



Sunday 30 March

Adult Challenge Information Pack

OVERVIEW

Welcome challengers! We are looking forward to seeing all participants take on the quarry and obstacles on Sunday 30 March. The True Grit Wetwheels Challenge is a 4.3KM (approx.) obstacle challenge with a difference. The physical but fun route involves plenty of obstacles, tough terrain and challenging climbs, all whilst navigating around the gigantic Ronez machinery and equipment. For 2025, we have introduced even more obstacles to the running route so be prepared to climb, crawl and carry! There is also a run only option for those who want to experience a quarry run without the obstacles.

START TIMES

On registration, you will have selected your preferred starting time slot (**11:00, 12:00 or 13:00**). Organisers will allocate you into starting groups based on your time selection. If you have not selected a preferred start time, you will be allocated to one of the starting groups based on numbers. All racing will be finished by 15:00.

CHALLENGE PACK COLLECTION

Challenge pack collection will be held at the Rock n Road shop in Liberty Wharf on **Friday 28 March between 12:30 – 14:30**. One member of each team can collect the pack for the whole team.

If you can't make this time, you can collect your challenge pack on the morning of the event but please allow plenty of time for this.

CHALLENGE BIBS

All participants will be given their bib number when they collect their challenge pack. Please fill out the information on the back of your bib number.

You will need to safety pin your bib number to the front of your t-shirt and your bib number needs to be on show at all times when participating.



Please complete all details below in BLOCK CAPITALS using a ball point biro / waterproof ink.
Only the registered participant should wear this bib number. The swapping of numbers is prohibited and dangerous

EMERGENCY INFORMATION

YOUR SURNAME..... YOUR FORENAME.....

YOUR HOME ADDRESS.....

EMERGENCY CONTACT NAME.....

EMERGENCY CONTACT HOME PHONE..... EMERGENCY CONTACT MOBILE.....

IS ANYONE WITH YOU AT TODAY'S EVENT? YES ☐ NO ☐

IF YES WHAT IS THEIR NAME..... THEIR CONTACT NUMBER.....

PLEASE STATE ANY MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF.....

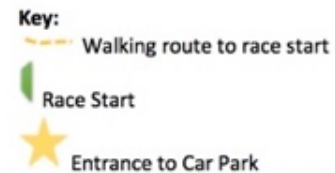
If you have any medical conditions or allergies please mark a large cross in RED on the front of this bib number



PARKING

Participants are able to park in the open field area, which is located on the road opposite Les Fontaines Tavern, please see map. There are limited spaces in this car park, so we strongly encourage participants to either car share, use public transport or get a lift to the event.

Car Park 1



WHAT TO EXPECT ON THE DAY?

- Once you have parked in the car park or been dropped off at the Ronez entrance, head to the event marquee to check in.
- After you've checked in, you can have a self-warm up, listen to DJ Nelson and listen for when you're called to the start line for your race briefing.
- Once it is time to start, all challengers will be lined up on the start line and then the horn will sound to set them off.
- **Obstacle Challengers** will run one lap around the Concrete City before starting the obstacles on their second lap. They will then begin heading down the hill, with a slight detour into the Wild Western Zone and then down into The Works. Challengers will then run through The Works, navigating the different obstacles before heading down into The Pit. Runners will then start their climb back through the Wild Western Zone and over the final obstacle before crossing the finish line.
- Medals will be given out at the finish line and then challengers are encouraged to listen to DJ Nelson and visit the food/drinks vendors.
- A prize giving for winners will be organised the week following the event.

CHALLENGE DAY SCHEDULE

WAVE	Arrival Time	Race Briefing	Start Time	Predicted Finish Time
1	10:30	10:45	11:00	11:45
2	11:30	11:45	12:00	12:45
3	12:30	12:45	13:00	13:45

THE COURSE

We ask all of you to familiarize yourselves with the course map ahead of the challenge on Sunday 30 March. The course will be signed with directional arrows and there will be marshals around the course to cheer you on and help you stay on track. It is essential that you listen to all marshal instructions, they are there to help create a positive and safe challenge experience.





Participants will start at the start/finish line, head towards the Concrete City, where they will **do two laps** before heading through the Spectator Village, down through the Mud Pit Zone and into The Works. They will then make their way even deeper into the quarry into The Pit before starting the climb back up through the Mud Pit Zone and up the hill to take on the final climbing wall and cross the finish line. Please see below the list of obstacles.

Obstacle Number	Obstacle Name	Location
1	Vehicle Crawl 1	Concrete City
2	Tyre Alley 1	Concrete City
3	Sand Pit Netting Crawl	Concrete City
4	Sandpit Scramble	Concrete City
5	Sand Pit Tunnel Crawl	Concrete City
6	Chipping Scramble	Concrete City
7	Climbing Hurdle 1	Concrete City
8	Tyre Alley 2	Concrete City
9	Climbing Hurdle 2	Concrete City
10	Climbing Hurdle 3	Concrete City
11	Tyre Flip	Concrete City
12	Balance Beams	Spectator Village
13	Climbing Wall 1	Spectator Village
14	Mud Pit Zone	Wild Western Zone
15	Slip and Slide	Wild Western Zone
16	Tractor Tyre Flip	The Works
17	Gravel Mountains	The Works
18	Sandbag Carry	The Works
19	Tunnel Crawl	The Pit
20	Vehicle Crawl 2	The Works
21	Mud Pit Zone	Wild Western Zone
22	Climbing Wall 2	Finish Straight

PLEASE NOTE, WE HAVE NEW OBSTACLES TO ADD INTO THIS FOR THE 2025 EVENT BUT THESE WILL BE REVEALED IN THE FINAL WEEK PRIOR TO THE EVENT!!



KIT REQUIREMENTS

Please note that as the route is located in Ronez Quarry runners will be running on loose gravel, therefore we strongly recommend wearing an old pair of trainers as you can expect to get wet, muddy and sandy.

We would also like to highlight that there are no changing facilities on site so please come prepared to change near your vehicles.

We strongly suggest the following kit/equipment for the live event day:

- Event Day Event T-shirt
- Old trail shoes with lots of grip
- Running shorts/leggings
- Running or fingerless gloves
- Towel for drying and changing
- Warm clothes and clean pair of trainers to throw on after the event
- Own water (all runners must bring their own hydration)

IMPORTANT ENTRY / CHALLENGE INFO

1. Final course and distance are subject to shape of the quarry in the build-up to the event.
2. No refunds are given for non-attendance of the event; however, entries may be deferred to 2026 event for genuine injury/medical reasons.
3. Event Day t-shirts must be worn on race day.
4. Medals will be presented to all finishers on the finish line.
5. The course covers a wide aspect of terrain like rocks, shallow water and mud. Participants should take care at all times.
6. Please consider good nutrition and hydration before, during and after the race.

CHALLENGE SPOT PRIZES

Obstacle Team and Individual Prizes

The obstacle element of the event will not be timed but we will be handing out spot prizes for teamwork, encouragement, and good sportsmanship. Remember, the ethos of our event is to get everyone across the finish line.

PRIZE GIVING

Please note that the awards will be given out the week following the event and our team will be in touch to arrange this.

FUNDRAISING

This event is raising money for Wetwheels Jersey. Wetwheels Jersey provides the opportunity for disabled people, including those with profound and complex disabilities, to access the sea in a safe, stimulating and rewarding way on board specially built, fully accessible powerboat.



To reward your amazing fundraising efforts, we have some great prizes up for grabs:

- If you raise over £100, you will be entered into a prize draw with the chance to win a 2hr South Coast boat trip on the Wetwheels Jersey boat for up to 10 people!
- If you raise over £25, you will be entered into a prize draw with the chance to win a free entry to the 2026 event!

We would like to say a massive thank you to our Event Sponsor Logiq, and our event partners Ronez Limited and 3D Events for their continued support.

THANK YOU and GOOD LUCK!