

These control measures are the result of a thorough assessment of the hazards that may be present or may become apparent during the the100k, 50k and 25k mountain races. Runners are to familiarise themselves with the hazards & controls and in signing up for the race agree to abide by the controls laid out below.

Hazards and Possible outcomes	Safety, Health, and Wellbeing Controls
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, influenza, norovirus, tetanus from scratches, Weils disease from rats and Lymes 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)	Health Protection – Notifiable Infectious Diseases - Runners, organisers, and marshals must follow all Public health Agency Guidance and not attempt or be involved in a race if they have any notifiable infectious diseases (such as Covid-19 & influenza – full list available: PHA website). General Principles - These are seniors only races. Runners on the 25k must be at least 18 years old on race day. Runners on the 50k and 100k must be at least 20 years old on race day. - Runners take primary responsibility for their own safety, health, and wellbeing. - 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 that 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, near aid stations (where permitted) and car share, where possible. - Runners flouting race rules and/ or hazard controls will be disqualified and may be refused entry to future races. - Running/ trekking poles are permitted, outside the start/ finish area and not at aid stations. - The use of GPS devices are permitted. Pre-race - 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: - Footwear suited to the race terrain, - Waterproof whole-body cover (with taped seams and integrated attached hood), hat, and gloves, - Map of route and GPX loaded on watch or phone - Whistle, and compass, - Emergency Foil Bivouac (aka bivy) bag, - 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, minimum 200 lumens with spare battery (for the 100k race a second head torch (minimum 200 lumens) and second spare battery is required), - Emergency food and drink (minimum 1.5l water carrying capacity for the 50k & 100k races and a minimum 1l water carrying capacity for the 25k race), and - Collapsible cup. - Any updates or adjustments to the mandatory kit is to be determined by the race directors and will be communicated ahead of the race or at race registration. - Runners may be required to carry additional (hot weather/ cold weather) 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 directors are to determine whether the race is to be postponed, cancelled or diverted to an alternative safer route if severe weather is forecast. - Runners who, once registered, opt not to start the race must inform the race organisers. - 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 (25k, 50k and 100k)		
Date of Race:	16 th and 17 th April 2027		
Race Co-Directors:	Matt O'Reilly and Ciarán McAleenan		
SHW Assessor:	Dr Ciarán McAleenan		
In the week leading up to the races the Race Co-Directors and the SHW Assessor are to review the course against the controls listed above and add any necessary additional Safety, Health, and Wellbeing Controls.			
Signed on behalf of the Race Directors		Date	16 th October 2026
Name of Race Co-Directors	Matt O'Reilly and Ciarán McAleenan		
Signed by SHW assessor		Date	16 th October 2026
Name of Race SHW assessor	Dr Ciarán McAleenan		

Please note that maps of the race routes are available on www.granitepeaksultras.com