

Granite Peaks Ultras (80k & 50k) and Granite Peaks 25k: Operation Analysis and Control

Event - Hazard Analysis | Safety, Health, and Wellbeing Controls

These control measures are based on NIMRA mountain race guidance. Additional specific and/ or local hazards have been added to the Appendix of these control measures. The race organisers acknowledge that if found not to be following NIMRA advised controls that they may be prevented from staging future NIMRA races/ events.



Hazards and Possible outcomes	Safety, Health, and Wellbeing Controls
<ol style="list-style-type: none"> Mountain terrain (comprising, among others: large boulders, rocky surfaces, loose rocks, cliff edges, steep slopes (inclines and declines), slippery grass, hidden holes, crevasses, boggy ground, and river crossings). Changeable and potentially severe weather conditions (which, during a single event, could among other conditions alternate between high winds, rain, hail, thunder and lightning, sunshine, mist or fog, snow, and ice). Infections (e.g., CoVID-19, tetanus from scratches, Weils disease from rats and Lyme disease from ticks, cryptosporidium from contaminated water). Exhaustion Dehydration Hypothermia Hyperthermia Traffic at road crossings, lanes leading to start line and on short sections of road. Farm and forestry traffic on trails and tracks. Livestock and wild animals (e.g., sheep, hares, deer, birds, foxes, rats etc). Other mountain users and their pets (e.g., walkers, race competitors, non-competing runners, mountain bikers). Fire/ Smoke (note that occasionally there are fire outbreaks on the mountain) 	<p>Covid-Specific Controls</p> <ol style="list-style-type: none"> Runners, organisers, and marshals must not attempt or be involved in a race if they have any of the Covid-19 symptoms or if they have recently tested positive. All Public Health Agency guidance is to be followed before, during and after the race. <p>General Principles</p> <ol style="list-style-type: none"> This race is restricted to senior runners. Runners take primary responsibility for their own safety, health, and wellbeing in the mountains. Runners are to familiarise themselves with the local terrain and have the necessary skills to cope with any navigational problems they encounter. By entering the race, a runner is confirming they are fit and healthy and that they have experience, capacity, and capability to undertake the race. Drivers should drive and park with care around the race HQ and car share were possible. Runners flouting race rules and/ or hazard controls will be disqualified and may be refused entry to future races. Running/ trekking poles ARE NOT permitted at NIMRA races. Additional race-specific controls are appended to this Control Sheet (Page 3). <p>Pre-race</p> <ol style="list-style-type: none"> Runners are to familiarise themselves with and ensure that they comply with the 'On the Day' Race Rules, available at Race HQ. Runners must attend pre-race briefings and cooperate with all kit checks. Runners are to have the mandatory minimum race kit, which comprises: <ol style="list-style-type: none"> Footwear suited to the race terrain, Waterproof whole-body cover (with taped seams and integrated attached hood), hat, and gloves, Map of route, whistle, and compass, Bivouac (aka bivvy) bag, Emergency Foil Survival Blanket, and Fully charged mobile phone with the race director's number(s) stored (Note: mountain rescue call is 999 – Ask for 'Police' then 'Mountain Rescue') Tracking device (supplied at Registration), Thermal layer, Head torch, and Emergency food and drink (minimum 500 ml water bottle). Any updates to the mandatory kit will be communicated at race registration. Runners may be required to carry additional race kit, which will be communicated to runners in advance of the race. Electronic tracking is being used; therefore, runners are to ensure that they have confirmed the trackers' readiness before approaching the starting line. The race organising team is to determine whether the race is to be cancelled or diverted to an alternative safer route if severe weather is forecast. Runners who, having registered, opt not to start the race are to inform the race organising team. A runner may be withdrawn from the race if the race organising team suspect they are inadequately prepared, are missing any of the required kit or lack the necessary experience capacity, and/ or capability to complete the race.

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Appendix – Additional Race Specific Safety, Health, and Wellbeing Controls

Name of Race:	Granite Peaks Ultras (80k & 50k) and Granite Peaks 25k		
Date of Race:	25 th May 2025		
Race Director:	Ciarán McAleenan		
SHW Assessor:	Ciarán McAleenan		
Additional Safety, Health, and Wellbeing Controls (if none write none and sign the sheet and attach this to any request for Race Permit)			
<ul style="list-style-type: none">Stream crossings at Ulster Way/ Mourne Way just along from Sheep Pens at top stile on Trassey and along the section just below Rocky Mountain – marshals are to check water levels on day before race. Any increased water levels to be reported to runners at the race briefing.Mark the section between Brandy pad and foot of Rocky Mountain (trail fades in and out)A short section of road is used to exit Tollymore Forest and enter Trassey Track. Runners are to keep to the road edge and not stray out onto Trassey Road.No additional hazards or controls have been noted.			
Signed Race Director		Date	04/05/2025
Name of Race Director	Ciarán McAleenan		
Signed by SHW assessor		Date	04/05/2025
Name of Race SHW assessor	Ciarán McAleenan		
Please note that maps of the 3 race routes accompany this assessment (See below)			

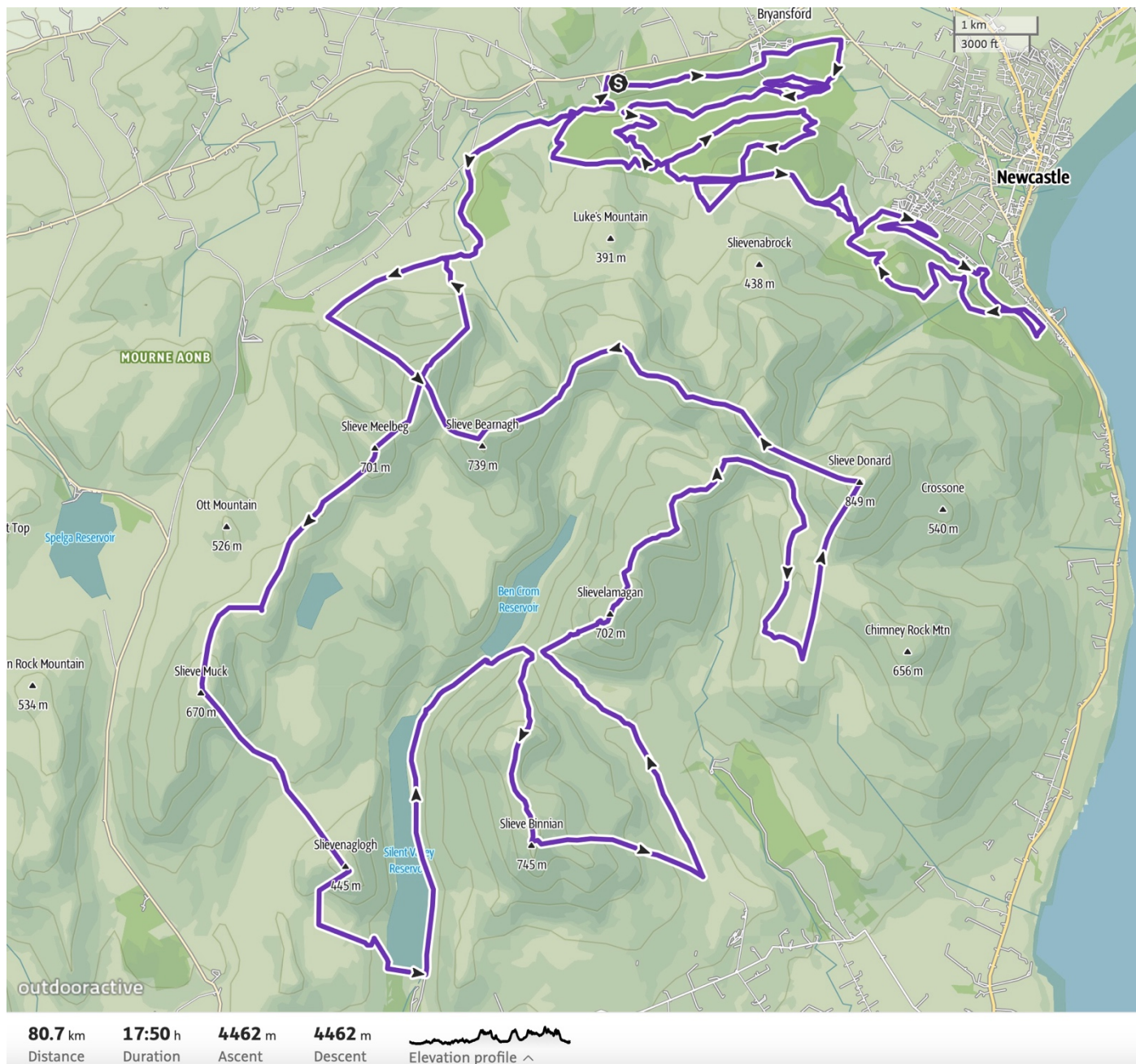
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Granite Peaks Ultra 80k



Map courtesy of outdooractive.com © Route copyright Ciarán McAleenan

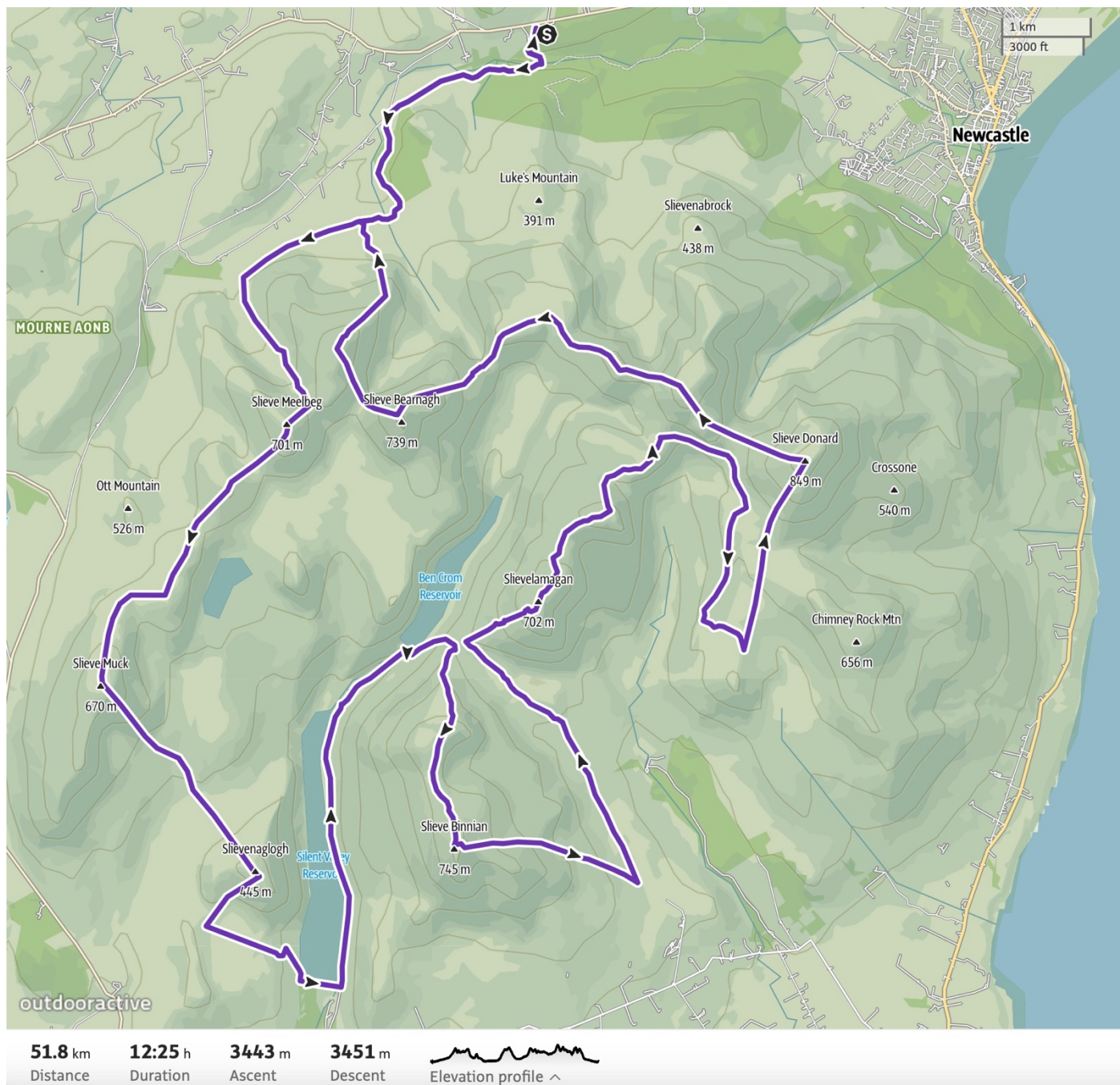
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Granite Peaks Ultra 50k



Map courtesy of outdooractive.com © Route copyright Ciarán McAleenan

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Granite Peaks 25k

