



Irish Mountain Running Association

Irish Championship 2009



Croagh Patrick

2nd. May 2009

Carrauntoohil

31st. May 2009

Lugnacoille

28th. June 2009

Galtees

5th. July 2009

World Trail Venue

8th. August 2009



The Irish Championship series are held on these major peaks spread throughout the country. Like all Championship races they are generally not marked. The best three results from five count. Tea and refreshments, and good humour, are all available after the race! Please visit www.imra.ie for further information and event updates.

How do I join the Irish Mountain Running Association?

By turning up at a race and signing a registration form. Registration lasts for a calendar year. There is a 10 euro annual registration fee (5 euro for juniors & OAPs). It is possible to download a copy of the registration form. Fill it up in advance and bring it along to your first race.

What is the fee to do a race?

Race fees are 7 euro with reduced entry of 4 euro for juniors and OAPs.