



## Trooperstown Hill (World Trophy Trial), 26<sup>th</sup> August 2007

### Prizes sponsored by Ordnance Survey Ireland

#### Race information and safety issues

The two junior races, senior women and M60/M70 men will start at 12 noon. The senior men will start at 12:10 p.m. See directions below and IMRA website for a map of the race location. The start is close to the car-parking area. There will be other persons using the mountain and road area during the race period, please treat them with courtesy.

#### *Things you must do*

*Before the race ...* you must have completed an IMRA registration form for 2007, paid the appropriate entry fee, collected your number, completed the sign-in sheet, and registered for your county and club if you wish to.

*After the race ...* make sure that you have been recorded as a finisher (or as a non-finisher) and return your race number for filing for future races.

#### *If you are already an IMRA member for 2007*

Look up your race number on the IMRA member sheets on display at registration, and go to the entry desk to collect your number and pay your entry fee. Munster registered runners (race numbers 801-1000) should already have their numbers.

#### *If you are NOT already an IMRA member for 2007*

All participants in the race must complete an IMRA registration form for 2007 even if you do not wish to become a member for the year. This includes NIMRA runners.

#### *Entry fees*

Seniors: IMRA member €7. Non-IMRA member €10 (one race membership)

Munster IMRA members: €7

NIMRA members: €7

Over 65, students, juniors and unemployed: €4

IMRA 2007 membership registration fee: €10

#### *Safety/liability*

Mountain-running is a hazardous sport and you are taking part completely at your **own risk and liability, and accepting full responsibility for the risk of injury to yourself**. You must sign the safety/liability sign-in sheet before starting. Be especially careful of vehicles you may encounter on the road section of the course.

#### *Race distances*

Senior men (11,400m/540m climb=3 laps). Senior women, junior men and M60/M70 (7,600m/360m climb=2 laps). Junior women (3,800m/180m=1 lap).

#### *Course map*

A map of the course is on the event website page and will be on display at the entry desk. All races start and finish at the same point. The start is where the public road veers right off the course (at a junction with a dirt road). The course will be marked by tape and flags. You can run on either side of the flags and tape on the steep downhill stretch.

#### *Registration*

This will be where the course turns up onto the open mountain (beside main car parking area).

#### *Finish procedures*

At the finish, please keep in order until we have recorded your race number and time. You must return your race number (Munster runners excluded) at the finish.

#### *Results*

The detailed results will be posted to [www.imra.ie](http://www.imra.ie) under the Events homepage link.

### ***Directions and parking***

From Roundwood, drive towards Annamoe and Laragh. Around 1,200m before Laragh turn left into Trooperstown forest. Drive along the main forest road, turn right at a t-junction after you cross a bridge, and turn right at the upper forest exit. Parking is around 1 km along this road (BEYOND where the course turns up onto the open mountain). Please DO NOT PARK ON THE COURSE. Leave space after every three cars to allow a two-way flow of traffic. Please car pool from the main forest car park or from Laragh.

### ***Selection for World Trophy***

The top 6 finishers in the senior men, top 4 finishers in the senior women and junior men races, and top 3 in the junior women are likely to be selected (subject to them racing to a sufficient standard) but consideration will also be given to recent racing form. Juniors must be aged 16-19 on 31/12/2007. Please inform the selectors immediately after the race if you are NOT available for selection (087 9931303).

The managers for the World Trophy are Jim Dalton, Cormac O'Ceallaigh and Vivian O'Gorman. They will contact you regarding travel arrangements etc.

### ***National county championship (senior men and senior women)***

Athletes can only run for a county they have a strong affiliation with, typically your county of birth or county of residence but the county where you work or where your club is based etc. are acceptable. Results will be based on the finishing positions within your category of your best three senior women/men. Any number of athletes may declare for a county. You can register for a county on the day at the entries desk using the county team sheets. Engraved medals will be awarded to the scorers on the top three teams in both categories.

### ***Individual prizes***

First three finishers in all four race categories.

### ***Club teams***

The winning teams in the women's and men's senior races will receive a small prize (3 to score).

### ***Water***

No water will be available at the finish.

### ***Race director***

087 9931303 or gerry.brady@imra.ie.