

**OFFICIAL SIGN ON – SATURDAY
EVENING 29th July (17:00 – 19:55) (none
on Race Day), Hospitality Suite,
Grandstand, Douglas.**

MANX | 100

**RIDERS TO BE AT THE PIT LANE BY
06:00**

**START TIME
30th July 06:30**

Introduction

1. Welcome.
2. With these final instructions you should have also received maps, a list of competitors and the cut off times. You should also have received a GPX file (choice of 100m or 100km) to upload to your GPS. If you are unsure of anything, please contact me as soon as possible (Nigel 07624 473388).
3. Ride with GPS routes:
 - i. 100 mile: <https://ridewithgps.com/routes/22547870>
 - ii. 100km: <https://ridewithgps.com/routes/22737954>

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4. 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.
5. You are ambassadors for the Manx 100 and mountain biking in general. Be courteous to all you meet.
6. If you retire, it is imperative you contact me (Nigel 07624 473388) as soon as possible so that we can stop any attempts to locate you.
7. As experienced mountain bikers, the following list of mandatory requirements should not come as a surprise:
 - a. A bike solely human powered (no E bike's allowed, di2 or equivalent fine);
 - b. a helmet;
 - c. survival blanket;
 - d. whistle;
 - e. **suitable** clothing for all weathers (irrespective of what greets you Sunday morning, including full waterproofs and warm clothing);
 - f. mobile phone that works and is fully charged (please not on silent – make my number a special ring tone (07624 473388) if necessary);
 - g. at least a working rear light attached to the bike; and
 - h. a sense of adventure with a smile on your face.
8. It is greatly suggested that you also have a working front light with you.
9. “Go Pro” and similar recording devices are not allowed on this event.
10. Please ensure you ride well within your ability and help any riders you see, as I hope you would in any case. If the situation is a medical emergency, call 999 in the first instance, and then Nigel 07624 473388.
11. Note, for all those riders not from this rock, you should be aware that the Isle of Man is a foreign destination for your mobile phone. You should ensure you will have coverage here by contacting your provider, noting the charges for use here. Also, we would suggest turning off 3G/4G and/or data as you will be charged for usage at international rates.
12. Overall ENJOY your ride, stay alert, remember the Highway Code always takes precedence, stay as fast as you feel comfortable with and most importantly stay safe.
13. SHUT ALL GATES.

Registration

14. Registration opens at 17:00 Saturday 29th July at the Hospitality Suite, Grandstand, Douglas (Map Ref 383 775).
15. It will shut at 19:55. If this is inconvenient please call Nigel (my number is on here!) as soon as possible so we can arrange suitable alternatives.
16. THERE IS **NO SIGN ON ON SUNDAY MORNING.**

Saturday Night Presentation

17. There will be a compulsory race briefing at 18:00, 19:00 and 20:00 (plus a Q&A session) in the hospitality suite at the Grandstand. You only need to attend one!

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Check/Cut off Points / Refuelling points

18. There are check points and cut off points. If you do not reach these by the time given, it means that you may not be able to reach the end before sunset.
19. You will not form part of the event if you reach these points outside of the times given. This is for your own safety. The marshal will inform you of my decision.
20. Leeway will be given, but you may need to think about your own capability of finishing the event.
21. To be classified on the event you must have been through each of these checkpoints before the cut off point and “ticked” off by the marshal.
22. 100 Mile Checkpoints and Bag Drops are shown below :

| MANX 100 | | | | | | | | | |
|-------------------|----------|-----------------------------|------------------|--------------------|---------------|----------------|--------------|--------------|-------------|
| Checkpoint | Bag Drop | Location | Distance (miles) | Cumulative (miles) | Ascent (feet) | Descent (feet) | Time allowed | Cut off time | Avg spd mph |
| Start | | Grandstand | 0.00 | 0.00 | | | | 06:30 | |
| TZ1 | 1 | Dhoon School | 15.14 | 15.14 | | | | | |
| CP1 | | Ballure top | 2.34 | 17.48 | 2,572.30 | 2,196.60 | 02:15 | 08:45 | 7.77 |
| CP2 | | East Mountain Gate | 11.08 | 28.56 | 2,488.60 | 1,776.60 | 01:45 | 10:30 | 6.33 |
| TZ2 | 2 | Laxey Fire Station | 4.44 | 33.00 | | | | | |
| CP3 | | St Lukes church | 7.69 | 40.69 | 1,821.60 | 2,646.50 | 02:00 | 12:30 | 6.07 |
| TZ3 | 3 | Sheep Pens | 3.08 | 43.77 | | | | | |
| CP4 | | Slieu Curn 1 (pre Ballacob) | 6.3 | 50.07 | 547.00 | 344.00 | 01:30 | 14:00 | 6.25 |
| TZ4 | 4 | Pennybridge Stables | 5.01 | 55.08 | | | | | |
| CP5 | | Slieu Curn 2 (post Baltic) | 2.44 | 57.52 | 1,129.00 | 710.10 | 01:00 | 15:00 | 7.45 |
| CP6 | 5 | Mr Sanders Field | 6.63 | 64.15 | 1,864.50 | 2,674.80 | 01:00 | 16:00 | 6.63 |
| CP7 | | Arrasey Plantation Entrance | 8.46 | 72.61 | 2,317.60 | 1,652.50 | 01:45 | 17:45 | 4.83 |
| CP8 | 6 | Picnic Car Park Cringle | 9.45 | 82.06 | 944.40 | 1,019.00 | 01:00 | 18:45 | 9.45 |
| CP9 | | Archallagan First Car Park | 9.36 | 91.42 | 1,028.60 | 1,398.30 | 01:30 | 20:15 | 6.24 |
| CP10 / Finish | | Kewaique | 9.82 | 101.24 | 928.30 | 1,314.60 | 01:15 | 21:30 | 7.86 |
| Grandstand | | Grandstand | 2.61 | 103.85 | 338.70 | 247.60 | | | |
| | | | 103.85 | | 15980.60 | 15980.60 | 15:00 | | 7.16 |

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23. 100 Kilometre Checkpoints (CP) and Tech Zones (TZ) are shown below :

| MANX 100 | | Distance | Cumulative | Ascent | Descent | Time | Cut | Ave |
|--------------------|-------------------------------------|----------|------------|---------|---------|---------|-------|-------|
| Checkpoint | Location | (km) | (km) | (m) | (m) | allowed | off | spd |
| | | | | | | | time | kmph |
| Start | Grandstand | | | | | | 06:30 | |
| TZ1 | Dhoon School | 24.36 | 24.36 | | | | | |
| CP1 | Ballure top | 3.76 | 28.12 | 784.00 | 669.50 | 02:45 | 09:15 | 10.23 |
| CP2 | East Mountain Gate | 17.83 | 45.95 | 758.50 | 541.50 | 01:45 | 11:00 | 10.19 |
| TZ2 | Laxey Fire Station | 7.14 | 53.09 | | | | | |
| CP3 | St Lukes church | 12.37 | 65.46 | 555.20 | 806.70 | 02:00 | 13:00 | 9.75 |
| TZ3 | Sheep Pens | 4.95 | 70.41 | | | | | |
| CP4 | Slieu Curn 1 (pre Ballacob) | 10.13 | 80.54 | 182.33 | 114.67 | 01:30 | 14:30 | 10.05 |
| TZ4 | Pennybridge Stables | 8.06 | 88.60 | | | | | |
| CP5 | Slieu Curn 2 (post Baltic) | 3.92 | 92.52 | 376.33 | 236.70 | 01:00 | 15:30 | 11.98 |
| CP6 & 100km Finish | Mr Sanders Field | 10.66 | 103.18 | 568.30 | 810.50 | 02:00 | 16:30 | 5.33 |
| | Grandstand (non competitive) | 7.00 | 110.18 | 84.40 | 111.70 | 00:45 | 17:15 | 9.33 |
| | | 110.18 | | 3309.07 | 3291.27 | | 10:45 | |

Technical Zones

24. For those riders undertaking BC National Championship event, the Tech Zones are located at –

- a. Dhoon School (in lay by), around 25km mark
- b. Laxey Fire Station (toilets available), around 53 km in
- c. Sheep Pens on Beinn-y-Phott road, 70km in; and
- d. Pennybridge Stables, Kirk Michael, at 88km.

25. These are the only locations you are allowed outside assistance as per BC regulations.

26. For unsupported riders, the “Bag Drop” facility will be available.

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Bag Drops – NON BC National Championship riders

27. In line with the Tech Zones, there are now 4 bag drops on the 100km event and 6 on the 100 mile event. The 5th being at CP6 and the 6th at CP8.
28. Bags should be left at Sign on (Saturday evening) so we have chance to ensure they are with the correct vehicle for the bag drop.
29. To reiterate the above bags should be clearly marked with your name and where you would like them dropped off.
30. This should be in such a way that this will not fall off (eg they are not “post it” notes).
31. The bags can include anything, our suggestions would be - your fluid of choice, spare clothes, spares for your bike (reasonable please), and food.
32. For any bags not picked up during the event, we will endeavour to get these back to the Grandstand as soon as possible.

Rider Briefing / Start Procedure

33. There is a mandatory riders briefing at **06:25** on Sunday morning at the start zone.
34. The event will start at the Grandstand (map ref 383 775), heading North East at **06:30**.
35. There will be a mass start in the Pit Lane with all riders behind a police motorbike outrider who will “pace” you to the Garey Road (first off road track). The police will also be manning the traffic lights in Onchan village.
36. The roads are not shut, and you must ALWAYS stay on the left hand side of the white line and obey the normal rules of the road (a police officer waving you through a red light is allowed).
37. There will be marshals for the first few miles to ensure these run smoothly, then the marshals wither and you are on your own with your GPS and the arrows.

Rider Responsibilities, event & route notes

38. Enjoy.
39. SHUT ALL GATES.
40. At all times YOU MUST ride within your ability.
41. Remember this is a wilderness event. It is your responsibility to navigate the route correctly and ensuring you are going in the correct direction on the route.
42. No “trail furniture” has been marked. Ride within your own ability and at your own speed.
43. This is an unsighted event over 100 miles (or kilometres) with significant ascent and descent on natural trails. Ride SAFE at all times. **Walk the descents if necessary!**
44. As this is an event in the countryside, there will be many hazards en-route, such as rocks, livestock, rutted tracks, pot holes, steep ascents and descents, banks, bomb holes, trees (down or up), brambles, nettles, gorse and bushes. No hazards will be marked by the organisers. You must ride within your own ability. It is an event where your skills and experience count.

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45. 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 Nigel on 07624 473388 in less extreme situations) in the situation with a rough description of your location.
46. It is your responsibility to follow the course! The course will have been provided to you via GPS and will be marked by “The Manx 100” arrows and marshals at some points on the course. **Follow ONLY these arrows**
47. Some sections require you to join roads and/or cross roads. Use your road sense, noting that the Highway Code takes precedence. This includes the infamous “TT” course. You must remember that on some of these sections, there is no speed limit; vehicles could be travelling a lot faster than they appear. **Extreme care** should be taken on these sections. Please do not ride two or more abreast but single file.
48. If you use the GPX route that has been sent have the route showing on your map screen rather than “follow” the GPS route so as not to flatten your battery as much.
49. PLEASE SHUT ALL GATES.

Finish procedure – 100km

50. The 100km route splits from the 100 mile route at Checkpoint 6, Mr Sanders field.
51. At this point there will be the final compulsory stop for the 100km riders. At this point you have finished and your time will be given by the marshal. Food, drinks and beer will be at the Grandstand.
52. You can turn left onto the road here and head back to the grandstand via minor roads.

Finish procedure – The Manx 100

53. The Manx 100 route splits from the 100km route at Checkpoint 6. After going through the timing area, The Manx 100 riders will head to the road and turn right along the main road before turning right onto a track.
54. At Kewaigue (357 748, Checkpoint 10) there is the final compulsory stop where you will be given a time by Lisa.
55. From this time we will add 10 (ten) minutes. This is your finish time.
56. However, to be classified, you must ride back to the Grandstand (383 775) and check in within **30** (thirty) minutes of your time at checkpoint 10.
57. Take longer than this time and the difference will be added to your time.
58. Ensure you have lights on if you are approaching this section later on in the day.

Prize Presentation

59. This will be held at the grandstand.
60. For BC competitors, this will be at 14:30.
61. For all other competitors, the prize presentation will be at 17:30.

Finally – Please feedback, positive or negative, via e mail Nigel@ManxMTB.com.

2018 – date settled as 29th July 2018.