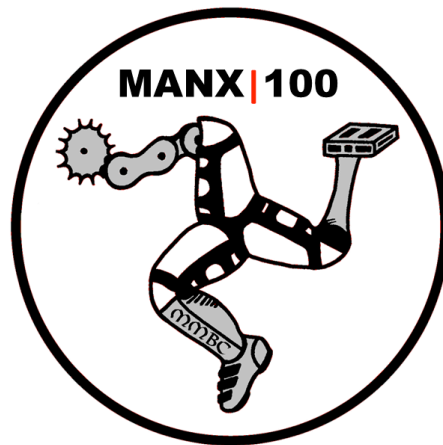


# MANX | 100 – 30<sup>th</sup> July 2017



## Competitors Handbook

Welcome to the sixth year of the Manx 100 and the British Cycling (BC) National Marathon Championship for 2017. We are very very proud and humbled to be chosen for this accolade.

The event is an endurance mountain bike challenge of one lap of a 100 miles or 100 kilometres (BC champs are on the 100km route).

This is probably the second 100 mile event in the United Kingdom (the first being the Kielder 100, sadly now defunct).

It is a real personal challenge for those that enjoy riding and challenging their own physical ability, stamina and mental strength. There is no "trail centre" riding on the event. The event offers over 15,500 feet of ascent over the course of 100 miles (around 3,500m of climbing on the metric 100km).

The course will not be littered with signage, nor food stations or support people. It will be as untouched as possible (with around 700 arrows) to allow the natural beauty of riding in the Isle of Man to shine through. You must be able to ride within your ability over the terrain, you have personal responsibility for yourself.

**We look forward to seeing you all come July.**

## **Event Location and date**

All events will be held on 30<sup>th</sup> July 2017

All "100" events will start at 06:30 at the TT Grandstand Pit Lane (OS map 95 map ref, 383 775). Both the 100km and 100m event finish back at this location. The 100km is around 110km in total and the 100m is 104 miles in total.

## **Event Entry and Cost**

Entries open 1<sup>st</sup> January 2017. You must enter online. Absolutely no late entries will be allowed. No entry on the day will be accepted. Entries shut on Friday 9<sup>th</sup> July 2017 at 23:55 to allow documentation to be printed and collated plus administration work to be completed. [LINK TO DO](#)

### **The events are as follows:**

British Cycling National Marathon Championship event – 100km route. You will need a BC race licence to enter this event.

The Manx 100 – 100km option ("Open"). Same route as above, but no need to have a BC race licence.

The Manx 100 – 100 mile route. The Manx National Marathon Championship event. No need to have a BC race licence (unless you want to!).

It will be possible to get a position in both the BC and Manx Championship events (obviously you need a BC race licence to be eligible for the BC event).

### **The cost structure for all events is as follows:**

**Early Bird fee** - £35 from entries open until 7<sup>th</sup> January 2017, or until we hit over 100 entries (whichever is earlier).

**Standard Entrance fee** - £45 from 8<sup>th</sup> January 2017 (or earlier) to 30<sup>th</sup> June 2017.

**Late fee** - £65 from 1<sup>st</sup> July 2017 to 9<sup>th</sup> July 2017.

**No late entries, entries shut on the 9<sup>th</sup> July.**

## Categories

Per the British Cycling rules we offer Senior and Veteran (40+) only awards for both male and female competitors in the **BC National Champs event**.

For the other events, the categories (separate ladies / gents as necessary) are as follows (based on year of birth – so if you are 30 in 2017 (irrespective) you will be a master):

Senior – 18+ to 29<sup>th</sup> year

Master – 30<sup>th</sup> to 39<sup>th</sup> year

Veteran – 40<sup>th</sup> to 49<sup>th</sup> year

Grand Veteran – 50<sup>th</sup> to 59<sup>th</sup> year

Super Grand Veteran – 60+

Singlespeed

Obviously, if there are only a few competitors in a cat, we may throw you in with the youngsters (or the elders).

## Competitors

All competitors should be experienced mountain bikers who deem themselves capable of riding serious amounts of distance off road over rough and technical natural terrain (there is no “trail centre riding” in this event). It has been suggested that you would have completed at least one endurance type mountain bike event of at least 5 to 10 hours in length. You must be over 18 to enter this event. If you are 18 in 2017, please discuss your entry with Nigel before entering.

## Signing on for both events

This will be on Saturday evening (29<sup>th</sup> July 2017) from 17:00 to 20:00 at the Grandstand. Arrangements can be made if you can not make this signing on. Please contact Nigel at [Nigel@ManxMTB.com](mailto:Nigel@ManxMTB.com).

## Compulsory rider briefing

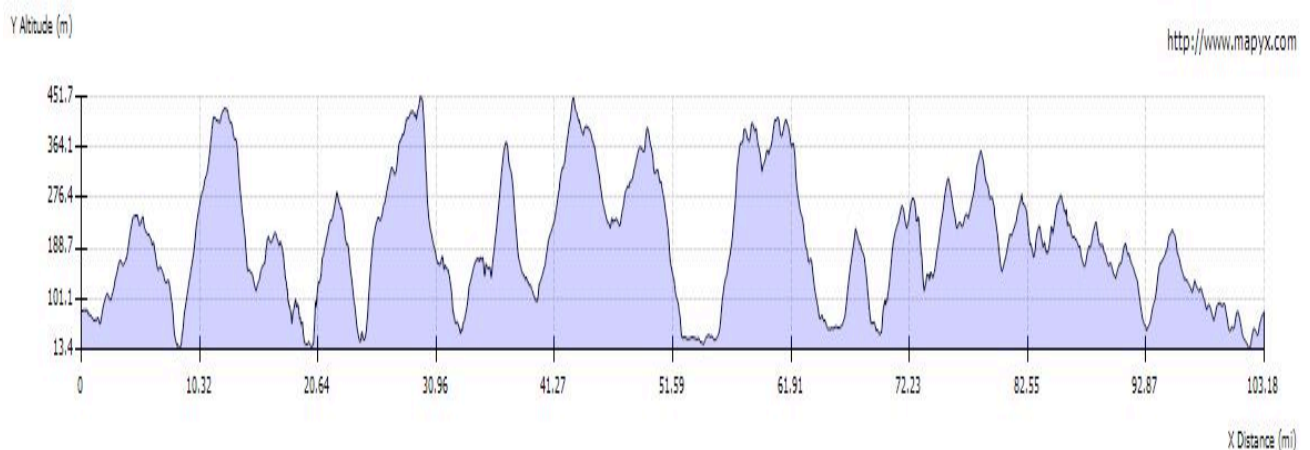
There will be a compulsory rider briefing at **18:00** and then it will be repeated at **19:00** and **20:00**.

## Start of the event / Riders Briefing

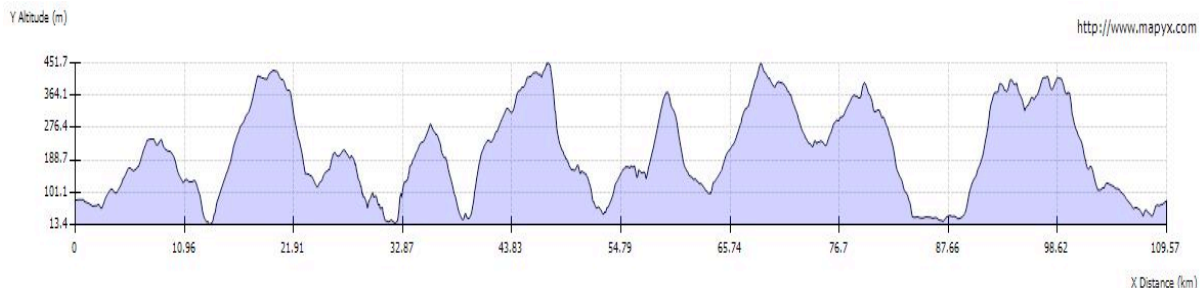
There will be a mass start on 30<sup>th</sup> July 2017 at 06:30 sharp. Riders should start making their way to the start area (the Grandstand) from 06:00. The final riders briefing is at 06:25.

## Route and route Profile.....

The route will be released to the e-mail address provided a week before the event, as a PDF and as a GPS downloadable file. 2016 route profile is shown below - 15,500 feet (ish) of ascent and descent.



100 kilometre route (actually 110km) profile was as follows:



## Outside Assistance

In terms of provision of food, drink, repairs and such like, outside assistance is allowed, but will not be provided for by the organisers. We will offer 3 bag drops around the course (approximately every quarter distance (imperial)). It goes without saying that the whole event should be undertaken under your own power. For those riders entering the BC event, the Technical Zones will be provided in the final instructions.

## Cut off Points

There will be cut off points during the event. If you have not reached these points by the time indicated in the final instructions, your chance of completion of the event will be in doubt. Your event will therefore be over and the marshal will inform you of this. This is for your own safety, but there will be leeway given in this regard.

### **Final Instructions**

Final instructions (which include finalised cut off times), a PDF of the route, and a GPS route (in GPX 1.1 format as standard, others available on request when you receive the final instructions) will be provided during the weekend of 22<sup>nd</sup> July 2017. These will be sent to the e-mail address you have registered when you enter the event. It is your responsibility to ensure you will have access to this e-mail outside of office hours.

### **Navigation and use of GPS**

There will be arrows (black on red mostly, some black on luminous yellow) en route to provide route confirmation. The GPS is just another aide memoire. Ensure you take a copy of the paper maps for when the GPS has run out of battery, or take a battery back up (we all love to see your strava!).

### **Presentation**

All prize presentations will be on the TT podium at the Grandstand.

The presentations are provisionally planned (all races and all categories, male and female) to begin at **18:15**. This will allow those riders who wish to catch the late evening boat back to Heysham (departs at 19:45, docks at 23:45) ample time to collect their prize and get back on the boat!

However, we would really recommend staying the night and hanging around to congratulate the late finishers and eat your own weight in food.

### **Rider Responsibilities**

1. Dependent on local conditions, route will be available for pre-riding by Thursday 27<sup>th</sup> July. If you would like some pointers, or to find out where is yet to be marked, please contact Nigel.
2. For most of you this will be an unsighted event over 100 miles (or 100km) with significant ascent and descent on natural trails. Remember this is a wilderness event.
3. No "trail furniture" has being marked. We have marked some of the descents in line with BC recommendations, but these can not and do not indicate every hazard around the route, nor even all the hazards on the descents.
4. There are some steep ascents and descents, the distance may be more than you are used to, you must keep yourself in check. Ride within your own ability and at your own speed. **If necessary walk, even the descents. This can not be stressed enough.**
5. As this is an event in the countryside, there will be many hazards en-route, such as rocks (lots, various sizes), livestock, rutted tracks, pot holes, steep ascents and descents, banks, bomb holes, trees, bushes, ferns, gorse and brambles. No hazards will be marked by the organisers. It is an unsighted event where your skills and experience count.
6. It is your responsibility, as mountain bike ambassadors, to "look out for one another" - stopping and helping a fellow competitor in distress, be it medical or mechanical. It is expected that you will ask if you can assist in anyway. If necessary use your mobile phone to call (999 in worst case, or 07624 473388 in less extreme situations) in the situation with a rough location of the competitor in distress.
7. To follow the course! The course will have been provided to you via GPS and will be marked by black "fire" arrows on red backgrounds (stating "The Manx 100") or marshals at some points on the course. It is your responsibility to ride the course, the course should be clearly marked, but you need to ensure you are going in the correct direction!

## Event Regulations

Please read carefully. Non compliance may result in disqualification, harsh words from the organisers or both.

1. Enjoy.
2. Approved cycling helmets must be worn at all times when riding.
3. Normal highway code rules apply at all times during the event.

4. Any competitor withdrawing from the event must inform control as soon as possible. 07624 473388 – Nigel Morris.
5. Event officials reserve the right to remove any competitor if they consider they are not capable of safely completing the event.
6. Do not leave any rubbish along the route. All waste should be carried until the finish line and not discarded anywhere along the route except in bins.
7. Anyone seen discarding rubbish other than noted above will be disqualified.
8. Participants must avoid livestock and all gates must be left SHUT unless locked open. For the avoidance of doubt if the gate is open but not locked open (by rope or such like) when you get to it, SHUT it.
9. The event does not involve any exclusive use of any part of the Manx countryside. Normal common sense, road sense and trail etiquette must apply at all times. You are sharing the hills with other users.
10. It should go without saying, but on the road sections, riders must obey the Highway code, ride sensibly (the roads are NOT shut for your exclusive use) and act courteously to other road users and pedestrians. (Note an exception to this is the police led start, which will be detailed further in the final instructions).
11. No headphones should be used. You will need all the senses working overtime over the course of the event, hearing included.

### **Compulsory Kit**

- a) Approved cycling helmet.
- b) Bicycle (in any guise but must be solely powered by you).
- c) Whistle.
- d) Survival blanket.
- e) First aid kit.
- f) Mobile phone (with the same number you supplied us!) fully charged and likely to last the 12+ hours. Do not put it on silent.

### **Recommended gear / pointers**

You can make your own decisions here, but to assist any riders who need any pointers we would suggest:



- a) Enjoy the day ☺. Take it easy, it's a long old day.
- b) Food & drink for the duration of the event. There may be chance to replenish supplies at the various villages that you will pass, but there is no guarantee the shops will be open or have what you want. There will be opportunity for bag drops en-route at some of the pre-designated checkpoints.
- c) Tyre levers, tubes & puncture repair kit.
- d) Sturdy tyres of choice.
- e) Multi tool, spoke tool and chain tool, lubrication.
- f) All mountain clothing. The weather is unpredictable and can change quickly, sometimes four seasons can be seen within a couple of hours, even in July. Prepare for hypothermia and for dehydration. Either one, or possibly both are possible. (We are awaiting the year where we get caught out with and have to warn of snow).
- g) Lights for all weathers and times.
- h) A GPS unit with mapping functionality.
- i) Remember that it is a BIG undertaking, so ensure you ride within your limit. Walk the descents if necessary.

**HISTORIC RESULTS are below:**

2016 Manx 100 (mile) finishers

1	Tony Kiss	10:12:30
2	Simon Skillicorn	10:22:21
3	Dean Camier	10:25:46
4	Matthew Jones	10:35:00

2016 Manx 100 (mile) retirees

44	Neil Earnshaw	Retired at Cringle	12:28:35
45	Rob Gibson	Retired at Cringle	12:33:24
46	Liam Organ	Retired at Cringle	12:52:00
47	Matthew Pritchard	Retired at Cronk Breck	10:04:04



5	Simon Rodgers	10:48:16	48	Crispin Hoult	Retired at Cronk Breck	10:16:39
6	Mitch Jones	11:05:52	49	Nick Parfitt	Retired at Cronk Breck	10:16:42
7	Kev Folan	11:09:53	50	Scott Cornish	Retired at St Lukes	04:05:26
8	Richard Lilly	11:18:08	51	Stephen Kelly	Retired at St Lukes	04:11:25
9	Keith Forsyth	11:30:10	52	Mark McPhillips	Retired at EMG	03:03:24
10	Jorge Ribeiro Manso	11:36:04	53	Gary Pollard	Retired at EMG	04:18:22
11	Paul Turner	11:52:21	54	Rocco Barbacane	Retired at EMG	04:18:25
12	Paul King	11:54:18	55	Alex Parkes	Retired at EMG	04:29:28
13	Justin Taylor	12:12:17	56	San Kapil	Retired at EMG	04:39:35
14	Paul Whittaker	12:14:06	57	Andrew Clegg	Retired at Ballure	02:30:05
15	Les Corran	12:15:14	58	Stuart Brew	Retired at Ballure	02:33:22
16	John Venables	12:17:35	59	Shaun Woodley	Retired at Ballure	02:38:02
17	Andy Laycock	12:18:49	60	Guy Whaley	"Retired" on descent of Glen Mona	
18	Terry Edleston	12:21:35	Manx 100 mile (reduced to 100k)			
19	Dean Gilbert	12:22:27	1	Philip Simcock		06:45:05
20	Andy Geall	12:28:35	2	Martin Field		08:32:06
21	Gavin Linfield	12:29:08	3	William Cowie		09:16:53
22	Richard Callow	12:40:46	4	Ollie Lavery		09:35:28
23	Adam Jones	12:44:42				
24	Shaun Newbitt	12:56:08	Manx 100 km			
25	Ricardo Bonegio	12:58:34	1	Mike Wragg		07:04:44
26	Angus Hamilton	13:01:30	2	Phil Mackie		08:00:39
27	Anthony Jordan	13:10:00	3	Nicholas Stuber		08:01:12
28	Derek Shanks	13:13:33	4	Kevan Gelling		08:19:31
29	Naomi Freireich	13:16:02	5	Darren Murphy		08:24:37
30	Gary Spicer	13:50:15	6	Emma Atkinson		08:25:31
31	Michael Colvin	14:10:58	7	Lloyd Goodson		08:44:26
32	Matt Clinkard	14:15:10	8	David Griffin		08:46:31
33	Scott Morgan	14:17:26	9	Stephen Morris		08:49:08
34	Simon Bullock	14:22:19	10	Shaun Corris		08:52:19
35	Adrian Beale	14:30:55	11	Philip Houldridge		08:53:39
36	Neil Hutchinson	14:37:37	12	Dominic Coward		09:22:10
37	Allan Caple	14:39:08	13	Derek McNutt		09:22:11
38	Maurice Bellando	14:40:22	14	Dave Filson		09:25:04
39	Bob Kinvig	14:42:55	15	Mike Stiffall	Retired at St Lukes	06:37:48
40	Peter Booth	14:45:35	16	Carolyn Brown	Retired at EMG	03:24:27
41	Timothy Higgins	14:46:33	17	David French	Retired at EMG	04:11:29
42	Maggie McPhillips	14:52:33	18	Ian Strodder	Retired at EMG	04:29:24
43	David Goberman	15:03:27	19	Steve Laycock	Retired at Ballure	02:30:53

### 2015 Results: 100 mile

### 2015 Results: 100 km

1	Robert	Friel	Miles	10:55:02	1	Les	Corran	Kilometres	7:39:30
2	Richard	Rothwell	Miles	11:19:33	2	Darren	Murphy	Kilometres	7:48:15

3	Julian	Corlett	Miles	12:11:54	3	Matt	Price	Kilometres	8:47:10
4	Mark-Anthony	McPhillips	Miles	12:32:10	4	David	Lawrance	Kilometres	8:48:28
5	Adam	Fowkes	Miles	13:11:11	5	Martin	Field	Kilometres	9:21:50
6	Michael	Schreuder	Miles	13:21:05	6	Kevan	Gelling	Kilometres	9:26:36
7	Paul	Whittaker	Miles	13:54:20	7	Derek	McNutt	Kilometres	9:33:50
8	Gavin-Malcolm	Linfield	Miles	13:55:38	8	Lloyd	Goodson	Kilometres	9:36:12
9	Iain	brough	Miles	14:23:50	9	Mark	Corkish	Kilometres	9:43:10
9	Jon	Hobson (SINGLESPEED)	Miles	14:23:50	10	Nigel	Lambley	Kilometres	10:35:42
11	Andrew	Howett	Miles	15:23:31	11	San	Kapil	Kilometres	11:00:49
					12	Jon	Taylor	Kilometres	11:02:34
					13	Peter	Barker	Kilometres	11:02:45
					14	Lizzie	Barker	Kilometres	11:03:39
					14	Ella	Grummitt	Kilometres	11:03:39

### Riders who swapped 100mile to 100km

### Retired riders

John	Venables		8:12:15
Tom	Owen		8:23:27
Guy	Whaley		9:27:08
Adrian	Beale		9:38:25
Peter	Booth		9:43:00
Shaun	Newbitt		10:09:40
Tim	Higgins		10:09:45
Joel	Newman		10:10:20
Mark	Evans		10:32:12
Maggie	McPhillips		10:32:12
Matt	Clinkard		10:32:36
Crispin	Hoult		11:00:49

Marc	Bayliss	Kilometres	Retired
Joseph	brady	Kilometres	Retired
Antony	Hunter	Kilometres	Retired
David	Jones	Kilometres	Retired
Hugo	Langerman	Kilometres	Retired
Ben	Paske	Kilometres	Retired
Ian	Strodder	Kilometres	Retired
Nicholas	Stuber	Kilometres	Retired
Robin-roy	adams	Miles	Retired
Michael	Farley	Miles	Retired
Adam	Harries	Miles	Retired
Richard	King	Miles	Retired
Mike	Stitfall	Miles	Retired
James	Ward	Miles	Retired
Stephen	Kelly	Miles	Retired

### 2014 - Cumulative time

1	scott cornish	Miles	UK	10:40:36	24	Adrian Beale	Miles	Manx	14:44:25
2	Mark Carey	Miles	UK	10:44:42	25	Alex Parkes	Miles	Manx	14:45:13



3	Billy Stelling	Miles	UK	10:57:53	26	Derek McNutt	Miles	Manx	15:02:18
4	Christopher Purt	Miles	UK	11:00:49	27	Anne Woods	Miles	UK	15:05:11
5	Julian Corlett	Miles	Manx	11:57:45	28	David Goberman	Miles	Manx	Timed out
6	Stephen Kelly	Miles	Manx	12:10:45	29	Kate Priest	Miles	Manx	Timed out
7	Ed wolstenholme	Miles	UK	12:28:11	30	David Williams	Miles	UK	Missed Checkpoints
8	Ian Wilmshurst	Miles	UK	12:31:49	31	Lisa Garside	Miles	UK	Timed out
9	Saul Muldoon	Miles	UK	12:34:17	32	San Kapil	Miles	UK	Timed out
10	John Venables	Miles	Manx	12:37:13	33	david french	Miles	UK	Mechanical
11	Gavin Linfield	Miles	UK	12:37:23	34	Keith Jackson	Miles	UK	Timed out
12	Jamie Sutherland	Miles	UK	12:46:47	35	Ian Leitch	Miles	UK	100km
13	Jorge Ribeiro Manso	Miles	UK	13:01:33	36	Jason Miles	Miles	UK	100km
14	Adam Hooley	Miles	UK	13:17:59	37	Jon Hobson	Miles	UK	100km
15	Alex Russell	Miles	UK	13:23:24	1	Darren Murphy	KM	Manx	7:49:17
16	Michael Schreuder	Miles	Manx	13:25:37	2	Emma Atkinson	KM	Manx	8:28:29
17	Roel Driesen	Miles	UK	13:32:23	3	Roger Meads	KM	Manx	9:00:10
18	Andrew Howett	Miles	UK	13:39:37	4	Lee Tyrer	KM	Manx	9:13:41
19	Guy Whaley	Miles	Manx	13:43:08	5	Peter Booth	KM	UK	10:18:15
20	Scott Morgan	Miles	Manx	13:49:04	6	Peter Jackson	KM	Manx	10:30:00
21	Dean Gilbert	Miles	Manx	13:59:55	7	Dave Jackson	KM	UK	retired
22	Shaun Corris	Miles	Manx	14:00:00	8	Matty Garside	KM	Manx	retired
23	Gord Hull	Miles	UK	14:42:18	9	Daniel Christian	KM	Manx	mechanical

**The Manx 100 - 28th July 2013 - Results : Cumulative time**

Name			Event	100KM	Finish
Richard Rothwell	1	UK	Miles	06:31:00	09:48:45

paul David rensdaw	2	Manx	Miles	06:33:00	10:13:12
Julian Corlett	3	Manx	Miles	06:38:00	10:28:32
matthew jones	4	UK	Miles	06:58:35	10:43:14
Stephen Kelly	5	Manx	Miles	08:01:46	11:46:12
Andrew Howett	6	UK	Miles	07:23:20	11:48:10
Les Corran	7	Manx	Miles	08:13:15	12:38:00
Steve Wood	8	Manx	Miles	08:39:20	13:39:46
Derek McNutt	9	Manx	Miles	09:05:35	14:04:54
Adrian Beale	9	Manx	Miles	09:13:54	14:04:54
Graham Hughes	Retired	Manx	Miles		
Nick Wilson	Retired	UK	Miles		
Shaun Corris	Retired	Manx	Miles		
Dean Gilbert	Retired	Manx	Miles		
Guy Whaley	Broken rear spokes	Manx	Miles		
Daniel Christian	N/S	Manx	Miles		
Ian Brookfield	N/S	Manx	Miles		
Robin Arnold	1	Manx	KM	07:50:45	
Nicholas Stuber	2	Manx	KM	08:13:15	
Roger Meads	3	Manx	KM	09:03:55	
Carolyn Brown	4	Manx	KM	09:13:54	
Darren Murphy	5	Manx	KM	09:13:54	
David Goberman	6	Manx	KM	09:21:00	
kevin christian	Retired	Manx	KM	retired	

### 2012 The Manx 100

Rider	finish	Rider	finish
Julian Corlett	11:25:00	Paul Kennish	retired
Mark McPhillips	11:38:53	Adrian Beale	retired
Steve Kelly	14:03:07	Rod Clayton	retired
Darren Murphy	14:03:07	Stuart Clayton	retired
Lee Clayton	14:03:07	Dave le Geyt	retired
Steve Wood	14:15:35		