

LANDSCAPE™

LDLR24HR

25-26 JUNE 2021

LDLR COURSE



- Knights Trail
- Mr Tickle
- Doubters Pass
- Doris
- Riding High (raised boardwalks)
- Longest Way Round

DIRECTION OF COURSE
 COURSE

FOREWORD

From small acorns...

The Longest Day Longest Ride - this wonderful family-friendly event - was born out of a single, simple idea - a personal challenge I was undertaking to help raise money for a local charity.

That was just eleven years ago, when an original entry of just 16 intrepid riders took to the start for the Isle of Man's first ever 24-hour mountain bike challenge, based then around a course in South Barrule Plantation.

Due to its growing popularity, the event relocated to the idyllic Conrhenny Community Woodland, which has provided the perfect location for us to expand and widen our scope - also allowing us to develop a longer and more challenging course.

Now celebrating its 11th Anniversary, the Longest Day Longest Ride has, with the unending support of family and friends, expanded and evolved into the brilliant community-minded event we have today - an event that has proudly raised over forty thousand pounds for some of the Island's most important charities.

In 2018 the event proudly played host to the British Solo 24hr Championships, drawing a strong entry of off-island competitors, including current World, European and British Champions. With the support of our associate sponsors, I am confident that the event will continue to grow and prosper in the years to come. I hope you enjoy this year's challenge and look forward to seeing you all on the start line.

Good luck and safe riding!

Gary Cooper

Founder and Lead Organiser

Photo credit - Chris Watson

YOU CAN HELP KEEP IT CLEAN



...shoes, paws
and wheels
**help control
forest diseases**

You Can help keep the forests healthy. Before visiting any forest, anywhere, just make sure you've cleaned your shoes, your bike and your four-legged friend.

Remember, dirt carried on footwear wheels and animals can spread tree diseases from one place to another.

Together we can help control the spread of forest diseases.
Help us keep the forests special...



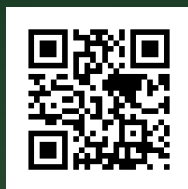
Department of Environment, Food & Agriculture

This Slieau Whallian, Foxdale Road, St John's, IM4 3AS

telephone: 695701 | email: forestry@gov.im

www.gov.im/defa

facebook.com/DefaHillsForestsGlens



ABOUT US

A unique challenge...

Each year, around the weekend of the Summer Solstice (longest day), the Island's 'weekend warriors' and 'racing snakes' gather for the unique challenge that is afforded by the Longest Day Longest Ride.

Open to solo riders, pairs and quads, this event tests both physical fitness and mental toughness on an equal level. The format is simple; ride for as much of the 24 hours as you possibly can whilst aiming to record the most number of laps of the course.

Compared to most 24-hour events held in the UK and other parts of the world, our course is relatively short - approximately 7km in length. It shouldn't be underestimated though, as it boasts a surprising variety of terrains: from forest roads to sweeping single-track to those testy tree-lined boardwalks. Of course, you will also be riding through the night and battling the ever-increasing fatigue, so expect the Longest Day Longest Ride to challenge you in all the best ways.

We are very proud that the Longest Day Longest Ride is one of the most sociable sporting occasions on the Isle of Man's sporting calendar - a truly community based event. Along with our associate sponsors, the Loaghtan Loaded Mountain Bike Club are delighted to welcome the myriad of spectators and supporters to our family-friendly venue to experience our unique event along with its festival like atmosphere.

So if you like what you see and fancy giving it a go, simply keep up to date with us by visiting the event website www.ldlr.im or follow us on Facebook.

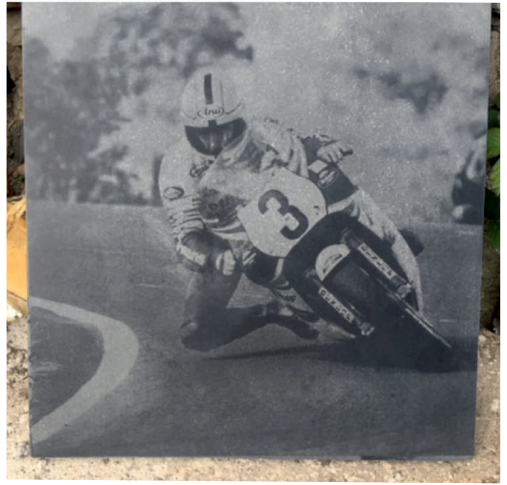
Loaghtan Loaded

www.ldlr.im

Photo credit - Chris Watson


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COMMITMENT

📍 Douglas, Isle of Man



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Book with Confidence

Our Book with Confidence Commitment has been introduced to provide our customers with greater flexibility and peace of mind during these uncertain times. This means if your travel plans change due to COVID-19 Government imposed travel restrictions you will have:

- **No amendment fees** - To give you greater flexibility, amendment fees will be waived if you choose to amend your travel dates.
- **Full refund available** - If your booking needs to be cancelled we will refund your booking within 30 days.



STEAM-PACKET.COM

Book with Confidence Commitment is valid for direct ferry bookings with the Isle of Man Steam Packet Company that are affected by COVID-19 Government imposed travel restrictions. Excludes vehicles designed for commercial use. Date of travel must be amended before original travel dates occur. Isle of Man Steam Packet Company will waive the cost of our amendment fee to all applicable ticket types, however if customers change to a higher fare type they will need to pay the fare difference. If a booking needs to be cancelled due to COVID-19 Government imposed travel restrictions, which are in place 14 days prior to the booked travel date, a full refund will be arranged within 30 days of receiving the cancellation. This includes bookings of Special Offers which are generally non-refundable. Offer is non-transferable and is subject to restricted space and availability. The Isle of Man Steam Packet Company reserve the right to amend or withdraw all elements of the offer without prior notice.

Our Supporters

Loaghtan Loaded MTB would like to thank all of its Associate Supporters past and present. Below is a list of all our Associate Supporters over the years.

- A3 Island Marquees
- ABC Scaffolding
- Ace Hire
- Active Root
- Ahearne Cycles
- Auxesia Limited
- Bikestyle
- Bloom Creative
- Blue Turtle
- Buff
- Clif Bar
- Conister Bank
- Country Warehouse
- DEFA
- Douglas & Peel Coastguard
- E3Coaching
- Eurocycles
- Exposure Lights
- Express Fixings and Fittings
- Fit4Hire
- Flo the Coffee Van
- GCDesigns
- Green Mann Spring Water
- Hendo's
- Hooded Ram Brewery
- HSS
- IOM Steam Packet
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- Kinrade Haulage
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- Pooil Vaaish Limited
- Safety On Set
- Scimitar Sports
- Search and Select
- St Thomas' WI
- Squirt Lube
- Stevie Corlett
- St Georges Football Club
- The Shed - Creative Juices
- Totum Sport
- V2 Gym

Supporting Local Charity

As organisers, Loaghtan Loaded MTB are extremely proud that over the years the event and it's competitors have raised over thirty five thousand pounds for local charities:

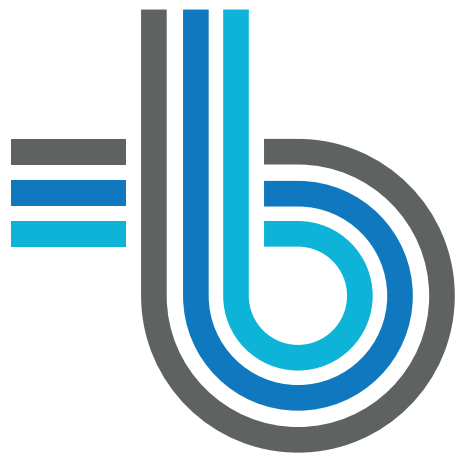
- Manx Muscular Dystrophy Campaign
- Craigs Heartstrong Foundation
- Rebecca House
- Autism in Mann
- Hospice Isle of Man
- Manx Wildlife Trust
- The Children's Centre
- Manx Cancer Help
- Manx Sport & Recreation
- Isle of Man Breast Care
- Organ Donation Isle of Man - The Gift of Life
- Bridge the GAP

Active in the Community

Loaghtan Loaded MTB also organise social rides which are open to all abilities. If you fancy joining 'The Flock' on one of these rides keep an eye on the clubs Facebook Group for updates.



**PROUD TO BE
SUPPORTING
THIS YEARS
LDLR**



BIKESTYLE

A GOOD WHEEL TO FOLLOW

Previous winners

2010 - South Barrule

Solo Male - Julian Corlett	(60 laps)
Team - Hot Fuzz	(38 laps)

2011 - South Barrule

Solo Male - Julian Corlett	(60 laps)
Solo Female - Cat Price	(29 laps)
Pairs - Body Shack Fitness	(64 laps)
Team - Laxey Fire Station	(77 laps)

2012 - Conrheny

Solo Male - Graeme Saunders	(50 laps)
Solo Female - Cat Quirk	(30 laps)
Pairs - 1 Old Buzzer & A Whippersnapper	(64 laps)
Team - Body Shack Fitness	(63 laps)

2013 - Conrheny

Solo Male - Stephen Kelly	(66 laps)
Solo Female - Vicki Corrin	(35 laps)
Pairs - The Blues Brothers	(38 laps)
Team - Hot Fire	(93 laps)
Single Speed - Nikki Sharpe	(33 laps)

2014 - Conrheny

Solo Male - Julian Corlett	(76 laps)
Solo Female - Nikki Sharpe	(45 laps)
Pairs - Mud Brothers	(72 laps)
Team - Smoking Hot	(105 laps)
Single Speed - Simon Cooper	(60 laps)

2015 - Conrheny

Solo Male - Gary Kirby	(74 laps)
Solo Female - Fay Holland	(53 laps)
Pairs - Two Wheeled Ascent Team	(79 laps)
Team - The Flying Circus	(99 laps)
Single Speed - Johnny Galbraith	(44 laps)

2016 - Conrheny

Solo Male - Stephen Kelly	(77 laps)
Solo Female - Fay Holland	(60 laps)
Pairs - Haggis Tacos	(82 laps)
Team - Bikestyle Bandits	(110 laps)
Single Speed - Johnny Galbraith	(55 laps)

2017 - Conrheny

Solo Male - Stephen Kelly	(75 laps)
Solo Female - Nikki Sharpe	(37 laps)
Pairs - Without a Name	(75 laps)
Team - IOM Cyclefest	(92 laps)
Single Speed - Johnny Galbraith	(55 laps)

2018 - Conrheny

Solo Male - Paul Renshaw	(66 laps)
Solo Female - Fay Holland	(59 laps)
Pairs - Mud, Sweat and Cake	(71 laps)
Team - Bikestyle Bandits	(86 laps)
Single Speed - Paul Renshaw	(66 laps)

2018 - British Championship

Solo Male - Max Suttie	(71 laps)
Solo Female - Naomi Freireich	(60 laps)
Single Speed - Paul Renshaw	(66 laps)

2019 - Conrheny

Solo Male - Johnny Galbraith	(61 laps)
Solo Female - Emma Atkinson	(49 laps)
Pairs - New Knees Please	(73 laps)
Team - The Bullet Men	(80 laps)
Single Speed - Johnny Galbraith	(61 laps)

Our
2021
Charity



Entry List

Solos

No. Entrant

1	AGUILAR, Ed
2	ARROWSMITH, Chris
3	ATKINSON, Emma
4	BARLOW, Jason
5	BARLOW, Joshua
6	BEALE, Adrian
7	BROADHURST, Simon
8	BROGAN, Neil
9	CALLIN, Sarah
10	CALLOW, Gav
11	CLEGG, Andrew
12	CLEGG, Leah
14	CLEGG, Rachel
15	COLLINS, Gavin
16	COLLINS, Owen
17	COOIL, Mark
18	CORKILL, Ben
19	CORKISH, Chris
20	CORRAN, Leslie
21	COX, Matthew
22	CRABTREE, Cameron
23	DAVIES, Gwyn
24	DENNETT, Richard
25	DUNNY, Orange

Solos

No. Entrant

28	FIELDING, Grace
29	FILSON, David
30	FISHER, Jon-Paul
31	GELLING, Kevan
32	GILMORE, Kirin
33	HARDMAN, Sam
34	HINDLE, Craig
35	HOLLAND, Fay
36	HONEYBONE, Stephen
37	HORSTHUIS, Mark
38	HOWARTH, Jonny
39	HOY, Steffan
40	HUGHES, Graham
41	HYATT, James
42	JEWELL, Neville
43	KELLY, Stephen
44	KELSALL, Rachel
45	KERMODE, James
46	KIRBY, Gary
47	KNOWLES, Matthew
48	LEWIN, Russ
49	LOSH, Damien
50	LYTH, Mike
51	MARSHALL, Robert

Solos

No. Entrant

52	MARTIN, Barry
53	MASON, Stuart
54	MCCAY, Ryan
55	MILLAR, Chris
56	MOORE, Jack
57	O'HAGAN, John
58	ORMEROD, Steve
59	PARKER, Karl
60	PARKES, Alex
61	PITTS, Sarah
62	QUIRK, Ian
63	RAO, Stacey
64	RIDING, Paul
65	RINGHAM, Rebekkah
66	ROUSSEAU, David
67	RUSSELL, Patrick
68	SHEA, Seamus
69	SHIMMIN, Robert
70	SIMPSON, Andy
71	SKILLICORN, David
72	SMITH, Neil
73	SPENCELY, Gary
74	STEVENSON, Jane
75	STRODDER, Ian

Solos

No. Entrant

76	TAUBMAN, Raymond
77	VENABLES, John
78	WARD, Jessica
79	WARD, Matthew
80	WARNER, Andy
81	WESTMORLAND, Westy
82	WHALEY, Guy
83	WHITEHEAD, Paul
84	WOOD, Harvey
85	WOOD, Serena
86	YOUNG, Martin

Singlespeed

No. Entrant

501	COOPER, Simon
502	G, Johnny
503	KNEEN, Thomas
504	LEADLEY, Darran

E-Bike

No. Entrant

1201	BURROWS, Andrew
1202	CARRON, Lorna
1203	COPE, Suzanne
1204	CUTHBERT, Richard
1205	CUTSFORTH, Mike

Pairs

No. Entrant

Team

201	ASCROFT, Sapphire	Diehard an Pansy
202	CORKILL, Andrew	
203	QUIGGIN, Niall	Foxdale Freedom Fighters
204	SNAPE, Harry	
205	KNEEN, Alec	New Knees Please
206	NEWMAN, Joel	
207	CAIN, Sam	Rare Pair
208	KINRADE, Maria	
209	BULLOUGH, Judy	Tea and Cake
210	WILSON, Whizz	
211	ALLEN, Gary	The Skidmarks
212	LEECE, Aaron	
26	FAID, Anthony	Team Faid
27	FAID, Michael	

1206	HINDLEY, Peter
1207	HOLLAND, Lee
1208	HUGHES, Nick
1209	INMAN, Mark
1210	MACLEOD, Winkie
1211	MAZZONE, Ali
1212	MOORE, Martin
1213	MOORE, Sarah
1214	PARRY, Heather
1215	PORTER, Andy
1216	PURVES, Dave
1217	RIELLY, David
1218	SKILLICORN, Sean
1219	WESTMORLAND, Angie

Quads

No.	Entrant	Team
301	BURNS, Darren	3 Men and a Cleggy
302	CLAGUE, Stuart	
303	PHILLIPS, Barry	
304	WYLDE, Darren	
305	BREW, Christian	Collins Steel and The Wannabe Welders
306	COLLINS, Jack	
307	GAMES, Sam	
308	MURRAY, Carl	
309	COLLISTER, Russell	Cubbys Washed Up Has Beens
310	CUBBON, Paul	
311	DYER, Peter	
312	SHIMMIN, Adrian	
313	BAXTER, Elliot	Cycle 360
314	BUCHANAN, Paul	
315	WOOD, Guy	
316	WOODS, Carl	
317	KENNISH, Dave	Fuelled by Pie
318	MACAULAY, Jason	
319	POTTER, Kelvin	
320	PRITCHARD, John	
321	BATE, Corey	Gotta Pump it Up
322	CAWKWELL, Bianca Dawn	
323	DE BACKER, Jan	
324	DUNLOP, Helen	
325	BIRCHALL, Neil	Manx Fell Runners (MTB divison)
326	COLBURN, Nicholas	
327	KNEEN, Paul	
328	SMITH, Orran	

Quads

No.	Entrant	Team
329	LEWIS, Egan	Santander International
330	O'NEILL, James	
331	STEVEN, Wade	
332	WINN, Richard	
333	CURPHEY, Rittchie	Team Gran Fondo
334	KELLY, Ian	
335	PHILLIPS, Paul	
336	ROCHE, Brayden	
337	BASS, Andy	Team Le Dans
338	CURPHEY, Will	
339	ROCHE, Andrew	
340	WATTERSON, John	
341	BROAD, Chris	Wiggly Worm Crew
342	GRIBBIN, Summie	
343	QUIRK, Neil	
344	RAND, Will	
345	CALLISTER, Juan	Cammal Toe Farm Racing
346	CORKILL, Jamie	
347	FARAGHER, Gavin	
348	WILLIAMSON, Pete	
349	BEATY, John	The Scone Runners
350	PARKER, Liam	
351	ROBERTS, John	
352	THORLEY, Ross	



 SCIMITAR

DOING OUR PART TO REDUCE PLASTIC WASTE

Our 2021 Jerseys are manufactured from sustainable, recycled materials.

Scimitar are proud to be leading the charge with the production of custom sportswear made with sustainable, recycled materials.

We're also making changes to our product packaging & marketing collateral to offer a sustainable, 360° service. By 2025, Scimitar aims to be a carbon-neutral sportswear brand with all production of polyester products sourced from sustainable, recycled fibre.

Why should you invest in recycled alternatives for your apparel?



The world consumes 1 million plastic bottles every minute. 80% of these end up in landfill. By switching to recycled fabric, you can help us bring this number down.

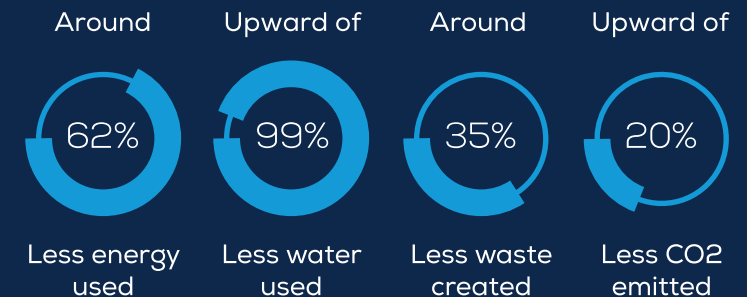


It takes between FIVE & SEVEN PLASTIC BOTTLES to make a Scimitar recycled running vest or technical t-shirt. That's the number of bottles saved from entering our ocean or disrupting wildlife ecosystems.

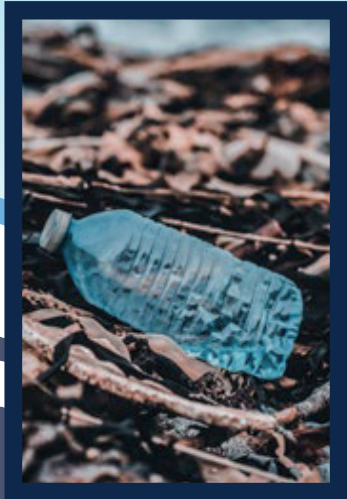


If every running vest, technical t-shirt & cycling jersey we produced in 2019 was made from our recycled fabric, we would have recycled and reused over 4 MILLION RECYCLED BOTTLES.

It's not just the recycled bottles that have a positive impact on the environment. Compared to the manufacture of virgin polyester, mechanically-recycled polyester, (per 1kg of woven polyester fabric) result in:



RECYCLED PROCESS



STEP 01

Pre-consumer fibre waste and post-consumer plastic are collected & collated.



STEP 02

Collected plastic is cleaned, treated and readied for production at the factory.



STEP 03

The cleaned plastic is then cut and shredded into small chips.



STEP 05

The chips are stretched and formed into pellets thanks to a heating process.



STEP 04

A second wash is then conducted to thoroughly clean and prepare the plastic.

STEP 06

The pellets are melted and pushed through holes to create microfibres.



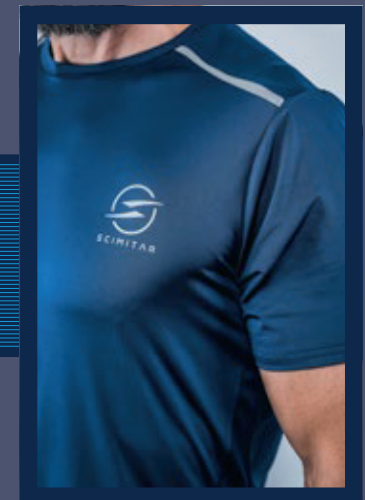
STEP 07

Extruded fibres are bound together and produced into a yarn ready for use.



STEP 08

The recycled yarn is then ready to be used to produce recycled sportswear.





ABSOLUTE

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- Linting Lintels • Patchy Plaster • Crumbling Chimneys • Grungy Gutters

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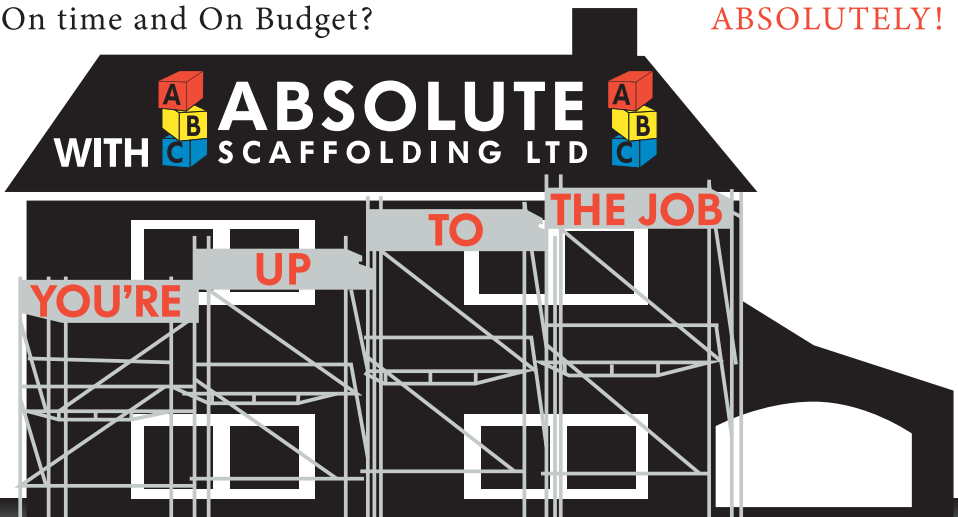
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Qualified, Experienced Workforce?

ABSOLUTELY!

On time and On Budget?

ABSOLUTELY!





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Important Notes



Marshalling

All riders are designated as travelling marshals - you must carry your mobile phone with you at all times. If you find (or are involved in) an incident, ring event control on 07624 453016. Please programme this number into your phone.

Hazards

- a. **COURSE CROSSOVER:** There is a course cross over point just before the second tree run. This will be clearly marked and should be treated as a Double Down Arrow section. Riders on the out lap need to be aware of riders coming from the right and riders on the return lap need to be aware of riders from the left and should give way to these riders.
- b. **BRIDGES & BOARDS:** There has been extensive work undertaken to add something different to the course and we would ask riders to proceed with caution until they become familiar with these new sections and features and report any issues to event control.
- c. **OTHER PLANTATION USERS:** The plantation and course are not closed to the public. Notices have been posted on access points and hazard tape used on junctions demarcating the course. Please consider all other users and remember your trail etiquette.

Timing

- a. **START:** The race starts at 12 noon precisely on Saturday. There will be a large race clock at the start, which shows the countdown to the start. When this reaches zero, the race is on! After the race has started, the clock display will be changed so that it displays the amount of time remaining; that is, counting down from 24 hours to zero (12 noon on Sunday).
- b. **NUMBER PLATE TAGS:** At registration, you will be issued with an A5 race number and zip ties for attaching to your bike. The number also contains your timing chip, which will record each lap, so it is important that it is mounted correctly. Attach the number to the front of your bike, tying it to the handlebars and/or gear/brake cables. Please do not fold or cut the number and do not wrap it around forks/tubes etc as this will prevent it from working correctly. Also, do not clamp it over-tightly around the handlebars as this can damage the sensitive chips on the back of the plate.

If you have ordered multiple race numbers, you can attach one to each bike. Otherwise, if you swap bikes during the race, you will have to move the number to the bike you are using. At the end of each lap, you will cross a "mat" by the timing trailer and will hear a "beep" that confirms your time has been recorded. If you do not hear the beep, please alert one of the organisers and ask them to record the time of day. If necessary, we will check your chip for you. Provided that you have mounted the number correctly, this is very unlikely.

Please note that the mats are very sensitive and will pick up from up to 3 metres away. Please keep your bike well away from the mat area when not riding. Additionally, there will be an intermediate timing point positioned around the course that is used to verify completion of a full lap. The location of this may vary during the race.

- c. **SCOREBOARD:** There will be a scoreboard display located in the marquee. This will show the current number of laps that have been completed by each team and solo rider. All results will be streamed live during the race and can be found at www.manxtimingsolutions.com. From here you will be able to check on the overall results as they happen and also check the individual lap times for your team.

LANDSCAPE

● IM

Night Riding

Lights must be working - front and rear lights must be used during the darker hours and on STATIC not flashing! The course has been well marked with hazard/tiger tape as well as directional arrows, some reflective, to help you. If you come across any breaks in the tape, please report it to event control.

Team Changeover

The team changeover will be on the stretch of Fire Road immediately after the timing mats. Take-over riders should assemble on the path side of the fence where the finishing rider should hand over the 'wrap strap' to the take-over rider who then continues the lap. The finishing rider must dismount to return to the car park via the footpath. Please do not ride back down the course.

Rider Etiquette - Overtaking

If you are caught by a faster rider, please allow them to pass at the earliest convenient point. Please check behind you as you enter any sections of single track. Faster riders should give a clear 'Passing Left' or 'Passing Right' as they approach the slower rider and allow them adequate time to move. Faster passing riders should at all times give plenty of space when passing as it can be very unnerving for slower riders to be 'buzzed'.

Any riders being reported to event organisers for buzzing or not showing proper trail etiquette will be penalised and have a lap deducted for each and every infringement. We take the safety of all riders seriously and will not tolerate inconsiderate riding and will operate a 'two strikes and you are out' policy.

Parking and Camping

- a. **THE CAR PARK:** We would ideally like to use the main plantation car park as a pedestrianised area for visitors and spectators. The course does not enter the main plantation car park so riders should refrain from cycling in this area and dismount when passing through. The entrance to the car park and plantation should be kept clear at all times to allow for easy access of the emergency vehicles should they be required.
- b. **PARKING:** Due to safety issues raised after 2012's event, there will once again be NO PARKING on the road side of the plantation and traffic cones will be in situ. We have the use of the fields immediately opposite the main plantation car park which will be signed as Parking / Camping. There will be a donation bucket at the entrance of the field for parking; the money raised from parking helps go towards the continued use of these fields.
- c. **MOTORHOMES:** People who intend to bring a motorhome should contact the event organiser (Gary on 453016) prior to arriving. If you intend to park your motor-home before Saturday morning, we would ask that you contact us as we will need to ensure we have access and space for official vehicles (timing trailer, first aid etc). Please be aware that you may be asked to move your vehicle to assist us with this as well as to accommodate other motor-homes.
- d. **CAMPING:** If you wish to camp, there will be a minimum donation of £5. When arriving at the plantation, please follow the signs for the camping field which is situated directly opposite the main plantation car park entrance. The camping field will be available after registration or if we have sufficient helpers it may be available late afternoon on Friday.

Rules and Regulations

It is important that you and your teammates and support crew read these very carefully.

Each lap is approximately 7 kilometres, under half an hour for the fastest riders, nearly an hour for those who are new to the sport or are just that we bit more relaxed about the whole thing.

The course will consist of a bit of everything, including wide single track, narrow single track with rocks, roots, mud, boardwalks, bridges, fast flowing single track, low gear uphill's, technical descents, plus fire roads. The event is for solo riders and teams and is in a relay format.

1. The mandatory pre-event meeting is at 11.00 am on Saturday for all team captains/team leaders, although all riders and crew are encouraged to attend. Teams must designate a captain/team leader, this will be understood to be No 1 on the entry form, to handle all official matters including pre-event meeting, making sure all teammates have completed any paperwork etc.
2. Each team and solo rider will be issued with a race number plate which will contain a timing chip and will be responsible for their timing/lap counting. In order for laps to count riders must cross the timing mats every time a lap is completed. Further instructions on the mats/chip use will be given at the mandatory pre-event meeting.
3. Each team member and solo rider must complete a minimum of one lap and will be issued with a 'rap-strap' which must be worn/visible at all times. The 'rap-strap' must be passed between team riders when changing rider.
4. If a team member cannot complete his or her lap, the team has the option of starting the lap again with a new rider. They will, however, lose the distance and time of the uncompleted lap. The replacement rider must cross the timing mat prior to starting the lap.
5. For obvious safety reasons, there is no reverse riding on the course.
6. Teammates may cannibalise each other's bikes or swap if necessary. Riders may accept mechanical support on the course by any other registered rider, official designated areas are the only areas where assistance from support crews is acceptable.
7. Riders may accept food and water from anyone on the course.
8. We suggest that each team and solo rider have a support crew of at least 1 or 2 people who are not taking part to assist with various jobs such as feeding and assisting with mechanical problems.
9. Toilets and bins will be available throughout the weekend. Please use the toilets provided and ensure all rubbish is disposed of in the correct manner; this includes punctured tubes and energy bar/gel wrappers and such like. There is STRICTLY NO FIRES or GROUND BASED BBQs within the plantation or camping fields.
10. Riders will need lights, which must be at least 4 watts and be secured to bikes or helmet. The event organisers will have the final say when lights should be used.
11. During the twilight hours, there will be a 'quiet zone' in force which will be clearly marked.
12. When lighting is required it will be against the rules for riders to ride with their lights out to save batteries. Riders violating this rule will have their current lap discounted.
13. For safety reasons only riders officially entered in the event or designated as "Official Course Marshals" may ride the designated course.
14. Wearing a buckled helmet is mandatory anytime you are on your bike not just when it is your lap.
15. All team captains must attend the pre-race meeting at 11.00 am on Saturday.
16. Ignorance of any rule will not be accepted as an excuse.
17. Foul or dangerous riding will not be tolerated, unsportsmanlike behaviour is totally unacceptable this includes the use of profane or abusive language to fellow riders, this rule is taken very seriously and anyone who violates this rule shall be disqualified from this and any future events.
18. Shortcutting the course can be grounds for automatic disqualification of the solo rider or the entire team. If a rider makes a mistake and they report to officials before it is discovered, a time adjustment will be applied rather than a DQ.
19. Riders are not permitted to draft from or be drafted by a rider of the same or opposite sex. Riders cannot be paced by spectators or helpers, even if that person is not on the course. For example, if the course parallels a road, your helper cannot ride on the road and pace you during the event. Riders who break the drafting or pacing rules will receive a warning from race officials. The Senior official on-site can apply a penalty of one lap removed from their event tally for each subsequent warning they receive during the event. A rider cannot enter the event with the purpose of helping another rider. For example, if a rider rode 3 laps then took a 10 hour rest, then resumed to the event but was ruled to be drafting, pacing or assisting a rider who had been riding continuously, then both riders would be disqualified.
20. A rider can only enter one category in the event, Solo, Solo-Singlespeed, Pairs or Quads. For example, a rider entering the Solo-Singlespeed category is not eligible for the Solo category.
21. A rider walking their bike must give way to a rider who is riding. If you are walking your bike, make sure you leave plenty of open track for the other riders. The rider being overtaken has right-of-way (unless they are walking their bike) until the overtaking rider is past and clear by one bike length. If you want to pass the rider in front on single track, call out "TRACK". When the rider in front feels it is safe to pass, they will pull over to one side and call "PASS". They may also call out "ON MY LEFT / ON MY RIGHT". Let the rider in front know what you are doing by calling "ON YOUR LEFT / ON YOUR RIGHT". If there will be more than one rider passing, let the rider in front know that as you pass them by calling, for example, "TWO MORE COMING THROUGH". If you do not make this call, the rider in front will assume you have decided not to pass and will return to the centre of the track. The rider in front is under no obligation to let you pass, but slower riders and lapped riders should not delay faster riders unless it is unsafe to let them pass. Remember, if you are the overtaking rider, the conditions you feel are safe may not be considered safe by the rider you want to overtake. They may be less experienced than you, or they may have seen something on the track that you have not. Overtaking is not allowed on bridges or constructed ramps.
22. Safety on the course is our primary concern. All riders are designated as travelling marshals and if you come across an injured or a potentially unsafe situation, you are encouraged to stop and assist.
23. The decision of the event organisers and/or official event Commissaire is final.
24. And finally...HAVE FUN!!!

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