



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

IAU TRAIL WORLD CHAMPIONSHIPS

**CONNEMARA,
IRELAND**

9th JULY, 2011



GENERAL INFORMATION SHEET

2011 IAU TRAIL WORLD CHAMPIONSHIPS

CONNEMARA, IRELAND

9TH JULY 2011

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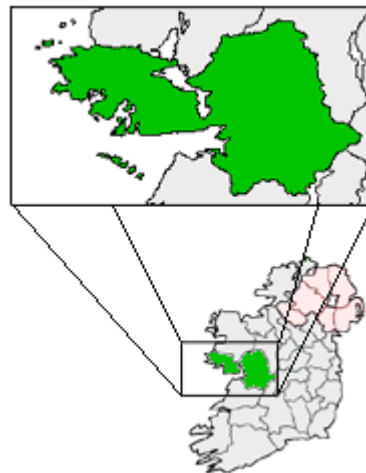
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1.0 WELCOME

Welcome to the IAU Trail World Championships which will take place in Connemara, Ireland on Saturday 9th July 2011. Connemara is a spectacularly beautiful area in County Galway on the west coast of Ireland. The event will be operated in the area of [Connemara National Park](#) and its surrounding environs starting at the world famous Kylemore Abbey and finishing in the nearby village of Letterfrack. Athletes will cover a total distance of 71km, primarily in two large circular loops that encompass mountains, grassland trails, compacted gravel trails, loose rock trails and open countryside. The course is undoubtedly a tough one that could well suit 100km runners, long distance mountain runners and 24 hour runners alike, as well as dedicated trail athletes.



2.0 NATIONAL ULTRARUNNING 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

CHAIRMAN: RICHARD DONOVAN

3.0 LOCAL ORGANISING COMMITTEE (LOC)

CONTACT DETAILS

NAME: RUN CONNEMARA
WEBSITE: www.runconnemara.com (FROM 1ST MAY)

PLEASE NOTE: Run Connemara is a new group / committee comprising various stakeholders in the North Connemara area who have the common goals of (1) Ensuring the professional operation of the IAU Trail World Championships and (2) Utilising the event to showcase the North Connemara region. A full time Project Manager will be appointed, and in position from 1st May until the conclusion of the Championships in mid-July. The Project Manager will be responsible for coordinating the logistics, transport, accommodation and communications plans and can be contacted from 1st May via details at www.runconnemara.com. In the interim, all correspondence should be directed to the Race Director at the details below.

RACE DIRECTOR IAU TRAIL WORLD CHAMPIONSHIPS

NAME: RICHARD DONOVAN
TEL: +353 91-516644
EMAIL: richard@ultrarunningireland.com





4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

Website: www.iau-ultramarathon.org



IAU GENERAL SECRETARY

Name Hilary Walker
Tel. +44 7589 5342 (home) +44 7210 5884 (office)
Mob +44 7884 473336
E-mail secretary@iau-ultramarathon.org
Skype hiliary-walker

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DIRECTOR OF PROTOCOL

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DIRECTOR OF COMMUNICATIONS

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5.0 GENERAL COMPETITION INFORMATION

MIAUC: IAU TRAIL WORLD CHAMPIONSHIPS
DATE: 9th July 2011
START TIME: 0700 hrs
MAX. TIME: 11 hours

COURSE: TRAIL

Short Description of the Course:

Starting at Kylemore Abbey, near the village of Letterfrack, the course will leave the Abbey for open ground and run to Diamond Hill in Connemara National Park, which consists of two circular loop trails conjoined in the middle in a figure eight fashion. Diamond Hill reaches a height of 442 metres and rewards athletes with expansive panoramic views of all of the Connemara area, including the Twelve Ben Mountains, Kylemore Abbey and Kylemore Lough, which the runners will encounter later in the course.

Following their descent from Diamond Hill summit, the athletes will twice run a loop of approximately 32km where they will encounter open ground, bog, conventional trail paths, streams, forest and mountains for a true trail run in nature. They will have to negotiate Benbaun Mountain on each loop, which has a summit height of 729 metres.

PROFILE: Highest Point = 729 metres.

COMPETITION: MEN'S INDIVIDUAL COMPETITION
MEN'S TEAM COMPETITION (position decided by cumulative time of top 3 finishers)
WOMEN'S INDIVIDUAL COMPETITION
WOMEN'S TEAM COMPETITION (position decided by cumulative time of top 3 finishers)

OPEN RACE: YES

OTHER RACES: NONE

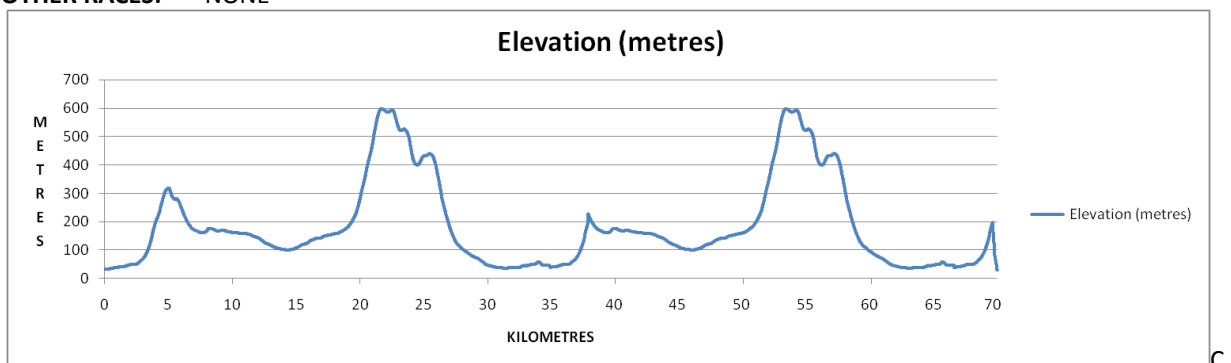
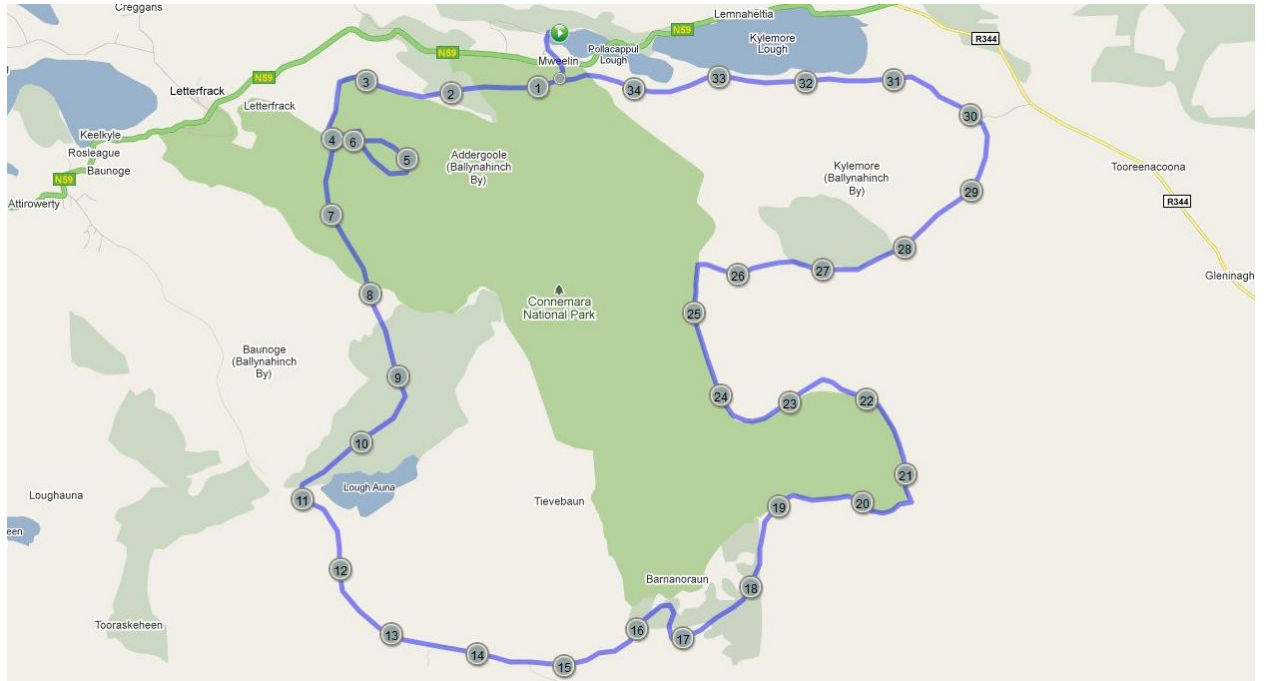


Chart from mapmyrun.com underestimates height – highest points are 729 metres



6.0 MAP OF COURSE



7.0 PICTURES OF MAIN LOCATIONS



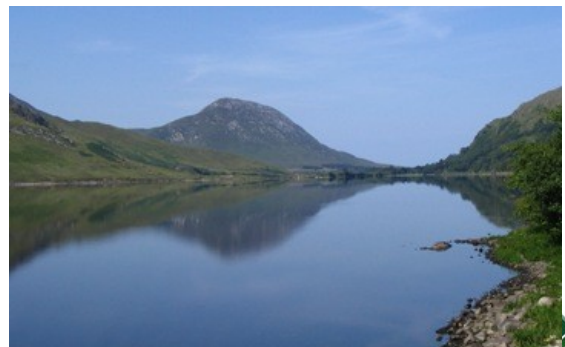
Kylemore Abbey



Diamond Hill



Twelve Ben Mountains



Kylemore Lough





8.0 BREAKDOWN / PROFILE OF TERRAIN / POSITION OF AID STATIONS

KM	Surface	Trail Type	KM	%
Start	Kylemore Abbey	Paved Road	4	6%
0 - .5	Paved Road	Compacted Gravel	10.2	14%
.5 - 4	Grassland Trail	Open Grassland	15.8	22%
4 - 6.2	Compacted Gravel	Grassland Trail	33.5	47%
6.2 - 13.5	Open Grassland	Loose Rock Trail	8	11%
13.5 - 14.5	Paved Road			
14.5 - 18.5	Compacted Gravel	Total	71.5	100%
18.5 - 25.5	Grassland Trail			
25.5 - 26.5	Open Grassland			
26.5 - 30	Loose Rock Trail			
30 - 38	Grassland Trail			
38 - 45.5	Open Grassland			
45.5 - 46.5	Paved Road			
46.5 - 50.5	Compacted Gravel			
50.5 - 57.5	Grassland Trail			
57.5 - 58.5	Open Grassland			
58.5 - 62	Loose Rock Trail			
62 - 70	Grassland Trail			
70 - 71.5	Paved Road			
Finish	Connemara West Centre, Letterfrack			

9.0 AID STATIONS & MOBILE COMMUNICATIONS

There will be 3 aid stations on the course. Please refer to the map under Section 6.0 which illustrates the first large circuit. Aid stations will be positioned at kilometre 4 (finish area); kilometre 15 and kilometre 30 approximately and these aid stations will be encountered twice by athletes. Assistants can be transported to these aid stations prior to the start of the race: the stations are all accessible by road. However, assistants should plan on being positioned at these stations for the entire duration of the race unless they have their own transport or are prepared to walk back along the course to the finish area. Furthermore, it should be noted that mobile phones are unlikely to work except in the finish area.





10.0 SAMPLE PICTURES OF TERRAIN



Compacted Gravel Trail



Grassland Trail



Mix of Grassland / Stone Trail



Old Road Trail



Loose Rock Trail



Open Ground



Open Grassland





11.0 ENTRIES

The IAU invites all member federations to participate in the IAU Trail World Championships. The event is both an individual and team competition. Men's and women's teams can comprise a maximum of 6 people with 3 to score. Each federation can send a maximum of 9 male and 9 female competitors, e.g. a full team + 3 individual athletes. Competitors in the team competition will automatically count in the individual race. Team positions are decided on the basis of the cumulative time of the top three finishers.

FINAL ENTRY FORMS (FEF's) should be completed and sent, **before June 1st**.

in digital format, as **WORD-Document**, to:

IAU Secretary: secretary@iau-ultramarathon.org

LOC Secretary: richard@ultrarunningireland.com

With the final entry form, each Federation will send the **final** list with the names of their athletes, dates of birth, sex and current personal bests for 100K and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided)

Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.

An open race will operate concurrently with the IAU Trail world Championships, but only contestants entered by their national federations will be counted in the results of the IAU Trail World Championships.

Entries for the open race will be available through www.runconnemara.com from the beginning of May. All applicants from outside of Ireland will be guaranteed entry and can make travel plans to take part.





12.0 TRAVEL INFORMATION AND TRANSPORTATION PLAN

National federations will be transported from Galway City to the race location where they will be accommodated in the immediate vicinity of Letterfrack, Renvyle and Clifden. Galway City is easily accessible by rail or bus from the major airports of Dublin and Shannon and also has an airport itself, which serves many British cities. The exact place in town for pick-up will depend on where federations arrive. The LOC will endeavour to pick federations up from their exact arrival location, e.g. the airport or the bus station or the train station. Each delegation will be individually contacted with the plan once all arrival details are declared in the FEF. An information pack will also be available at their accommodation on arrival.

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 (Ceant 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. 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. 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 arrange transportation options and pick-ups as appropriate. **The exact place for pick-up will depend on where the runners arrive.**





13.0 ACCOMMODATION

Invited athletes will be accommodated in selected hotels / guesthouses/ hostels in the **Letterfrack, Renvyle, Leenane** and **Clifden** areas.

The Local Organising Committee (LOC) will guarantee:

- **full board accommodation**, free of charge, for **3 male and 3 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

Accommodation can be arranged for additional **athletes, assistants** and **coaches** (not free of charge) for a maximum of 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation as set out below.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation

Examples of hostel-type accommodation to be utilised for the event include [Sleepzone](#) and the [Letterfrack Lodge](#). Teams will be accommodated together and the cost of full board accommodation (for athletes / officials not paid for by the LOC) should be in the €50 - €70 range per night, depending on accommodation type. B&B would be approximately €35.

A detailed list of accommodation options will be placed on www.runconnemara.com during the first two weeks of May. In the meantime, please see [Go Connemara](#), [Connemara Tourism](#) and [Discover Ireland: Connemara](#) for a variety of accommodation choices available in Connemara. All federations will be guided on specific accommodation options suitable to them and their budget once they indicate their numbers travelling.





14.0 TECHNICAL MEETING

Place	Renvyle House Hotel
Day	8 TH July 2011
Time	1400 HRS

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

15.0 PAYMENT OF TRAVEL GRANTS

The payment of the Travel Grants is scheduled immediately after the TECHNICAL MEETING, see details under point 13.0. above (Technical Meeting).

The IAU prefers as much as possible to transfer the money to the bank account of the

16.0 OPENING CEREMONY

Place	Connemara West, Letterfrack
Day	Friday, 8th July 2011.
Time	1730 hrs
Transport	The transport of delegations will be assured by the LOC

17.0 CLOSING CEREMONY & AWARDS

The awards will be presented at Connemara West grounds (Letterfrack) @ 1800 H on Saturday 9th July 2011.

18.0 WEATHER CONDITIONS

Weather in Ireland and particularly the west coast is very unpredictable, but average temperatures in July are about 18C. If it rains in the days prior to the race, competitors could sink somewhat in boggy sections of open ground. Expect rain, sun, wind and hail!





19.0 GENERAL TIME SCHEDULE

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



TUESDAY - WEDNESDAY – THURSDAY – ARRIVAL OF DELEGATIONS
TRANSPORT OF ATHLETES FROM GALWAY CITY TO ACCOMMODATION

FRIDAY 8TH JULY

- 1400 TECHNICAL MEETING
- 1530 ALLOCATION OF RACE NUMBERS / TRAVEL GRANT
- 1630 PRESS CEREMONY / INTERVIEWS
- 1730 OPENING CEREMONY
- 1830 PASTA PARTY

SATURDAY 9TH JULY

- 0700 IAU TRAIL WORLD CHAMPIONSHIPS
- 1800 CLOSING CEREMONY / AWARDS FOR IAU TRAIL WORLD CHAMPIONSHIPS





20.0 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

ESTONIA

FIJI

FINLAND

FRANCE

GERMANY

GREECE

GRENADA

NAURU

NETHERLANDS

NEW ZEALAND

NICARAGUA

NORWAY

PANAMA

PARAGUAY

POLAND

UNITED KINGDOM & Dependent Territories
**

UNITED STATES of AMERICA

URUGUAY

VANUATU

VATICAN CITY

VENEZUELA

