



## **NIMRA GRANITE PEAKS 10K**

**British Champs  
Short**

**24<sup>th</sup> May 2025**

### **Final Instructions for Runners**

First of all, can I welcome everyone on behalf of the NIMRA committee to the Majestic Mourne. We hope you have an excellent race. The weather is looking rather murky for Saturday but let's hope it improves.

#### **Race Base**

Happy Valley, Trassey Road. (293 297 w3w ///waltz.marble.extend)

**Registration** opens at 9.30

**Race** starts 11.00

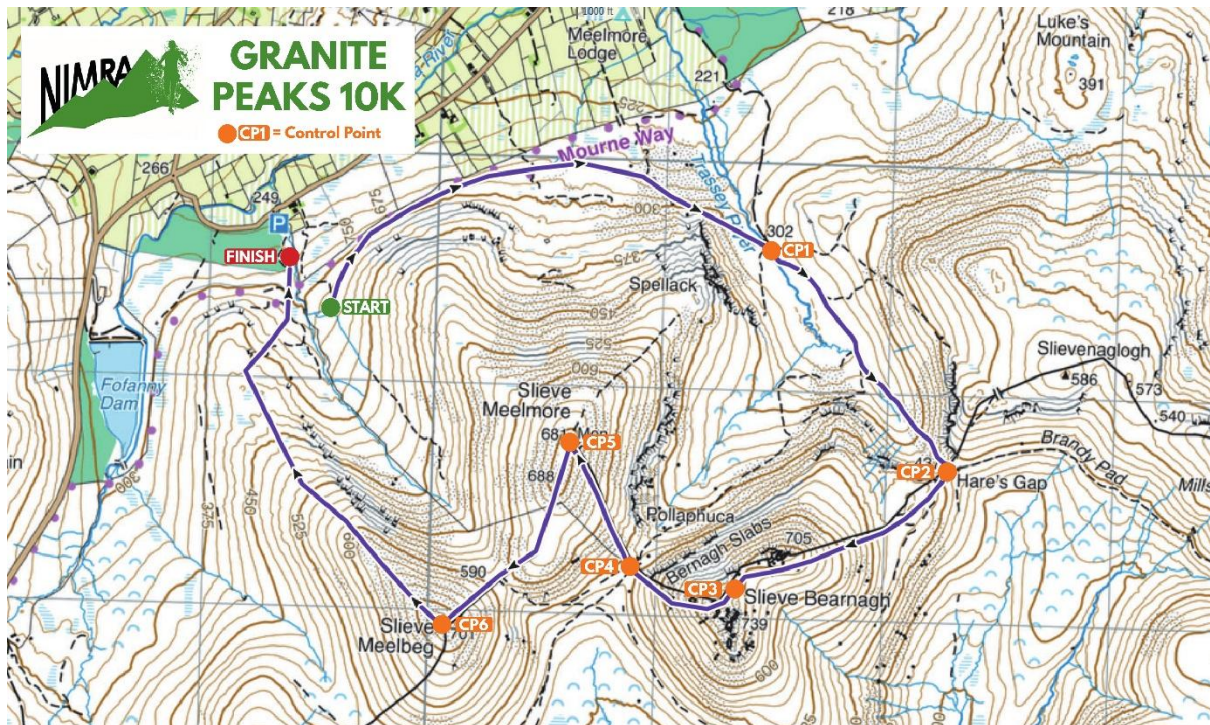
**Car parking** in field beside Race HQ. please follow marshals' instructions.

**Toilets** in carpark. Please note the field is grazing ground for a local farmer. NO LITTER

#### **Route description**

Starting in Happy Valley with a gallop along the Ulster Way initially dropping gradually downhill before turning south and climbing to cross the Trassey River at a ford and pick up the Trassey Track. Heading increasingly steeply upward to cross the Mourne Wall at Hare's Gap before turning west to climb the iconic Slieve Bearnagh passing its majestic granite tors (280m climb in just over a km).

A steep descent down the rocky slopes to Polluphuca (Gap of the Malevolent Fairies) before starting the Meel's rollercoaster. Slieve Meelmore first, climbing alongside the Mourne Wall on rocky ground to the Summit Tower. Then descending again to the col as it becomes grassy before the climb up Slieve Meelbeg. Finally, a super-fast descent down the north ridge of Meelbeg to the finish at the corner of the wood back at Happy Valley.



CHECKPOINT	GRID REFERENCE	DESCRIPTION	DIBBER
CP1	314 295	FORD	NO
CP2	323 287	HARE'S GAP THROUGH GATE- Dibbers after gate	YES
CP3	313 281	HIGH CRAG AT CORNER OF WALL – Dibb and enjoy the descent	YES
CP4	309 282	COL BESIDE STILE	NO
CP5	306 287	WALL MEETS TOWER -Go over stile after Dibbing	YES
CP6	301 279	SUMMIT CAIRN BESIDE BEND IN WALL- go round cairn after Dibbing	YES

#### Required Kit

You must start and finish with full mandatory kit as outlined by the FRA.

- Waterproof whole body cover (with taped seams and integrated attached hood)
- Hat, gloves.
- Physical map of the route (Harvey Superwalker Mournes or OSNI Mourne Activity map)
- Physical compass, not electronic.
- Whistle
- Emergency Foil bag
- Emergency food
- NO walking poles allowed

There will be marshals at each Control point. You MUST advise a Marshal if you are retiring from the race and inform the Race Finish that you are safely off the hill.

Retired runners Must not cross the finish line.

Respect your fellow runners and their personal space. Help anyone in distress.

There is no water provided on the course.

### **Catering**

Unfortunately, with Tollymore Mountain Centre having suffered storm damage we have moved our catering to the Race base in Happy Valley. Tea, Coffee and food will be available when you finish.

### **Prizegiving**

Prizes will be awarded at approximately at 1.30 for both the NIMRA Granite Peaks and the British Championship.