

MANX | 50 – 30th July 2017

Competitors Handbook

Welcome to the sixth year of the Manx 100 and the second year of the Manx 50.

The Manx 50 event is an endurance mountain bike challenge of one lap of 50km (actually 53km!).

It is a real personal challenge for those that enjoy riding and challenging their own physical ability, stamina and mental strength. The event offers over 1,850 metre of ascent over the course of 53km.

The course will not be littered with signage, nor food stations or support people. You must be able to ride within your ability over the terrain, you have personal responsibility for yourself.

Event Location and date

All events will be held on 30th July 2017

The 50km event will provisionally start at 13:30.

Event Entry and Cost

Entries open 1st 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 9th July 2017 at 23:55 to allow documentation to be printed and collated plus administration work to be completed.

[https://www.britishcycling.org.uk/events/details/152513/Manx-100-\(incorporating-the-British-Marathon-Championships\)](https://www.britishcycling.org.uk/events/details/152513/Manx-100-(incorporating-the-British-Marathon-Championships))

The events are as follows:

The Manx 50 - ("Open")

The cost structure for all events is as follows:

£25 from 1st January 2017 until 30th June 2017.

Late fee - £40 from 1st July 2017 to 9th July 2017.

Categories

We may add more categories for the other events if there are sufficient numbers.

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).

Signing on for the event

This will be on Saturday evening (29th 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 or 07624 473388.

Compulsory rider briefing

There will be a compulsory rider briefing on race day at **13:25** in St Johns.

Start of the event / Riders Briefing

There will be a mass start on 30th July 2017 at **13:30 sharp**. Riders should start making their way to the start area (old Farmers Arms car park) from 13:00. The final riders briefing is at 13:25. There will then be a neutralised start along the Patrick road to the start on the Barnell road.

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.

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. It goes without saying that the whole event should be undertaken under your own power.

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 22nd 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 27th 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 50km 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, 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. 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. 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 could be 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: 2016

1	Nick Corlett	02:38:43	
2	Lee Gale	02:44:49	
3	Mark Blair	02:53:07	
4	Liam Mazzone	02:56:41	
5	Jeff plowman	03:00:38	
6	Martin Young	03:07:08	
7	Paul Renshaw	03:08:57	
8	Jamie Dudley	03:12:21	
9	John Roberts	03:22:24	
10	Mark Cringle	03:22:24	
11	Mike Lyth	03:25:08	
12	Mark Murphy	03:32:27	
13	Keith Skillicorn	03:32:43	
14	Tim Dedman	03:32:56	
15	Chris Millar	03:34:40	
16	Roger Meads	03:44:26	
17	Emily Looker	03:47:24	1 st lady
18	Shaun Green	03:47:50	
19	Jason Barber	04:03:32	
20	Dan Wood	04:05:20	
21	Marc Bayliss	04:13:30	
22	Dave Hinks	04:14:23	
23	Callum Davies	04:23:52	
24	Jeff Butler	04:26:14	
25	Raymond Taubman	04:41:45	
26	Steve Farrell	04:53:34	
27	Catrin Cameron	05:11:26	
28	Craig William-Howard	05:16:33	
29	Dean Quayle	05:49:02	
30	Craig Ritchie	05:49:02	
31	Jonathan Hebden	07:01:24	
32	Chris Shortall	03:15:34	Retired at Archallagan
33	Mark Hutchinson	00:16:42	Retired at Arrasey