffered by you, including the theft of bikes or personal property, in or by reason of the event, however caused.

**Most importantly, HAVE FUN**



# EVENT LISTING

Check the full schedule for age groups for each event

## **XC CROSS COUNTY - THE BIG ONE!**

5k of windy single track and wider passages. Twisty sections and fast sections through grassland, pine forest gravel tracks and dirt tracks. It's a varied track and there are some challenging short climbs but it is not massively hilly.

## **XC Night Race**

The above - only darker, like the otter.

## **Balance Bike Race**

A race for the little ones on their balance bikes - no pedals allowed.

## **Wheelie Competition**

Who can pull the most stylish wheelie! All ages welcome.

## **Bike Limbo**

It's like normal limbo but on a bike. The bar gets lower and lower. To make it fairer this year we will be supplying the bikes

## **Exploder Challenge**

Pump up the jam - err - inner tube. It's a race between two people and the clock to see who can explode an inner tube the fastest. There's an element of luck here if you find a more vulnerable tube than your opponents. Some are super tough. One tube was once inflated to the same size as the Large Hadron Collider.

## **Track Stand Competition**

A supreme test of balance. You and normally about 30 others stand on your bikes and the last one to put their feet down is the winner. I think this year we will ban tricycles.

## **Bunny Hop Challenge**

Put on your bunny ears (no really you should) and prepare to hop and make nibbling noises. You really should be on a bike as well for this. It's the reverse of the limbo - the bar gets higher and higher.

## **RACE TO THE VIBRANT FOREST**

Strictly over 18s. It's a race around our short track. The rules change every year and it's a highlight.

## **Eliminator**

It's a race on the obstacle filled, twisty rooty track in the trees just off the main arena. The last riders are picked off at each lap. Like Donkey Kong, there are barrels flying and seems that Mario has sprung a leak - water pistols encouraged for this event please spectators!

## **Short Track Night Race**

Amazingly similar to the event above. Except this time we have hidden the sun on the other side of the earth which makes it more of a challenge.

## **Hill Climb**

Ride up the slalom course - an eliminator race and against the clock. It's not as easy as it looks and some of the dads take it far too seriously and then look like they are going to collapse.

## **Gravity Track Racing**

It's a race to be the fastest to the bottom with different classes down the gnarly track, which is genuinely scary, and it keeps the paramedics on their toes! You have to have had an induction for this race

## **Foot Down**

Everyone starts in the little square and then cycles around and around very, very slowly until you put your foot down. Some people cheat by nudging opponents - it's only cheating if you get caught! Last one in is the winner.

## **Silly/Inappropriate Bike Race**

A race on bikes that are inappropriate. There are no rules, only that it should not be right in any sense of the word.

## **Dual Slalom by Bournemouth Cycleworks**

A slalom with two people racing to the bottom of the track.

**THE PUMP &  
GRAVITY TRACK  
AREA IS TO BE  
USED ONLY DURING  
RACES AND BY  
INDUCTED RIDERS  
ONLY**

CHECK THE SCHEDULE TO SEE WHEN INDUCTIONS ARE

Check the race schedule to see when and where the races take place. This will also tell you the age groups for each race. Get to the race location in plenty of time and listen to the race organisers - or else.  
Don't cheat and enjoy the racing.



LEZYNE™

# TUBE LESS RIDE MORE

THE ULTIMATE TUBELESS SUPPORT SYSTEM.



**#BIKEISBEST**



**CNC Tubeless Drive** – It is now easier than ever to keep your tubeless setup working with our new 3-in-1 CNC Tubeless Drive.

Combining a high-volume hand pump with a CO2 inflator and a tubeless tire repair kit, the CNC Tubeless Drive will always keep you rolling, no matter what comes your way on the trail.

PROUDLY DISTRIBUTED BY UPGRADE BIKES LTD | UPGRADEBIKES.CO.UK | 01403 711 611 | WWW.LEZYNE.COM  
UPGRADE ARE PROUD TO SUPPORT THE NATIONAL #BIKEISBEST CAMPAIGN





# CONTAINED CYCLES

SERVICE + TOURS



FULLY EQUIPPED CYCLE WORKSHOP IN NEW MILTON:

- SERVICING, MAINTENANCE AND REPAIR
- PARTS AND ACCESSORIES
- CYTECH LEVEL 3 MASTER TECHNICIAN
- BOSCH CERTIFIED
- 18 YEARS TRADE EXPERIENCE
- RAPID TURN-AROUND / WHILE YOU WAIT JOBS TAKEN

GUIDED CYCLE TOURS OF THE NEW FOREST:

- MIAS REGISTERED MOUNTAIN BIKE LEADERS
- FAA LEVEL 3 FIRST AID WITH OUTDOOR SPORTS
- TOURS FOR GROUPS OF TWO TO 24
- BESPOKE TOURS FROM TWO HOURS TO ALL DAY
- ENJOY THE FOREST IN THE BEST WAY. ON TWO WHEELS



12F QUEENSWAY, NEW MILTON, HAMPSHIRE. BH25 5NN

TECH@CONTAINEDCYCLES.CO.UK  
07707 216060

TOURS@CONTAINEDCYCLES.CO.UK  
WWW.CONTAINEDCYCLES.CO.UK

**BUY RAFFLE TICKETS TODAY!**



# BIG THANKS GO OUT TO...

## SPONSORS

Ordnance Survey  
Avon Material Supplies  
Commercial Recycling  
Bournemouth Cycleworks  
Contained Cycles  
Rimecuda  
Big Bobble Hats  
Rough Ride Guide  
Exposure Lights / USE  
DMR / Lezyne  
Schwalbe  
Fireguard Services  
Perfect Balance Cycles  
Rapid Racer Products  
Ford Civil Engineering  
Mike Jenner  
99 Bikes  
The Woodland Ferns  
Belinda's Bakery

## SUPPLIERS WHO GO THE EXTRA MILE...

Dan Turville - [cortexsolutions.co.uk](http://cortexsolutions.co.uk)  
Simon Butler for the Straw Bales  
Ian at Soundwave

## LANDOWNERS

Willie Manners for the use of the Dark Woods. The course would not be same without it. Thank you.

Mike Thrasher for the loan of 'Camping with a view'. It's just the best place to watch the sun go down. Thank you.

## UK YOUTH & AVON TYRRELL

Thanks to all the team who help us bring the event together, and gives us support and enthusiasm throughout the year. Our relationship has grown as the years pass and we love working with everyone at Avon Tyrrell and UK Youth - keep up the good work making a difference to young people!

## ALL OUR VOLUNTEERS

There are too many to list and anyway we'd be gutted if we missed anyone off the list. Everyone plays a role to bring the whole event together. If you get a chance - say thanks to someone in a Lime Green BBB top, they'll appreciate it.

## AGAIN - THANK YOU EVERYONE!



**Tech T-shirts just £10!  
On sale near the bar**



Thanks also to our attractive T-shirt models





Great flavour starts  
with great roots

[www.purbeckcidercompany.co.uk](http://www.purbeckcidercompany.co.uk)



# DEATHGRIP<sup>\*</sup>

WAFFLE  
FOR FINGERTIPS

MUSHROOM  
FOR YOUR THUMBS

TAPERED CORE  
FITS SOLID AS A ROCK  
NO-FLEX

AVAILABLE IN  
THICK / THIN,  
RACEDAY, SOFT,  
HARD COMPOUNDS



**DMR**

DMR DEATHGRIPS FROM £21 SRP

"WOULDN'T WRAP MY HANDS AROUND ANY OTHER GRIP."

USED BY: BRENDAN FAIRCLOUGH / OLLY WILKINS / BEN DEAKIN / SAM HODGSON



MBR



MBR EDITOR'S CHOICE





# Broken Bike?

Keep calm and  
take it to...



## Perfect Balance Cycles

**Fast, reasonably priced bike repairs.**

Most jobs completed within two working days, small jobs done same day or even while you wait.

Good stocks of spares and accessories for sale.

Perfect Balance Cycles is at 87 Junction Road, Totton, SO40 3BU

**Call 02380 871777**



# RAPIDRACER

Road | Mountain Bike | CycloCross



[rapidracerproducts.com](http://rapidracerproducts.com)

B O U R N E M O U T H

# CYCLEWORKS

BICYCLES ★ APPAREL ★ WORKSHOP ★ FITTING ★ ACCESSORIES



- ★ Road, MTB, Urban, BMX, Hybrid, Kids.
- ★ Open 7 days, 9-6 Mon to Sat, 10-4 Sun.
- ★ 0% Finance up to 36 months & Cycle2work.
- ★ Huge range of Accessories and Clothing.
- ★ Trek Precision Fit Bike Fitting Service.
- ★ Same day repairs from qualified mechanics.
- ★ Custom Bike Building.
- ★ Fox and Rockshox Servicing in-house.
- ★ Bike and accessories demo schemes



0% FINANCE  
AVAILABLE



TEL: 01202 424945

1143-1145 CHRISTCHURCH ROAD BH7 6BW

[www.bournemouthcycleworks.co.uk](http://www.bournemouthcycleworks.co.uk)

FOLLOW US:  [facebook.com/cycleworksltd](https://facebook.com/cycleworksltd)

 [twitter.com/bcycleworks](https://twitter.com/bcycleworks)



# FOOD TIME!

More choice than ever before for this year. Athlete burgers and chips as ever but there is more, more, more. Pizza, Martins selection of sweet treats, coffee and ice creams - Let's carb up ready to race ....



**CHUCK WAGON**  
A REAL MEXICAN EXPERIENCE



**SUPER BROTHERS**  
CATERING & PIZZA



**HOT & TASTY**  
BURGER VAN  
JACKET POTATOES  
CHIPS CHIPS CHIPS



**COOL COFFEE CART**  
PROPER COFFEE  
HOT CHOCOLATE  
TEA & SNACKS



**HOT & TASTY**  
WAFFLES  
CREPES  
MUCH DELICIOUS



**ICE QUEEN**  
ALL YOU EXPECT FROM AN ICE CREAM VAN!



# BIG BIKE BASH 2023

FRIDAY

SATURDAY

SUNDAY

17:45 - 19:00



19:30 - 20:45



21:30 - 23:00



MAIN STAGE

19:30 - 20:45



MILLY THIMARIS BAND

21:30 - 23:00



19:30 - 20:45



DAVE SHARPE 5

21:30 - 23:00



THE MARQUEE STAGE

19:00 - 19:30 + 20:45 - 21:30



BEN & ZAN



CALUM LINTOTT



CALVIN GLEN

LUNCHTIME SESSIONS

13:00 - 14:00



CARLEY VARLEY

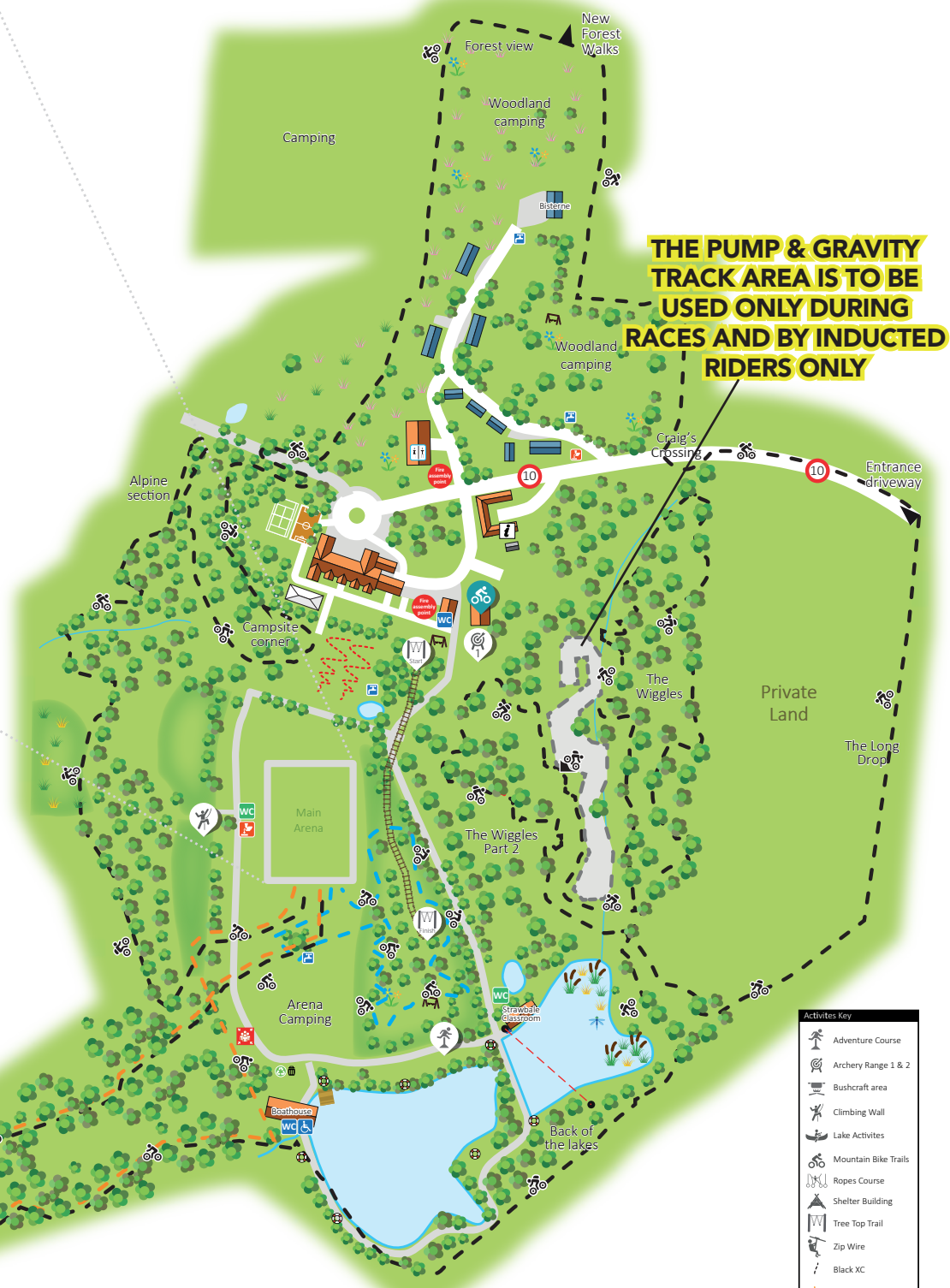
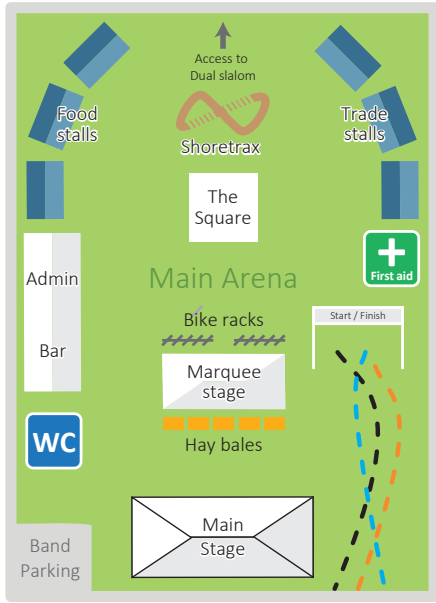
11:30 - 15:30



25-28th AUGUST 2023  
Avon Tyrrell • [www.bigbikebash.org.uk](http://www.bigbikebash.org.uk)



# Big Bike Bash Map 2023



Activities Key	
	Adventure Course
	Archery Range 1 & 2
	Bushcraft area
	Climbing Wall
	Lake Activities
	Mountain Bike Trails
	Ropes Course
	Shelter Building
	Tree Top Trail
	Zip Wire
	Black XC
	Orange Junior XC
	Blue short course
	Red slalom

## LOST KIDS

If you have a little one that you'd prefer to take away with you at the end of the weekend, please show them where registration is, as this is the lost child point. There will always be someone around there and we'll call you then!

## RAFFLES

It's Big Bike Bash law that you shall buy too many raffle tickets hoping to get that prize you've got your eye on. We have a bike and all sorts of things you didn't know you wanted. But you do! It's all for a good cause.

## If you need help.... Emergency contacts etc

For medical problems find Waterside Medical Services in the main square just up from the start arch  
 For **emergencies** out of hours and re **Avon Tyrrell services call the on call duty manager. 07743 559344**  
 For **emergencies** between 10am and 10pm call the **Big Bike Bash emergency phone. 07736 293698**



# BIG BIKE BASH 2023 SCHEDULE

FRIDAY				
Gravity Track Inductions available 10-12:30 & 1:30-5				
Bar opens at 16:00 until late				
SATURDAY				
TIME	EVENT	CATEGORY	AGE (yrs)	WHERE
09:45 Let's get this party started ! Meet us in the main marquee				
Gravity Track Inductions available 10-12:30 & 1:30-5				
10:00	Kids XC	Female	6 & 7	Short Course
10:30	Track Stand	Mixed	12-15	The Square
10:15	Kids XC	Male	6 & 7	Short Course
10:30	Kids XC	Female	8 & 9	Short Course
11:00	Track Stand	Mixed	16 & 17	The Square
11:00	Kids XC	Male	8 & 9	Short Course
11:30	Kids XC	Female	10 & 11	Short Course
11:31	Track Stand	Mixed	7 & under	The Square
11:45	Kids XC	Male	10 & 11	Short Course
Bar opens at midday until late				
12:00	Kids XC	Male	12 & 13	Junior XC Course
12:00	Track Stand	Mixed	8-11	The Square
12:05	Kids XC	Female	12 & 13	Junior XC Course
12:30	Kids XC	Male	14 & 15	Junior XC Course
12:30	Track Stand	Mixed	18+	The Square
12:35	Kids XC	Female	14 & 15	Junior XC Course
13:00 LUNCH & LIVE MUSIC IN THE MARQUEE				
14:00	Kids XC	Mixed	5 & under	Short Course
14:00	Foot Down	Mixed	16+	The Square
14:15	Balance bike race	Mixed	Toddlers	Start Arch
14:20	Foot Down	Mixed	12 - 15	The Square
14:30	XC Race - 1 lap	Male	16+	XC Course
14:32	XC Race - 1 Lap	Male & Female	50+	XC Course
14:35	XC Race - 1 lap	Female	16+	XC Course
14:40	Foot Down	Mixed	8 - 11	The Square
15:00	Foot Down	Mixed	7 & Under	The Square
15:20	Bike Limbo	Mixed	16+	The Square
15:30	Wheelie Comp	Mixed	15 & under	Start Arch
16:00	Bike Limbo	Mixed	10 - 15	The Square
16:00	XC Race - 2 lap	Male	16+	XC Course
16:02	XC Race - 2 lap	Male & Female	50+	XC Course
16:05	XC Race - 2 lap	Female	16+	XC Course
16:30	Bike Limbo	Mixed	9 & under	The Square
17:00	Lezyne Exploder	Mixed	16+	The Square
17:30	Lezyne Exploder	Mixed	15 & under	The Square
18:00	Wheelie Comp	Mixed	16+	Start Arch
18:30	Race to the Vibrant Forest	Mixed	18+	Short Course 1 Beer Token to enter
19:00	Kids Night XC	Mixed	11 & under	Short Course
19:45	Kids Night XC	Mixed	12-15	Junior XC Course (Lights required)
20:30	Night XC 2 Lap	Male and Female	16+	XC Course (Lights required)
20:35	Night XC 1 Lap	Male and Female	16+	XC Course (Lights required)
19:00	Live Music 'til late	Raffle Draw 21.10		

SUNDAY				
Gravity Track Inductions available 10-12:30 & 1:30-5				
Rough Ride Guide Treasure Hunt available all day				
10:00	Eliminator Race	Female	7 & under	Short Course
10:15	Eliminator Race	Male	7 & under	Short Course
10:30	Eliminator Race	Female	8 & 9	Short Course
10:45	Eliminator Race	Male	8 & 9	Short Course
10:45	Bunny Hop	Mixed	12 - 15	The Square
11:00	Eliminator Race	Female	10 & 11	Short Course
11:00	Bunny Hop	Mixed	16 +	The Square
11:15	Eliminator Race	Male	10 & 11	Short Course
11:30	Eliminator Race	Female	12 & 13	Short Course
11:30	Bunny Hop	Mixed	11 & Under	The Square
11:45	Eliminator Race	Male	12 & 13	Short Course
Bar opens at midday until late				
12:00	Eliminator Race	Female	14 & 15	Short Course
12:15	Eliminator Race	Male	14 & 15	Short Course
12:30	Eliminator Race	Female	16 +	Short Course
12:45	Eliminator Race	Male	16+	Short Course
13:00 LUNCH & CIRCUS ENTERTAINMENT				
14:00	Balance Bike Race	Mixed	Toddlers	Start Arch
14:10	Dual Slalom	Female	7 & under	Slalom Course
	Dual Slalom	Male	7 & under	Slalom Course
14:25	Dual Slalom	Female	8 & 9	Slalom Course
	Dual Slalom	Male	8 & 9	Slalom Course
14:40	Dual Slalom	Female	10 & 11	Slalom Course
	Dual Slalom	Male	10 & 11	Slalom Course
14:55	Dual Slalom	Female	12 & 13	Slalom Course
	Dual Slalom	Male	12 & 13	Slalom Course
15:10	Dual Slalom	Female	14 & 15	Slalom Course
	Dual Slalom	Male	14 & 15	Slalom Course
15:25	Dual Slalom	Female	16 +	Slalom Course
16:00	Dual Slalom	Male	16+	Slalom Course
16:15	Pairs Race	Mixed	12-15	Junior XC Course
17:00	Pairs Race	Mixed	16+	XC Course
18:15	Silly Bike Parade	Mixed	All Ages	Short Course
18:30	Race to the Vibrant Forest	Mixed	18+	Short Course 1 Beer Token to enter
19:00	Live Music 'til late	Raffle Draw 21.10		
MONDAY				
TIME	EVENT	CATEGORY	AGE (yrs)	WHERE
10:00	Hill Climb	Mixed	11 & under	Gravity Track
10:20	Hill Climb	Mixed	12 - 15	Gravity Track
10:40	Hill Climb	Mixed	16+	Gravity Track
11:00	Gravity Track Races	Female	12 & 13	Gravity Track
11:30	Gravity Track Races	Male	12 & 13	Gravity Track
Bar opens at midday				
12:00	Gravity Track Races	Female	14 & 15	Gravity Track
12:30	Gravity Track Races	Male	14 & 15	Gravity Track
13:00	Gravity Track Races	Female	16 +	Gravity Track
13:30	Gravity Track Races	Male	16 +	Gravity Track

## BAR OPENING TIMES



FRI - 16:00 - 23:00

SAT 12:00-23:00

SUN 12:00-23:00

MON 12:00 - 15:00



## HELP!

Monday afternoon and Tuesday AM - if you are still around we'd love your help please ! It's tidying up, raking straw, getting litter, moving barriers and stuff like that ! (oh, and finishing off the beer) We have 5 days to set up but only two days to break down. We'd really appreciate it if you can help. Thanks!