



# Manx Mountain Marathon 2010 part of the Vasque Ultra Running Championships

## Official Entry Form

**Organising Club:** Manx Fell Runners (Held under F.R.A. rules)  
**Date of Event:** Easter Saturday - April 3<sup>rd</sup>, 2010  
**Minimum Age:** 18 years (on 1 January 2010)  
**Send entry to:** Mr Dave Quine, Entries Secretary, 3 Station Road, Peel, Isle of Man IM5 1AY  
**Entries Close:** Saturday 27th March 2010

Affiliated to IOMAA, NCAA,  
 FRA  
[www.manxfellrunners.org](http://www.manxfellrunners.org)

**Confirmed entries will be posted on the Manx Fell Runners website**

**Start Times** (please tick one box)

(This is a demanding course that requires an average speed in excess of 3 miles per hour)

- Early Start MMM – 7:30 a.m (if you expect to finish in over 7 hours)**  
 **Mass Start MMM – 9:15 a.m (if you expect to finish in under 7 hours)**

I understand that this race is held in accordance with both the rules and safety requirements of the FRA. I agree to abide by the Organising Club's rules and requirements in connection with the race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at entirely my own risk. I undertake to relieve and indemnify the Organising Club, its officials and volunteers of all liability whatsoever for any death, injury or loss of any nature I or my family or my other dependents may suffer arising out of my participation or attending the race or as a consequence of my so doing. I am at least 18 years of age on the 1 January 2010.

<b>First Name</b>		<b>Surname</b>	
<b>Address</b> <i>(include Post Code)</i>			
<b>Temporary Address</b> <i>(if visiting Isle of Man)</i>			
<b>E-mail Address</b>	<b>Contact Number</b>	(            )	
<b>Date of Birth</b>	<b>Age (on 03/04/10)</b>		
<b>Emergency Contact</b> <i>(Name and Number)</i>			
<b>Club</b>	<b>Newcomer</b>	<b>Yes/No</b>	
<b>Category</b> (tick as appropriate)			
Male	MV40	MV50	MV60
Female	LV40	LV50	LV60
<b>Signed</b>			<b>Date</b>

**T-shirt size** (please tick)    S                                  M                                  L                                  XL

Single Race Entry MMM @ £25.00 <i>(includes race entry, post race meal, t-shirt and finisher's certificate)</i>	£
Guest's Post Race Meal @ £12.00 per person	£
<b>Bus Transport (TRANSPORT MUST BE BOOKED)</b>	
Port Erin to Ramsey depart 6.00am @ £5	£
Douglas to Ramsey depart 6.00am @ £5	£
Port Erin to Ramsey depart 7.30am @ £5	£
Douglas to Ramsey depart 7.30am @ £5	£
Port Erin to Douglas depart 9.00pm @ £5	£
<b>TOTAL - Cheques payable to "Manx Fell Runners"</b>	£



# Manx Mountain Marathon & Half Marathon 2010

## Race Information – as at November 2009

### Compulsory Equipment

Competitors must arrive at the race carrying all of the following equipment for the duration of the race:

- a) Waterproof whole body cover
- b) Other body cover appropriate for the weather conditions
- c) Map and compass suitable for navigating the course
- d) Whistle
- e) Emergency food ration

Equipment spot checks will be taken at the start and the finish. This rule will be strictly enforced and any competitor found not to be in full compliance will automatically be disqualified.

### Mobile Phones

Competitors may wish to consider carrying a mobile phone. It could prove invaluable in an emergency. However, please be aware that at certain parts of the course the mobile network coverage is patchy or absent. If a competitor decides to carry a phone during the race, it would be useful to provide the phone number when signing on at Registration.

### Registration

MMM - St Paul's Church Hall, Ramsey on the morning of the race. Registration for early start 6.45am to 7.15am

Registration late start 8.00am to 8.45am. Competitors must register in person.

HMMM - St Johns Car park from 11.30am to 12.15pm

### The Start

Manx Mountain Marathon – The start is from Market Square, Ramsey

Half Marathon – The start is situated close to the beginning of the Patrick Road in St. Johns

### The Course

A description of the course can be found on the Manx Fell Runners website ([www.manxfellrunners.org](http://www.manxfellrunners.org)). The Organising Club reserve the right to change the course in any way they see fit.

### Cut-Off Times

Injebreck	12.15 pm	Round Table Cross Roads	3.45 pm
Greeba Bridge	1.30 pm	Finish	6.00 pm
The Sloc	4.45 pm		

Competitors failing to reach these counter checkpoints by the cut-off times must retire from the race if requested to do so by a race marshal.

### Race Numbers

Your race number must be clearly displayed on your front and must not be cut, folded or otherwise concealed in any way. Names or numbers are not permitted to be substituted.

### Electronic Timing

Checkpoints are mostly un-manned. Competitors will be responsible for checking themselves through using their timing dibber, which will be issued at Registration. There are also 6 counter checkpoints where competitors must ensure that their race number is recorded for safety reasons.

Each competitor is responsible for returning their timing dibber, otherwise face a charge of £20 to cover replacement.

### Road Safety

Parts of the course cross very busy main roads. These crossings will be marshalled. You must cross roads at the proper crossing points. Please follow and obey the instructions of the marshals and special constables at road crossings.

### Dogs Accompanying Runners

Dogs are not permitted to accompany competitors.

### Litter

Please do not drop or leave any litter.

### Retiring from the Event

If you are unable to continue or you realise that you will not reach the cut-off points in time, you may have to retire. Any competitor retiring from the race must either Report to a marshal or telephone Race Control on the number that will be printed on the reverse of each race number. Please do not drop out of the race without notifying a marshal or Race Control, otherwise this could lead to emergency services being mobilised to search for you on the fells.

### Transport

Transport will be arranged for those that request and pay with their race entry. Please arrive in good time as the transport must depart on schedule. Please be aware that transport is provided only for the full MMM.

The Port Erin Bus will pick up outside the Falcons Nest Hotel

The Douglas Bus will pick up at the lay-by in front of the Villa Marina Colonade on Douglas Promenade

### Team Event (Full Marathon Only)

Only bona fide clubs and HM Services teams allowed. The first 3 finishers from any category to count. Positions calculated on aggregate time.

### Post Race Meal

By way of ticket and served from 4pm onwards.

### Race Presentation

Commencing at 8pm. T-shirts for the full MMM and finishers certificates will be presented.