



GRANITE **WEEKENDER2024**

GRANITE 100 AND GRANITE SPRINT
INFORMATION PACK

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EVENT SCHEDULE OVERVIEW

SATURDAY 31/08

From 15:00

Peninsula Hotel - Grand Havre Suite

Registration & Race Pack Collection

T-Shirt Collection (if ordered)

16:00

Peninsula Hotel - Grand Havre Suite

Race Briefing - all athletes



SUNDAY 01/09

05:45

Sign in & Timing Chip collection

05:45

Bag Drop & Transition Opens

06:45

Transition Closes

07:00

GRANITE 100 EVENT STARTS

07:05 - 07:10

GRANITE SPRINT EVENT STARTS

07:00 - 11:00

Breakfast baps / pastries / coffee etc

08:00

Live race commentary begins

11:00

BBQ Station Opens

14:00

Event Finish & Prizes - all athletes

REGISTRATION, RACE LICENCES & BRIEFING PRESENTATION

REGISTRATION - SATURDAY 31/08

Registration opens at 15:00 at the Peninsula Hotel in the Grand Havre Suite

ALL PARTICIPANTS MUST COMPLETE THE REGISTRATION.

In order to complete your registration you MUST bring:

- **Photo ID**
- **British Triathlon Federation (BTF) 'Race Pass' OR BTF Membership**

Once you have registered, you will receive:

- Race Pack (see below)
- Event T-Shirt (if ordered)

The event briefing presentation will take place at 16:00

RACE LICENCES (PASSES)

Granite 100 and Granite Sprint events are permitted by the British Triathlon Federation (BTF). To participate, all athletes are required to hold either a Race Licence (as part of your BTF membership) or a day Race Pass. This provides you with public liability insurance while competing. For more information and to purchase a Race Pass please click [here](#).

RACE PACKS

Your Race Pack will contain the following:

1. Coloured Swim Cap

- White cap - Granite 100
- Red cap - Granite Sprint

Please check you have the correct coloured cap!

2. Bib number & safety pins

- Bib numbers should be worn (race belt or safety pins) for the duration of the bike and run segments and be visible on your front when you cross the finish line.

3. Race Tattoos

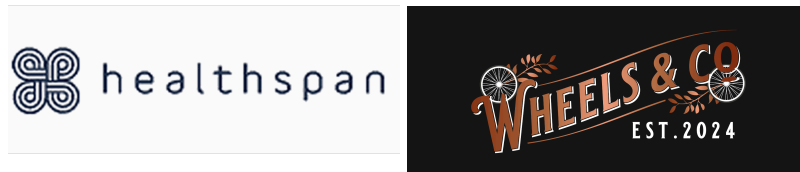
- Arm tattoos x 2
- Swim hat tattoo x 1

4. Race Stickers

- Helmet x 3 (should be placed front, left side, right side)
- Bike x 1 (should be placed on the seatpost)
- Bag x 1 (for any bags left in Bag Drop)
- Supporter x 1

Full details on how to apply the tattoos and stickers will be covered in the briefing

5. Extra goodies kindly donated by Healthspan and Wheels & Co



EVENT SITE FACILITIES

The event takes place on the grounds of the Peninsula Hotel. We ask that competitors and spectators be mindful of Hotel guests, and be aware that use of Hotel facilities will be restricted.

• PARKING

Parking is restricted around the event site.

- The Rousse access road will be closed to all traffic from 6.00am
- Rousse / Port Grat East car parks are reserved for event organisers and volunteers
- There is no parking available at the hotel
- Please do not park at the Puffin & Oyster

Please consider being dropped off or riding to the event from another nearby carpark. There will be some limited parking available at:

- Ronez (approx 30 car spaces)
- JH Mahy's Yard (approx 7-8 car spaces)
- TSL and access track (approx 20 car spaces)



Other public car parks around the area include Grand Havre, Amarreur and Port Grat West.

- **TOILETS**

- Participants and supporters will have access to Portaloos on the event site
- Public toilets are available at Rousse
- Hotel toilets are NOT available to event participants or supporters. Please help us respect the requests of the Hotel

- **CHANGING FACILITIES**

- There will be NO changing facilities available on-site

- **BAG DROP**

- The Bag Drop area is available at the hotel Function Room for all participants
- Please DO NOT leave bags in Transition
- Please clearly label bags using tags provided in your race pack
- All bags are left at your own risk

- **FOOD & DRINK**

From 7am there will be an Event Breakfast Menu offering breakfast baps, pastries, tea & coffee. This can be ordered directly from the hotel bar.

From 11am there will be an Event BBQ Station set up where there will be burgers, hotdogs, kebab skewers (vegetarian options) available to purchase. A Curry Station will also be set up that will serve curry, rice and noodles.

So you won't go hungry!

The bar inside the hotel will be open to athletes and supporters for all beverage options.

- **FIRST AID**

St John's will be on site during the event.

- **SPORTS MASSAGE**

The awesome team from CMC Wellbeing will be on site and ready to ease those weary muscles after your endeavours in the Quarry! One of their very own is even taking part! Treatments will be FREE to participants and they will be taking donations for a charity of their choice (TBC). Check out all the great stuff that they do [here](#).



- **MERCHANDISE**

If you did not pre-order an event T-Shirt, a limited number will be available for £20 on the day

EVENT DAY SIGN-IN

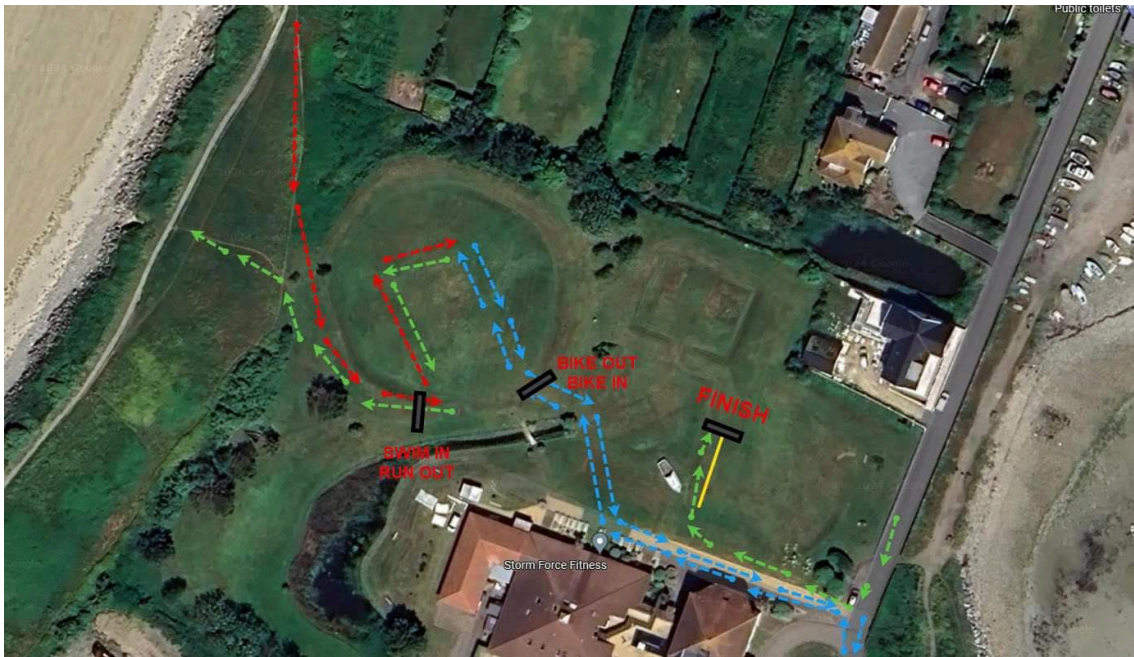
Sign-in will open on the event site at 05:45

Upon arrival please make your way to the Function Room to collect your timing chip, which must be worn around your **LEFT ANKLE**.

TRANSITION AREA & RULES

The transition area opens at 05:45 and closes at 06:45

- Your helmet and bike will be checked upon entry to the transition area by a BTF Technical Official. Please wear your helmet which should be fastened, ensure you have bar ends on your bike's handlebars and your brakes are in good working order.
- A bike mechanic from Wheels & Co will be on hand at the event site for last-minute mechanicals!
- There will be two 'zones' to segregate the Granite 100 and Granite Sprint events. You will be allocated a numbered position on the transition racking. Take special care to place your bike at your allocated position. Marshals will help you identify the correct spot.
- All equipment must be contained within your space, no bags or boxes are permitted. Please take extra care when removing your wetsuit after your swim and place it within your space.
- **Helmets must be fastened before unracking your bike and remain fastened until it has been re-racked. Time penalties will be issued for any infringements observed**
- Your race bib number is **mandatory** for the bike & run segment of your race
- The Mount & Dismount Line will be on the access road adjacent to the event site - **no cycling is permitted** within the Transition Area
- Transition flow (ins and outs) will be covered in full during the Event Briefing.



CUT-OFF TIMES (GRANITE 100 ONLY)

We want everyone to complete and enjoy the full course, however, for the safety of participants, volunteers, and crew, cut-off times are in place for the Granite 100 event.

SWIM

- Cut-off time = 1 hour from the event start time. Those who do not make the swim cut-off will not be able to start their bike leg.
- The bike exit will close 1 hour 10 minutes after the event start time. Any athletes still in transition will not be allowed on the bike course.

BIKE

- Cut-off = 5 hours from the event start time. Those who do not make the bike cut-off will not be able to start their run leg.
- Athletes who do not make these cut-offs may not remain on the course and will be collected by our race sweep vehicle.
- Organisers reserve the right to remove an athlete from the event at any stage if - in the view of the officials - they are unable to complete the bike leg before the cut-off.

RUN

- Cut-off = 7.5 hours from event start time

RACE START TIMES

All competitors need to be on the beach no later than 06:50.

Any footwear left on the beach will be at your own risk.

VERBAL BRIEFING

- The Race Director will give a short briefing before the start of the race - please listen to any final announcements made prior to the start of the event.

START LINE UP

- Granite 100 competitors will be called to the start line first.
- There are no number allocations along the start line - you may choose your position anywhere along the start line.
- Granite Sprint competitors will be asked to stay in a waiting area on the beach until Granite 100 competitors are underway.
- Granite Sprint competitors will then be called to the start.

EVENT STARTS

- Granite 100 will start at 07:00
- Granite Sprint will start at approx 07:05
- Both events will be given a short countdown and one blast of the starting HORN



THE SWIM

The Primary Swim circuit will take place at Port Grat.

Granite 100: 2km (2 anti-clockwise laps)

Granite Sprint: 1km (1 anti-clockwise lap)



- All swimmers will enter the water from a beach entry start.
- Swimmers must keep the turn buoys on their LEFT shoulder.
- Granite Sprint competitors will exit the water via a finish bobber after completing one lap.
- Granite 100 competitors will make a fourth turn to start a second lap.
- All swimmers will leave the water and exit the beach via the steps in the northern corner of the beach and run approximately 200m into the Transition Area.

WETSUITS

The water temperature will likely be between 17-18 degrees C on event day. This will be checked and confirmed at the Saturday briefing. Wetsuits will be optional for BOTH events, if the water temperature exceeds 16 degrees C.

A water safety team, including a guard boat, will be present at all times. If you need assistance, roll onto your back and raise an arm.

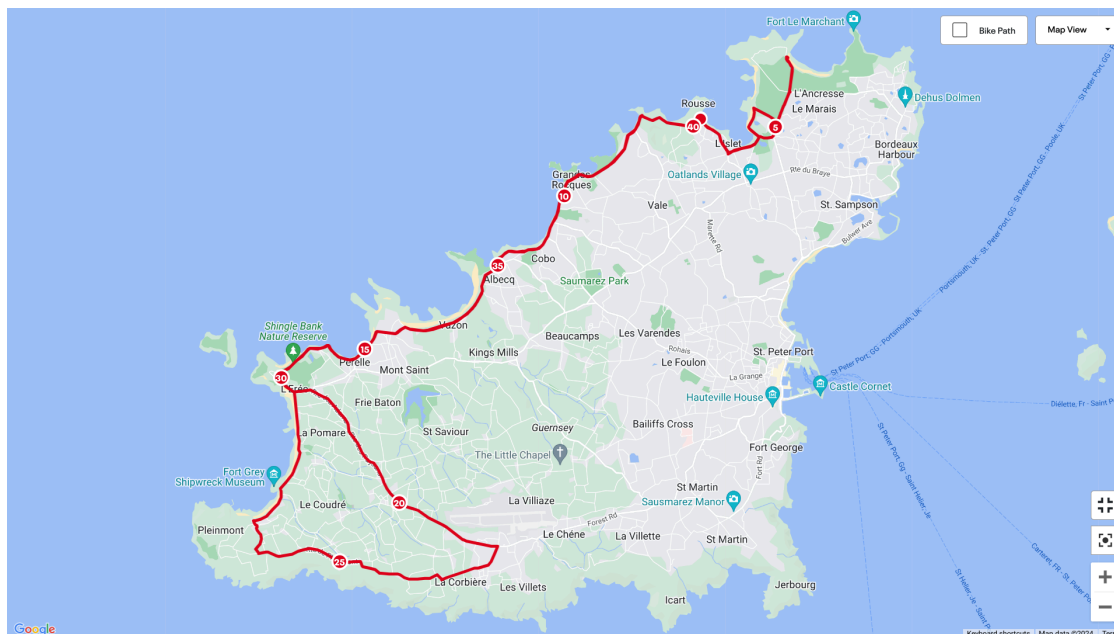
The swim cut-off time for Granite 100 participants is one hour from the event start time. If you do not make the swim cut-off, you may not start the bike leg.

All swim details will be covered in the Event Briefing on Saturday before the event.

THE BIKE

GRANITE 100 BIKE ROUTE

Click [HERE](#) to view the route in Map My Ride.



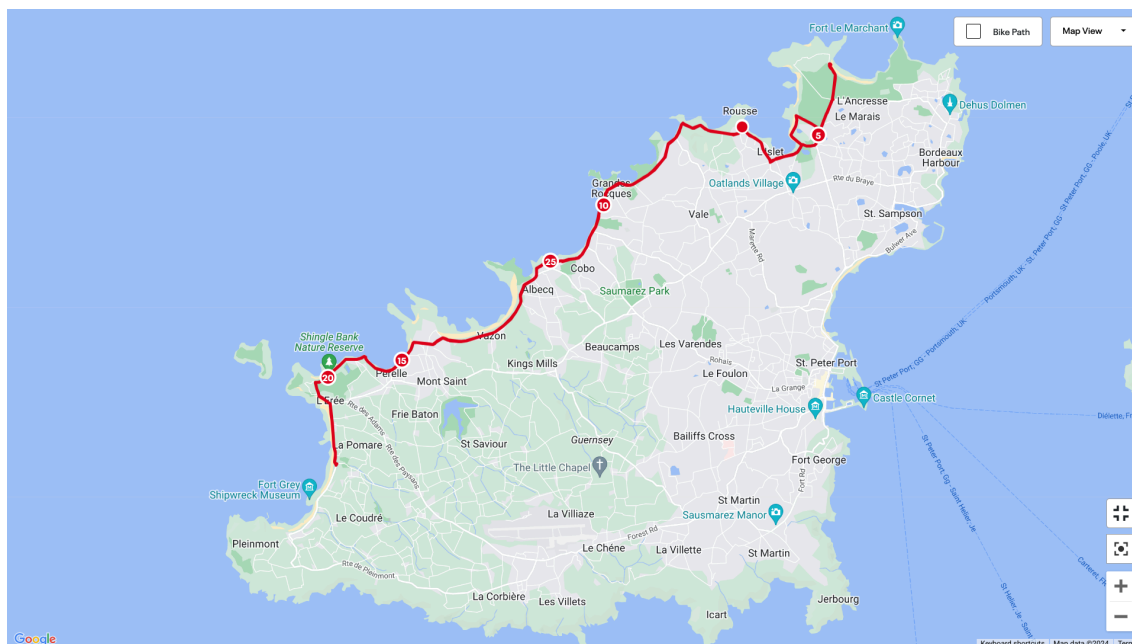
- Granite 100 participants will complete two laps of a 40km circuit.
- **All roads are OPEN to public traffic - rules of the road apply at ALL times.**
- There will be a **Neutralised Zone** from the top of Pleinmont Hill to the bottom of Pleinmont Hill (Yellow Line) - riders should not be on aero bars and no overtaking in this zone. This is for your safety and full details will be provided in the briefing.
- This is a **NON-DRAFTING EVENT**. Several 'Draft Buster' motorcycles will be patrolling the course. Penalties will be issued if an infringement is observed. An explanation of drafting can be found [here](#). Full details of what to do if issued a penalty will be provided in the briefing.
- **No littering on any part of the course.** Keep your litter on your person or dispose of it at the designated litter zone. Any littering observed will result in the disqualification of the participant. There are no excuses.

BIKE AID STATION & LITTER ZONE

- There is a 'Specific Needs' Aid Station at the Pembroke Turnaround. You may leave your gels / drinks bottles etc at Sign In in order for them to be placed at the aid station
- Please ensure any items for this aid station are **CLEARLY MARKED** with your name and race number
- Water will be provided at this station
- There is a designated Litter Zone which **MUST** be used to dispose of any wrappers / litter you produce during your cycle

GRANITE SPRINT

Click [HERE](#) to view the route in Map My Ride.



- Granite Sprint participants will complete one lap of a 30km 'out & back' circuit.
- **All roads are OPEN to public traffic - rules of the road apply at ALL times.**
- This is a **NON-DRAFTING EVENT**. Several 'Draft Buster' motorcycles will be patrolling the course. Penalties will be issued if an infringement is observed. An explanation of drafting can be found [here](#). Full details of what to do if issued a penalty will be provided in the briefing
- **No littering on any part of the course.** Keep your litter on you or dispose of it at the designated litter zone. Any littering observed will result in the disqualification of the participant. There are no excuses

All bike details will be covered in the Event Briefing on Saturday before the event.

THE RUN

GRANITE 100 RUN

Click [HERE](#) to view the route in Map My Ride.



- Granite 100 participants will complete two laps of the 9km run circuit, including **TWO** descents and ascents of Les Vardes quarry, a unique and challenging feature of the event taking you 82m below sea level, TWICE!
- DOWN IN THE DEPTHS OF THE QUARRY you will find the **PARTY PIT** and our **Granite DJ** playing motivational tunes / bangers to help you **FIND YOUR GRIT**. On your second ascent out of the quarry, look forward to being very close to finally entering the FINISH CHUTE and completing your 100k race.

MANAGED CROSSING POINT

- You will be crossing the main coastal road to access the quarry via a designated crossing point managed by Civil Protection personnel
- **You MUST not cross the road at any other point**
- Full details will be covered in the briefing

AID STATIONS

- There are three aid stations on the route, providing water, electrolyte drink, Cola, bananas, and sweets
- Station 1 = on the coastal path between Port Grat and Rousse
- Station 2 = Grand Havre
- Station 3 = top of the Quarry

Click to view [Aid Stations](#) locations.

GRANITE SPRINT RUN

Click [HERE](#) to view the route in Map My Ride.



Granite Sprint participants will complete one lap of the 6km run circuit to include one descent and ascent of Les Vardes quarry, a unique and challenging feature of the event, taking you below sea level.

DOWN IN THE DEPTHS OF THE QUARRY you will find the **PARTY PIT** and our **Granite DJ** playing motivational tunes / bangers to help you **FIND YOUR GRIT**. Once you ascend out of the quarry, make your way along the coastal path to the **FINISH CHUTE**.

MANAGED CROSSING POINT

- You will be crossing the main coastal road to access the quarry via a designated crossing point managed by Civil Protection personnel
- **You MUST not cross the road at any other point**
- Full details will be covered in the briefing

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Click to view [Aid Stations](#) locations.

FINISH AND PRIZES

Upon completing the race ALL participants will receive their exclusive Granite Weekender Medal

Please then relax and enjoy supporting your fellow Granite athletes finishing their events while sampling the refreshments and BBQ supplied by the Peninsula Hotel.

Our friends at CMC will be on site providing massage treatments for those tired legs.

PRIZES

- Prizes will be awarded to top 3 Female and Top 3 Male / Open category competitors in both Granite Sprint and Granite 100 events
- The prize-giving ceremony will take place at 14:00
- Prizes have been kindly donated by Ian Brown Cycles and Wheels & Co.

RACE RULES

Racing within the rules is essential to everyone's safety and enjoyment of the event.

Rules define the sport and protect competitive integrity.

The rules apply to all competitors whether 'competing' or 'completing' - **YOU CAN BE PENALISED OR DISQUALIFIED** if you infringe them. It is your responsibility to know the rules and ensure that you adhere to them.

BTF rules apply to this event. As the Race Organisers, we may also stipulate additional rules and requirements that we feel appropriate to this event. You can read the full BTF Rules [here](#) but below is a summary of some of the key points:

LITTERING

- Just don't do it
- Dispose of any litter at designated litter drop zones or after your race. Our Island is beautiful, and we want to keep it that way
- Any competitor observed littering will be disqualified

DANGEROUS RIDING

- **Racing does not mean reckless**
- This includes cutting corners (crossing the white centre line), riding on the wrong side of the road, failing to follow rules of the road, including stopping and placing your foot down at key junctions or failing to follow the rules in a neutralised zone
- The bike course is open to traffic and we urge all participants to respect other users, including other cyclists, pedestrians and drivers.

DRAFTING

- **Both events are non-drafting**
- Penalties will be given for drafting infringements e.g. riding too close to the rider in front without overtaking in the required timeframe. An explanation of drafting can be found [here](#)

ANTI-SOCIAL / UNACCEPTABLE BEHAVIOUR

- This includes urinating in public, aggressive or abusive behaviour towards volunteers, organisers, members of the public, and fellow participants

NUDITY

- This rule applies in the Transition Area and on the course: crop tops are not allowed, and tri-suit zippers must be pulled up when entering the finish chute

HEADPHONES & MOBILE PHONES

- Using headphones (including bone-conducting headphones) and mobile phones is **not permitted in the Transition Area or anywhere on the course**

TRANSITION ERRORS

- These include marking your spot, missing the mount / dismount line, failing to fasten your helmet before unracking your bike, undoing your helmet before re-racking your bike

SPONSORS & SUPPORTERS

A huge thank you to local organisations and businesses who have made invaluable contributions to the organisation and delivery of Granite Weekender.

