

PACING / CUT OFF INFO.

- For 100km its 7 mins 48 secs pace per km. (13 hours time limit)

That would get you back for **8pm at the latest.**

- For 75km its 8 mins 0 secs pace per km. (Total 11 hours time limit)

That would get you back for **6pm at the latest.**

- For 50km its 12 mins 0 secs per km. (Total 10 hours time limit)

That would get you back for **6 pm at the latest.**

We recommend that when pacing you try and make the first half of your race quicker as you slow as you fatigue in the later stages.

In circumstances where you fall way below these paces and the finish time is fast approaching, we may request that you withdraw. However, We want you to succeed and will do everything we can to help you achieve your goal. There will be a pick up car then sent to your location.

You will also have your number and timing device taken to signify that you are no longer in the race and are safe with your withdrawal.

Please see timing chart below, this will help you also work on your support crew locations. This is what all event staff will be working from in relation to cut offs.

PLEASE SEE PACING CHART BELOW (FOR MORE DETAIL SEE NEXT PAGE)

	START TIME	FINISH TIME (LAST)	PACE PER KM (to meet FT)	fastest 2016	slowest 2016
50km	08:30	18:30	12 Min 0 SEC	4min 24sec	11min 10sec
75km	08:30	19:30	8 min 0 sec	5min 14sec	7min 57sec
100km	07:00	20:00	7 min 48sec	4min 41sec	7min 50sec

PACING CHART

Location	Distance	Start	Finish	Total time	Pace per K to meet cut off	First through in 2016 with new start times (based on 2015 finisher times)	Last through	Cut off time
100K	Start	07:00	20:00	13 hours	00:07:48			
Walsden (OL14 7PU)	17					08:26	09:04	09:12
Rochdale (OL112PX)	32					10:53	10:53	11:09
Manchester (M46DJ)	50					11:15	13:05	13:30
Rochdale (OL112PX)	68					12:46	15:16	15:50
Walsden (OL14 7PU)	83					14:03	17:05	17:47
Mytholmroyd (HX78NR)	93					14:54	18:18	19:05
Finish	100					15:30	19:10	20:00
Fastest 2015 (per K)	00:05:06							
Slowest	00:07:18							
75K		08:30	18:30	10 hours	00:08:00			
Walsden (OL14 7PU)	17					10:03	10:16	10:36
Rochdale (OL112PX)	32					11:26	12:16	12:37
Oldham Turn (M242NJ)(not an aid station)	37					11:54	13:15	13:30
Rochdale (OL112PX)	42					12:20	14:00	14:08
Walsden (OL14 7PU)	57					13:50	15:55	16:10
Mytholmroyd (HX78NR)	67					14:39	17:20	17:30
Finish	75					15:27	18:25	18:30
Fastest 2015 (per K)	00:05:34							
Slowest	00:07:57							
50K		08:30	18:30	10 hours	00:12:00			
Rochdale (OL112PX)	17.5					09:47	11:20	12:00
Walsden (OL14 7PU)	33					10:55	13:50	15:06
Mytholmroyd (HX78NR)	43					11:39	15:27	17:06
Finish	50					12:10	16:36	18:30
Fastest 2015 (per K)	00:04:24							
Slowest	00:09:43							

