



General Information Sheet

2010 IAU 50KM WORLD TROPHY FINAL

GALWAY, IRELAND

29th AUGUST, 2010

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1.0 WELCOME

Galway is situated on the west coast of Ireland. The city is a major tourist attraction and regarded as a fun location with a tradition in arts and culture. It is an ideal site for the IAU World 50km Trophy Final on 29th August 2010.

2.0 NATIONAL ATHLETICS FEDERATION

COUNTRY IRELAND
NAME ULTRARUNNING IRELAND
ADDRESS NO. 2, ATLANTA HOUSE, DOMINICK STREET, GALWAY, IRELAND

TEL: +353 91-566077
FAX: +353 91-566077
EMAIL: info@ultrarunningireland.com
WEBSITE: www.ultrarunningireland.com

SECRETARY: EOIN KEITH

3.0 LOCAL ORGANISING COMMITTEE (LOC)

CONTACT DETAILS

NAME: GALWAY CITY MARATHON & 50KM
WEBSITE: www.galwaycitymarathon.com
EMAIL: info@galwaycitymarathon.com

RACE DIRECTOR 50KM

NAME: RICHARD DONOVAN
TEL: +353 91-566077
EMAIL: richard@galwaycitymarathon.com

RACE DIRECTOR MARATHON

NAME: PAUL DONOVAN
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DIRECTOR OF COMMUNICATIONS

NAME: FEARGHAL MURPHY
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DIRECTOR OF TRANSPORTATION & ACCOMMODATION

NAME: RICHARD DONOVAN
TEL: +353 91-566077
EMAIL: richard@galwaycitymarathon.com



4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

Website: www.iau-ultramarathon.org

IAU GENERAL SECRETARY

Name Hilary Walker
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E-mail secretary@iau-ultramarathon.org
Skype hilary-walker

DIRECTOR OF ORGANISATIONS & TRAVEL GRANT INFORMATION

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DIRECTOR OF PROTOCOL

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DIRECTOR OF COMMUNICATIONS

Name Nadeem Khan
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5.0 GENERAL COMPETITION INFORMATION

MIAUC IAU 50KM WORLD TROPHY FINAL
DATE: 29th August 2010
START TIME: 0900 hrs
MAX. TIME: 6 hours

COURSE: ROAD

Short Description of the Course:

The 50km race begins at Galway Harbour and will be operated concurrently with the Galway City Marathon. The course initially comprises two loops of 21.1 km to complete the standard marathon distance of 42.195km. 50km competitors will cross the marathon finish line at the end of the second circuit and then proceed to complete 4 smaller loops of the heart of the city, also finishing at Galway Harbour. The course is undulating but with lengthy sections that are completely flat. Noteworthy sections are a hill that drags out for approximately 1 km, beginning at the 13 km mark, and encountered again at the 34 km mark. Also, the final 13km of the race are completely flat.

A detailed map of the 21.1 km circuit is available here:

<http://www.galwaycitymarathon.com/media/i/GCM-RouteMap.pdf>. A map of

the latter four-loop section is available here:

<http://www.galwaycitymarathon.com/world-50km/world-50km-course-map>.

PROFILE: + 30M

COMPETITION: MEN'S INDIVIDUAL COMPETITION
WOMEN'S INDIVIDUAL COMPETITION

OPEN RACE: YES

OTHER RACES: MARATHON, MARATHON RELAY AND HALF MARATHON



6.0 ENTRIES

The IAU will invite 40 athletes to participate in the 50km World Trophy Final. The invitations will be based on the results of Selection Races operated in the months prior to the final race.

All 40 athletes will be contacted directly or indirectly by the IAU between June 20th and July 31st. The IAU will collect the personal details for athletes and send them to the LOC.

The series of qualifying races, on six continents, are -

Gibraltar	GIB	30/10/2009
Rodgau	GER	30/01/2010
Caumsett	USA	07/03/2010
Two Oceans	RSA	03/04/2010
Romagna	ITA	05/04/2010
Gistel	BEL	01/05/2010
Gold Coast	AUS	13/06/2010
Boddington	GBR	19/06/2010
Fast Trax	CAN	26/06/2010
Pistoia Abetone	ITA	27/06/2010
Lake Saroma	JPN	27/06/2010
Buenos Aires	ARG	03/07/2010
Assen	NED	04/07/2010

All other athletes who participate in the final race of the IAU 50KM Trophy Final must be affiliated to their National Athletics Federation, e.g. be members of an athletics club, and must present a document of proof that they are members. Only then they can they be ranked in the results of this Final race. Non-affiliated athletes will only count in the Open Race.



7.0 TRAVEL INFORMATION AND TRANSPORTATION PLAN

HOW TO TRAVEL TO GALWAY

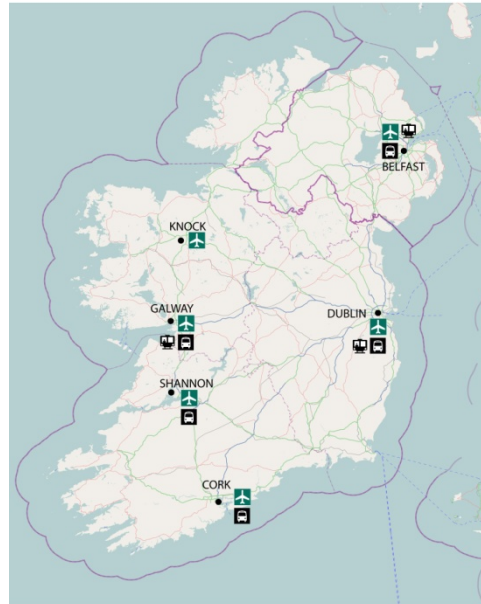
AIR

[Dublin Airport](#) (DUB) is Ireland's major airport and serves a variety of destinations via multiple carriers. It is located on the East coast of Ireland (220km) and it is possible to easily connect to Galway by bus, car or rail.

[Galway Airport](#) (GWY) is located 6km from the city centre. [Aer Arann](#) operates flights to Galway Airport from London (Luton), Manchester and Edinburgh as well as other cities in Ireland & continental Europe. Return flights from the UK cost approximately GBP100 (including taxes) and it is possible to book directly on the Aer Arann website.

[Shannon International Airport](#) (SNN) is located 85km from Galway and has routes servicing numerous destinations in the UK and Europe, including London Gatwick and London Stansted. The low fare airline, [Ryan Air](#), serves the latter routes along with other UK cities. It is possible to connect to Galway by bus or car hire.

[Ireland West Airport Knock](#) (NOC) is 80km from Galway and also has direct connections to a number of UK destinations, including London Gatwick and London Stansted. These are operated by [BMI](#), [Aer Lingus](#) and [Ryan Air](#). It is possible to connect to Galway via bus or car hire.



ROAD

Galway is serviced by 3 national primary routes - N17 to the North (Sligo & Donegal), N6 to the East (Athlone & Dublin), N18 to the South (Shannon, Limerick and Cork). The M6 is Ireland's only complete motorway connecting two major urban areas and transit time is 2hrs.

RAIL

There are seven return services from Dublin Heuston Station daily (approx. 2.5 hrs travel time). See [Irish Rail](#) for details. Galway's railway station (Ceannt Station) is located in the city centre and close to all accommodation and the Race HQ.

BUS

The national bus company [Bus Éireann](#) and several private bus operators, including [Citylink](#) and [Go Bus](#) operate regular daily services to/from Galway (and service Dublin Airport and Shannon Airport).

BOAT

The closest ferry ports include Dublin, Rosslare (4 hours travel time by road) and Cork (3.5 hours travel time by road).

CAR RENTAL

Most major car hire companies operate from airports and seaports in Ireland.



PUBLIC TRANSPORT CONNECTIONS FROM DUBLIN AIRPORT TO GALWAY

The easiest means to connect from Dublin Airport to Galway is by bus. Citylink operates a direct coach service, which costs only €1 if booked online. The bus service is available almost every hour and the transit time is a mere 2 ¼ hours. Please see <http://www.citylink.ie/> for details and timetables.

GoBus also operates a direct service to Galway. Please see <http://www.gobus.ie/> for details.

Between Citylink and GoBus there is a direct service from Dublin Airport to Galway almost every 30 minutes.

PUBLIC TRANSPORT CONNECTIONS FROM SHANNON AIRPORT TO GALWAY

Citylink operates from Shannon Airport to Galway and the service costs only €1 if booked online. However, there is a limited schedule. Please see <http://www.citylink.ie/> for details and timetables.

Bus Eireann also operates from Shannon Airport to Galway, but it is not an express service and incorporates a few stops en route. Please see <http://www.buseireann.ie> for details.

GENERAL ADVICE / PICK-UPS IN GALWAY

Once the LOC is notified of flight arrival and departure details, the LOC will assist with transportation options and pick-ups as appropriate. Please contact richard@gawaycitymarathon.com.

8.0 ACCOMMODATION

Invited athletes will be accommodated in selected hotels in Galway city. The [Radisson Blu Hotel](#) is the HQ for the event and will accommodate the IAU Executive Council Members.

The Local Organising Committee (LOC) will offer:

- **full board accommodation**, free of charge, for all **invited male and female athletes** as follows:
- **3 nights** for those who are within 4 hours flying time from their capital city to Dublin
- **4 nights** for those who must fly at least 4 hours but less than 9 h to Dublin
- **5 nights** for those who must fly a minimum of 9 h from their capital city to Dublin

Athletes will be accommodated among the following selection of hotels, which will be assigned once all entries are confirmed. Please click on the hotel name to go to the hotel website:

- [Salthill Hotel](#)
- [Galway Bay Hotel](#)
- [Harbour Hotel](#)
- [House Hotel](#)
- [Spanish Arch Hotel](#)
- [Ardilaun Hotel](#)
- [Jurys Inn](#)
- [Eyre Square Hotel](#)
- [Imperial Hotel](#)
- [Marriott Courtyard Hotel](#)
- [The Westwood](#)
- [Clayton Hotel](#)
- [Forster Court Hotel](#)



9.0 TECHNICAL MEETING

Place Radisson Blu Hotel
Day Saturday 28TH August 2010
Time 1500 HRS

All runners will receive, on the day of arrival, a brochure with all the technical guidelines/rules specific for this MIAUC.

10.0 PAYMENT OF TRAVEL GRANTS

The payment of the Travel Grants is scheduled right after the TECHNICAL MEETING, see details under point 9.0. above (Technical Meeting).

11.0 OPENING CEREMONY

Place Latin Quarter, Galway City Centre
Day Saturday, 28th August 2010.
Time 1845 hrs (gathering of delegations at 1830 hrs for the beginning of the Ceremony)
Transport The transport of delegations will be assured by the LOC


12.0 CLOSING CEREMONY & AWARDS

The awards will be presented at Galway Harbour @ 1400 H on Sunday 29th August 2010.

13.0 PRIZES

The first three male and female athletes will receive medals awarded by the IAU. A trophy will also be presented to the first place finishers as well as a cash prize of €500. Please note: As 50km athletes will pass through the marathon finish en route to the 50km, they are also eligible to win the prizes available for the marathon race (which is run concurrently). The first three finishers, both male and female, of the 42.2km distance will receive cash prizes of €1,000, €500 and €300, respectively.

14.0 WEATHER CONDITIONS

	Month	Day	Hour	Average Temperature (°C)	Average Relative Humidity (%)
	8	29	0900	13.9	87.6
	8	29	1200	16.5	73.6
	8	29	1500	17.2	72.4



15.0 GENERAL TIME SCHEDULE

Please note: this timetable may be subject to small revisions or additions. All invited athletes will be notified if any are made.

FRIDAY 27TH AUGUST

1800 CIVIC RECEPTION, CITY HALL

SATURDAY 28TH AUGUST

1030 COURSE REVIEW

1200 GUIDED WALK OF CITY

1400 PASTA MEAL AT RADISSON

1500 TECHNICAL MEETING

1830 OPENING CEREMONY

1900 GALWAY CITY MILE

SUNDAY 29TH AUGUST

0900 IAU 50KM WORLD TROPHY FINAL

1400 CLOSING CEREMONY / AWARDS

1400 STREET BBQ, LATIN QUARTAR

16.0 VISA INFORMATION

Citizens of certain countries require an entry visa for Ireland.

If you are a citizen of a country that is on the schedule below, you do NOT require an entry visa for Ireland. Citizens of countries which are not on the list must apply for a visa before they travel to Ireland.

Please note that a Schengen or UK visa or residence permission is NOT valid for travel to Ireland. If you are a national of a visa-required country you will need to apply for an Irish visa in advance of travel to Ireland.

For visa information and/or details of Irish Embassies please see the Government website below or contact the Department of Foreign Affairs.

Department of Foreign Affairs

80 St Stephen's Green,

Dublin 2

Ireland

Tel: +353 (0) 1 4780822

[Website: www.dfa.ie](http://www.dfa.ie)



LIST OF COUNTRIES WHOSE PASSPORT HOLDERS DO NOT REQUIRE VISAS TO ENTER IRELAND:

ANDORRA	GUATEMALA	PORTUGAL
ANTIGUA and BARBUDA	GUYANA	ROMANIA
ARGENTINA	HONDURAS	SAINT KITTS & NEVIS
AUSTRALIA	HONG KONG* (SAR)	SAINT LUCIA
AUSTRIA	HUNGARY	SAINT VINCENT & THE GRENADINES
BAHAMAS	ICELAND	SAMOA
BARBADOS	ISRAEL	SAN MARINO
BELGIUM	ITALY	SEYCHELLES
BELIZE	JAPAN	SINGAPORE
BOLIVIA	KIRIBATI	SLOVAK REPUBLIC
BOTSWANA	LATVIA	SLOVENIA
BRAZIL	LESOTHO	SOLOMON ISLANDS
BRUNEI	LIECHTENSTEIN	SOUTH AFRICA
BULGARIA	LITHUANIA	SOUTH KOREA
CANADA	LUXEMBOURG	SPAIN
CHILE	MACAU (Special Administrative Region)	SWAZILAND
COSTA RICA	MALAWI	SWEDEN
CROATIA	MALAYSIA	SWITZERLAND
CYPRUS	MALDIVES	TAIWAN
CZECH REPUBLIC	MALTA	TONGA
DENMARK	MEXICO	TRINIDAD & TOBAGO
DOMINICA	MONACO	TUVALU
EL SALVADOR	NAURU	UNITED KINGDOM & Dependent Territories **
ESTONIA	NETHERLANDS	UNITED STATES of AMERICA
FIJI	NEW ZEALAND	URUGUAY
FINLAND	NICARAGUA	VANUATU
FRANCE	NORWAY	VATICAN CITY
GERMANY	PANAMA	VENEZUELA
GREECE	PARAGUAY	
GRENADA	POLAND	

