Glendalough Tucker Trail 80km Race

2021 Race Instructions

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Please ensure that you check the event webpage (https://www.imra.ie/events/details/id/2073) and IMRA forum for changes and updates closer to race day. It is advisable to download the latest copy of this race book during the week leading up to the race and monitor the IMRA forum right up to the night before the race.

COVID Considerations for 2021

A key element of the IMRA community is sharing our love of the mountains and encouraging everyone to get out there to enjoy them. As runners we are all grateful to able to enjoy the wonderful trail network that criss-crosses Glendalough and the surrounding valleys.

Recent COVID restrictions and the accompanying emphasis on getting outdoors has meant more people than ever are sharing our enjoyment of the outdoors.

This means we must share the space, respect their use of it in their preferred way and to have their own opinions on how it should be shared.

Thus in these unusual COVID times we ask all runners to follow some simple requests:

1. **Wear a mask or face covering in the following busy or congested areas:**
   - **At registration.**
   - **At the Start Line.**
   - **From the Start Line to the Carpark on Leg 1 (~200m).**
   - **In the designated Transition Area in Glendalough.**
   - **Around the finish line after your race.**
2. **Observe social distancing:**
   - **at the start.**
   - **in Transition.**
   - **In the designated Transition Area in Glendalough.**
   - **Around the finish line.**
3. **We will be sharing trails with members of the public, so please show courtesy and stay to one side when passing (where possible).**
4. **When entering transition please follow the instructions of volunteers. If you cannot locate your bag, then ask a volunteer before rummaging through other people's kit.**
5. **Please respect that not everyone you meet on the day may share your views on COVID related rules.**

Please remember that all runners will be wearing an IMRA race number, and it will be IMRA who will be held accountable for any reported incidents by those issuing event permits. If we can all be nice to each other, then we can all finish with a smile and return next year for another Glendalough Tucker Trail.

IMRA COVID GUIDELINES are available here:

https://media.imra.ie/ad-hoc/IMRA%20Social%20Distancing%20Guidelines.pdf

Race Outline

The Glendalough Tucker Trail is an 80km ultra distance mountain trail race. It is based on three 'out & back' loops. The race is centred on the Glendalough Valley and will be run along the way-marked trails of the Spink, Saint Kevin's Way and The Wicklow Way. The race will primarily use the way markings on these paths, with some additional markings added at the discretion of the organisers. The way mark posts of the existing trails are considered sufficient for navigation.

The total route is approximately 80km in distance, with a total climb in the region of 3,000m.

The race will be run as a continuous single-stage, free-pace, semi-self-sufficiency race. The race route is fixed and every runner must follow the designated path through all check-points/refreshment points, even if they do not stop. There are a number of cut-offs which must be met and the course must be completed within 12 hours.

Suggested Maps: Harvey Wicklow Mountains, or OSI Sheet 56, or EastWest Mapping: Lugnaquilla & Glendalough and EastWest Mapping: East Wicklow (note: both EastWest maps are required to cover the whole race on its own).

Race Entry

The race is open to all IMRA members registered for the 2021 season, who are aged 18 or over on the date of entry. Annual IMRA membership and race entry can be purchased through the *my*IMRA section of the www.imra.ie website. .

It is recommended that each participant has taken part in at least one long-distance race (50 km) over mountainous terrain with significant climb (2,000 D+).

Race Day Itinerary

Time	Detail
06:05	Registration Opens in the upper Car Park
06:45	Registration Closes
06:50	Race Briefing in the upper Car Park
07:00	Race start (at Upper Lake Photo Post)
09:20	First runners complete Leg 1
11:00	Cut-off time for Leg 1
12:00	First runners complete Leg 2
14:30	First race finishers
15:00	Cut-off time for Leg 2
16:30	Prize Giving Ceremony for prize winners
17:00	Cut-off time for runners to leave Drumgoff
19:00	Course Closed

Race Location & Parking

The start/finish and transition area will be situated beside the Upper Lake Carpark in the Glendalough Valley (GPS: 53° 00'25.74''N 06° 20'36.16''W).

Please note that there is a **€4 entry fee to the carpark** by way of a mechanised toll booth, exact change is required for entry (the machine only accepts 50c, €1, €2 coins).


Race-Day Registration & Kit Check

Race day registration will be located in the Upper Lake Car Park in Glendalough.

Runners should bring their race kit and 2021 IMRA race number to registration to allow kit check. Those collecting their 2021 IMRA number for the first time will do so at registration.

On race day the registration process will involve all entrants signing the IMRA Race Registration form and providing the telephone number of the mobile phone they will be carrying. Runners will then complete a kit check and finally if they wish to they may declare a team (see the section on Scoring & Prizes for more details).

We ask runners to please observe social distancing and wear a mask or face cover during registration.
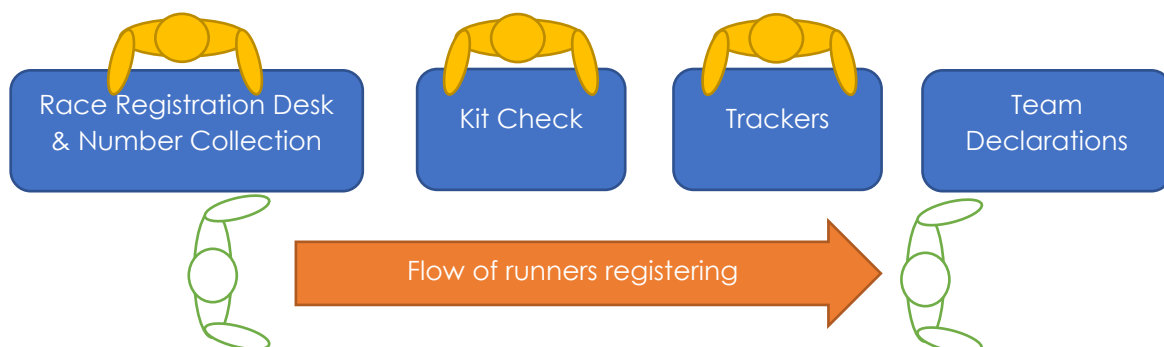
Facilities at the Event Centre (Glendalough)

The Event Centre and Transition Area will be located beside the Upper Lake carpark in Glendalough. Within the grounds of the Upper Lake carpark is a Café serving hot food and drinks, as well as the toilet block. There is also a drinking water tap located close to the entry barrier of the carpark.

It is intended that the race Transition Area will be stocked with a supply of liquids, i.e. still water and coke. There will also be a supply of small snacks. **Runners will need their own cup or container for the liquids.**

Competitors are advised that a **Drop-Bag system will operate at the Transition Area**. One bag per competitor is permitted and this Drop Bag will only be available in this Transition Area in Glendalough.

Please mark your Drop-Bag with your IMRA race number in order to facilitate easy access to your bag when transitioning.
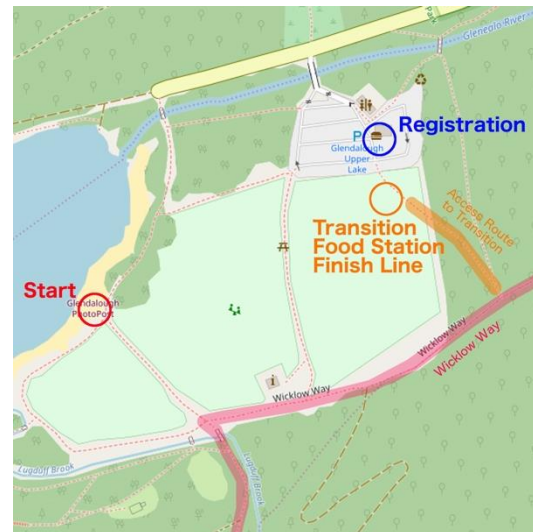

Photo showing typical set-up at Transition in Glendalough. We expect similar this year, subject to approval by National Parks & Wildlife Service.

==We ask runners to please:==

1. ==*Wear a mask or face covering once you pass cones or marking denoting the entrance/exit of the transition area*==
2. ==*Observe social distancing and respect the space of other park users and other runners*==
3. ==*Follow the instructions of volunteers when in the transition areas*==
4. ==*Ask a volunteer to retrieve your bag and not handle other runners kit by rummaging around.*==
5. ==*Ask a volunteer to dispense the liquid refreshments available in the transition area.*==

Facilities at the Checkpoints

Each of the checkpoints, i.e. Wicklow Gap, Lough Dan, and Glenmalure will have a supply of still water and coke. There will also be a small supply of snack food, although this should not be fully relied upon as it may run out during the course of the day. The water & snacks at Lough Dan will be located approximately 2km from the turnaround point, as this is the furthest point it is possible to drive along the access path. Runners will thus pass and have access to this refreshment station twice.

For 2021 we will be using GPS tracker, but the marshalls shall also be recording race numbers to account for runner passing through. Please state your number when asked.

The turnaround point at Lough Dan is not manned by a volunteer and will be marked with an orange and white orienteering kite similar to that shown below.

Example of orange/white orienteering kite

Every manned checkpoint will also be a minor refreshment point. Checkpoints may be busy and we are only likely to have one marshal per checkpoint, so the onus is on individual runners to ensure that they have been correctly recorded as passing through a check-point. The lack of a record of passing through a checkpoint will result in the disqualification of the runner.

When leaving a check-point where water and food are available a runner may be requested to show that they are carrying 500 ml of water and some food or source of energy. This is more likely to happen on warm days and most likely for stage 3 which has no water between Glendalough and Drumgoff. This is for the safety of runners, so do not get upset when asked.

Principal of "Semi-Self-Sufficiency"

The concept of the race is that solo runners completing the entire course should be autonomous between each of the check points. Runners should be self-sufficient in terms of safety, nutrition and equipment. A self-sufficient runner is expected to be able to handle and adapt to unexpected problems in the mountain environment (poor weather, physical problems, injuries, etc.). To this end **EVERY runner must carry ALL the mandatory equipment for the entire length of the race**. The mandatory kit will be inspected during registration on race day and is subject to spot checks on the course at any point. Runners should prepare their kit for easy inspection to reduce any time delays. As the race is organised by volunteers it is expected that all participants will submit to any kit checks willingly. Discourteous behaviour towards any race marshal in this regard will attract time penalties as a minimum.

External Assistance or Support on the Course: In the spirit of fairness, personal assistance / external support of competitors along the race route is forbidden. Assistance is only permitted in the designated drop-bag zone in the Race Transition Area in Glendalough, and at the discretion of the official in charge. Receiving assistance or support from non-competitors along the course will lead to disqualification. Accompaniment and/or pacing (other than by a fellow competitor also entered in the race), along any section of the course is forbidden, under penalty of disqualification of the runner.

Non-competitors are not permitted to access refreshment points and eat food reserved for the runners. Those supporting or assisting runners must not impede the movement of any runners. To do so could lead to disqualification of their supported runner.

In the case of emergency, all runners will be expected to show a spirit of solidarity.

Littering

We hate littering, IMRA hates littering and we expect all runners to hate it too. Anyone who likes littering will be allowed to go home early without a result.

Withdrawal from the Race

Runners who decide to pull out of the race along the route must proceed to the nearest checkpoint and inform the Race Marshall of their decision so that transport back to the Transition Area in Glendalough can be organised.

GPS tracks

GPX track can be downloaded from: https://www.plotaroute.com/route/1621653?units=km

Important Contact Details

Race Directors

Greg Byrne
gregdbyrne@gmail.com
086 3130242

Irish Mountain Running Association

IMRA Website: www.imra.ie
IMRA Emergency Number (calls only, no texting): 087 2617599

Mandatory & Recommended Kit/Equipment

Mandatory Kit List

At registration each runner's kit will be inspected and runners will sign the inspection sheet to confirm that they will carry the mandatory kit for the entire duration of the race. Failure to do so will result in penalties being applied.

1. Official IMRA Race Number: must be displayed to the front.
2. A map of the race route & a compass capable of identifying the cardinal directions.
3. Mobile Phone. Charged and capable of operating for the full duration of the race. The IMRA emergency number is on the back of your race number.
4. Rucksack or similar pack with capacity to contain all of the mandatory equipment.
5. Water resistant jacket.
6. Hat or Buff.
7. Water container(s) with a minimum capacity of 500 ml. Bottles or bladders or a combination.
8. A supply of emergency food to sustain a minimum of 2 hours of activity. Please consider that this is most likely to be used when running at the latter stages, not on fresh legs (required at the start of each leg).
9. Whistle.
10. Face covering (can be a Buff or similar).

Highly Recommended Kit

- Gloves.
- Spare long sleeved top.
- Full leg cover; running leggings, ¾ tights & long socks, or similar will suffice.
- **Midge repellent**.

Additional Recommended Kit

- Waterproof Leggings.
- A full change of clothes, one for during and one for after the race.
- GPS Unit with GPS tracks of the route (to be supplied by Race Director).
- Basic first aid kit capable of cleaning & covering a minor wound.

If you have any questions regarding the kit please contact the race director in advance.

Runners are advised to check the weather in advance and to select their kit or additional kit based on their perceived requirements on the day. The list here is provided as a minimum, please consider your own experiences and select your clothing/equipment accordingly.

Additional kit inspections can be carried out at any point and it is up to each runner to have their kit packed and available for quick inspection.

Runners deemed to be slowing down may be required to bring additional kit in order to proceed to the next leg of the race. Having a change of race wear and the "Highly Recommended Kit" available in Transition is advisable.

Individual & Team Competitions

Ultra Race

The ranking of finishers for the 80km Ultra event will be based on race time. Prizes will be awarded in the normal IMRA categories.

1st, 2nd, 3rd, Male and Female. 1st M40/F40, 1st M50/F50, 1st M60/F60, 1st M70/F70.

IMRA World Championships Trial Race

This year the GTT will be a trail race for the Trail World Championships to be held in November 2021 in Thailand. Please see the IMRA website for details.

Team Competition

This year we will have a team competition for teams of three. The out-and-back nature of the race means runners will meet most of the field 3 times during the day. The team competition is a good way of developing an interest in the progress of your fellow competitors.

Each runners must be an entrant in the 80km Ultra and must complete the full 80k to score for their team. Spot prizes will be awarded to leading team(s).

Tucker Trail Team Challenge

- Teams of 3, declared on race-day at race registration
- Scoring is based on the accumulative finish times of the three team members and their respective finish position in their gender category (M or F) – each individual score will be a product of the finish time multiplied by the finishing position (see example below)
- Prizes for the first 3 teams
- Each runner can join one team only

Examples of scoring

Team 1	Overall Position	Gender Position	Time [hh:mm]	Score [hh:mm]
Runner A (Female)	1	1	07:30	07:30
Runner B (Male)	2	1	08:30	08:30
Runner C (Male)	11	10	08:40	84:00
Team 2	Overall Position	Gender Position	Time [hh:mm]	Score [hh:mm]
Runner X (Male)	3	2	08:00	16:00
Runner Y (Female)	12	2	08:45	17:30
Runner Z (Female)	20	5	10:00	50:00

Team 1 Cumulative Score: 100 hours 00 mins

Team 2 Cumulative Score: 83 hours 30 mins   Team 2 wins...

Notes:

- Entry in the team competition is free and open to those running the 80km race.
- Teams are declared on the day at race registration.
- Teams do not need to be mixed, but it may be advantageous.
- An example of the team entry sheet is appended to this document.
- No team entries or amendments after the race starts.

Course Overview

The Glendalough Clover course consists of three out and back legs:

Leg 1 (RED): The western leg taking in the Spink loop in Glendalough and St Kevin's Way as far as the Wicklow Gap. Runners return by St. Kevin's Way and the Wicklow Way. Approximate distance 25 km & elevation gain/loss: 835m. Cut-off time: 11am.

Leg 2 (Yellow): The northern leg taking the Wicklow Way north to Oldbridge. From there the course follows the road/path beside Lough Dan as far as the mouth of the Inchivore River. Runners return by the same route. Approximate distance 30 km & elevation gain/loss: 1,100m. Cut-off time: 3pm.

Leg 3 (Blue): The southern leg follows the Wicklow Way to Drumgoff crossroads in Glenmalure. Runners turnaround at the Glenmalure Lodge Hotel and return by the same route. Approximate distance 25 km & elevation gain/loss: 1020m. A cut-off time of 5pm will be applied at the Glenmalure turn-about.
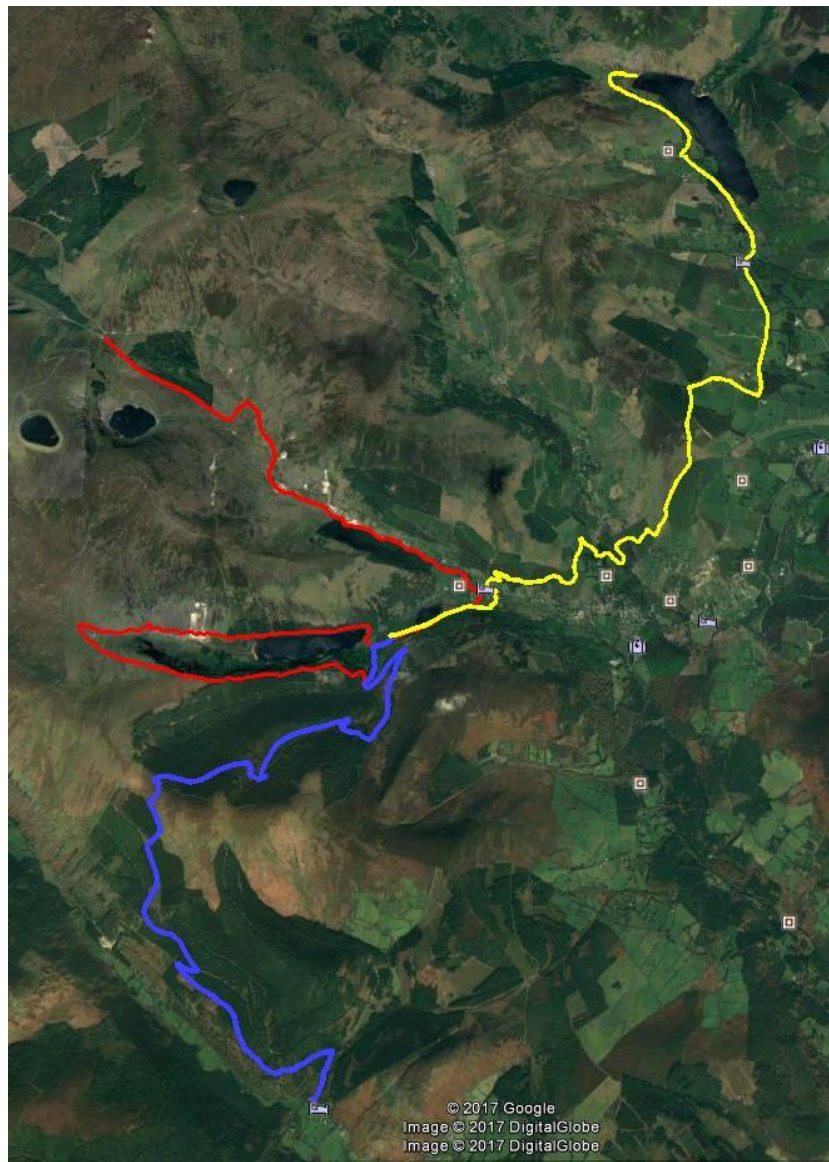
Course Profile with Checkpoint Location and Cut-Off Times

The following profile has been extracted from mapping software and gives an approximated overview of the course.

Do not underestimate Leg 2 – it has the greatest elevation gain.

Clover Leg 1 Detailed Description

Distance 26Km   Elevation gain/loss: 835m

Cut-off time: 11am

From the start line beside the Upper Lake runners will head back through the car park (where registration was held) and run anti-clockwise around the lower lake trails, returning along the Green Road to Poulanass Waterfall (~3km) from where runners will join the Spink trail (the WHITE Trail).
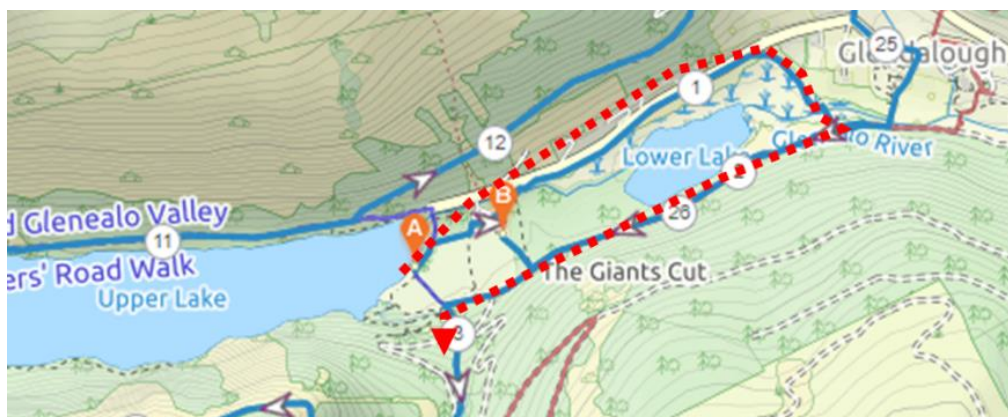
Runners will complete the Spink loop (the WHITE Trail) clockwise and return along the Miners Road to the Education Centre. At the Education Centre runners will take the left fork, marked for the Miner's Way and cross over the shoulder of Camaderry Mountain to join St. Kevin's Way in Glendasan.
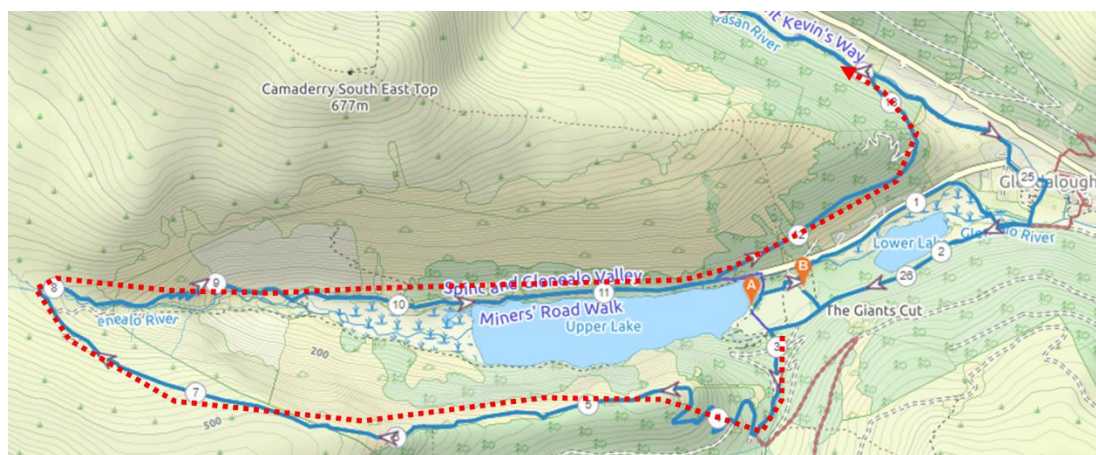

Once in Glendasan the Miners Trail joins St Kevin's Way and runners follow the road/trail on the South bank of the river, heading up river to the Wicklow Gap. St. Kevin's Way continues alongside the river all the way up to and through the ruined Lead Mines. Above the mines runners cross a footbridge and join a new trail which runs parallel to the main road. This trail continues off-road and along the southern edge of the obvious forestry to the Wicklow Gap.

Note: *there are some sharp turns and junctions on this trail. All junctions are way marked for St. Kevin's Way, but runner need to be attentive to the signage.*

The Wicklow Gap carpark will be checkpoint 1 where the race marshal will record your race number. Water and small snacks will be available here. Turn-about at the Wicklow Gap and follow St. Kevin's Way back into Glendalough.

On the return from the Wickow Gap runners DO NOT follow the trail onto Camaderry Mountain, but instead stay on St. Kevin's Way until the road Bridge at the Glendalough Hotel. At the road bridge runners turns right and run through the Graveyard to join the Green Road, which will bring them back to Transition in beside the Upper Lake Car Park in Glendalough.

Note: *There is potential to meet vehicular traffic in the area around the Glendalough Hotel on the return from the Wicklow Gap on Leg 1 and care must be exercised.*
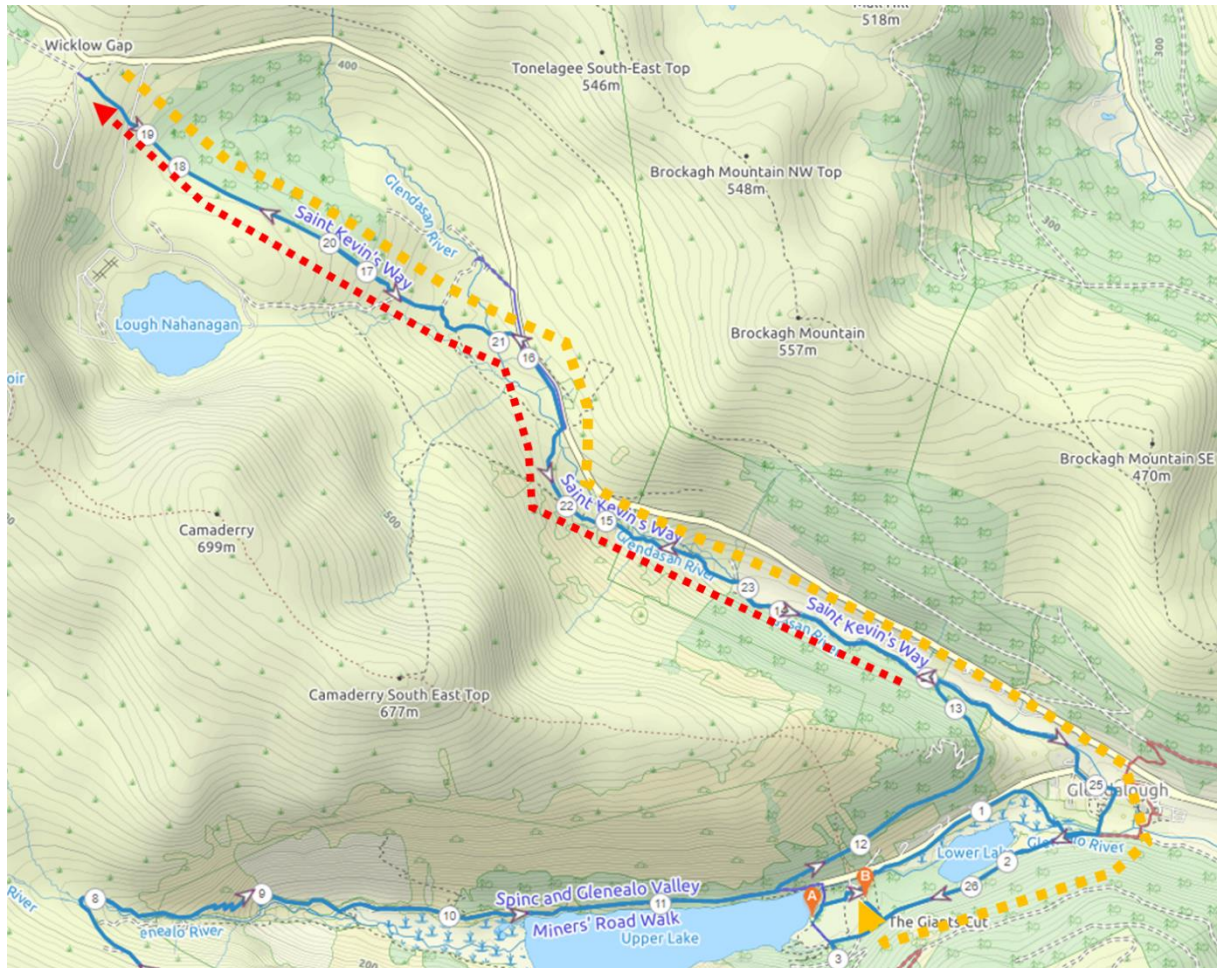
Clover Leg 2 Detailed Description

Distance 30Km   Elevation gain/loss: 1,100m

Cut-off time: 3pm

From the transition area beside the Upper Lake carpark head off in an easterly direction along the Green Road toward Glendalough Visitor Centre while following Wicklow Way signage.

On this occasion stick rigidly to the Wicklow Way route and bypass the entrance to the Monastic City. A further 200 metres beyond the Monastic City turn left and cross the river to bring you alongside the Visitor Centre carpark. Exit the carpark through the main gate and turn left to go past the front of the Glendalough Hotel.

Opposite to the Hotel turn right and travel up along the 100 metre laneway that leads to the main road R756. Cross the roadway directly and carry on following the Wicklow way signage. A steep climb leads you onto a wide forest track to be followed along with signage all the way to another main road the R115. Again, cross the roadway directly and carry on in a direction northeast along the wide forest track.

Follow Wicklow way signage all the way until you meet with a tarmac main road, the L1059. Turn left onto the L1059 and continue along it for approximately 2.5Km as far as Oldbridge.

At Oldbridge **turn left** you are now leaving the Wicklow Way temporarily. Follow the road signs toward Lough Dan. You will pass by the Lough Dan National Scout Campsite on your right-hand-side. Continue along this roadway and do not deviate from it for a further 1.5Km.


At the end of the roadway a Race Marshal will be there and give you instructions on what to do at the turnaround point on the beach. The Race Marshal will then direct you through a small gateway onto a single-track trail that leads toward Kanturk mountain. Follow this track to its end where you will pass through another small gateway, then take a sharp left turn up a very small hill and this is followed almost immediately by a right turn (it will be marked with tape) and then its downhill on a wide gravel track all the way to the beach at Lough Dan. An orienteering kite will be in place at the beach indicating the turnaround point. You <u>MUST</u> reach this kite before turning around to retrace your steps back to the Race Marshal on the roadway. This is a checkpoint and the Race Marshal will take account of your race number. Water and small snacks will be available here also.

Ensure you have been recorded by the Race Marshal before you leave this checkpoint.

Retrace your route back along the roadway to Oldbridge where you re-join the Wicklow Way and follow the signage all the way back to the transition area at the Upper Lake carpark.

Note: *There is potential to meet vehicular traffic at four separate locations along Leg 2 and care must be exercised. Those locations include: (1) Road section at Visitor Carpark and outside Glendalough Hotel (2) Road crossing at R756. (2) Road crossing at R115. (3) Continuing along roadway L1059 for 2.5Km as far as Oldbridge and along roadway as far as Lough Dan checkpoint.*
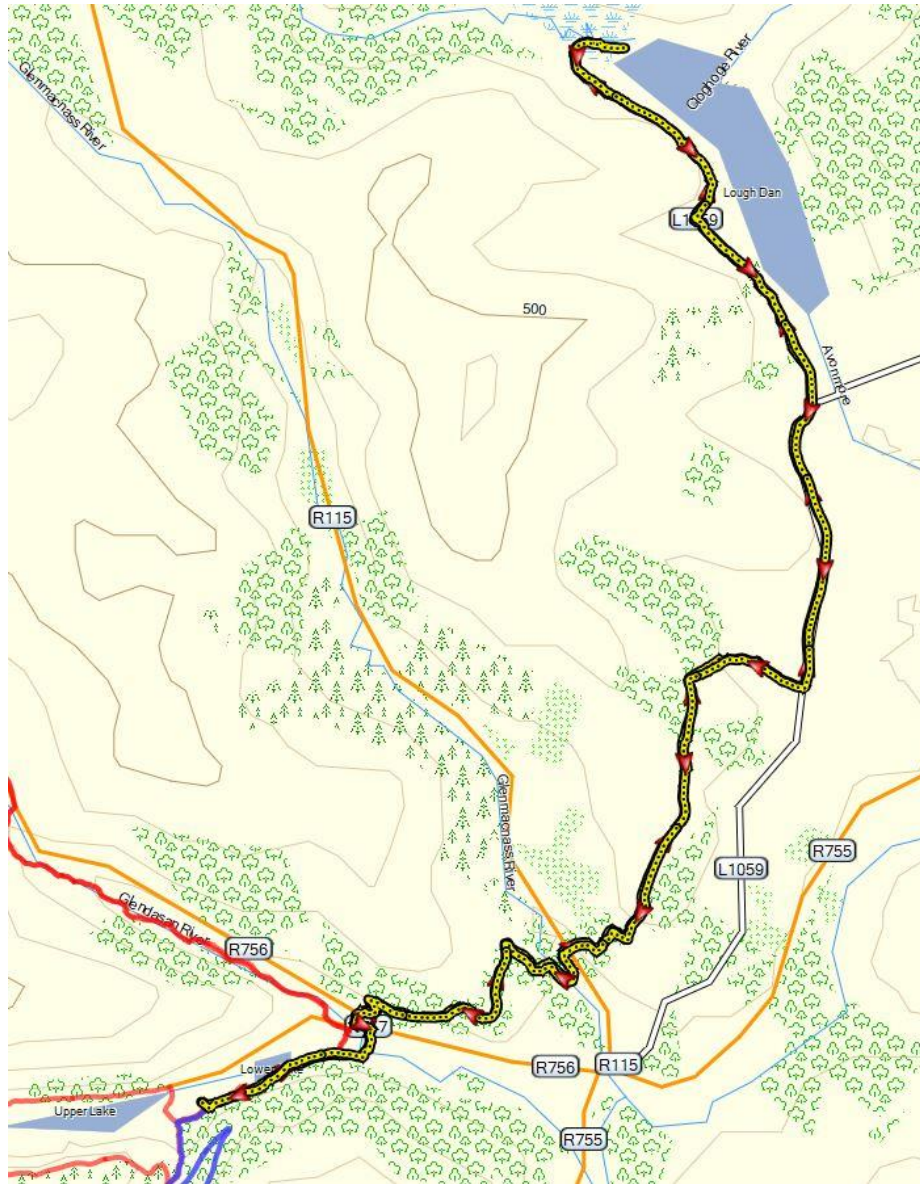
Clover Leg 3 Detailed Description

Distance 25Km   Elevation gain/loss: 1020m

Cut-off time: 5pm at Glenmalure turn-about

From the transition area beside the Upper Lake carpark head off in a southerly direction along the Wicklow Way.

Climb up past the Poulanass Waterfall and take the first left to cross over the bridge following the Wicklow Way signposts.

Solid climb for a distance of 6.3Km to reach railway sleepers that contour the base of Mullacor. After the sleepers, follow the grassy track that will then drop steeply downhill through a forest section to meet with a wide gravel track. Turn left here and follow Wicklow Way signs downhill. Five junctions will be encountered as you travel downhill toward Glenmalure Lodge Hotel in Drumgoff, all junctions are marked with Wicklow Way signage.

The route then changes from gravel track to tarmac as it meets a main road the L2083, at a distance of 300 metres from the Drumgoff crossroads. Carry on down to the carpark outside the Glenmalure Lodge Hotel where a Race Marshal will record your race number. Water and small snacks will be available here also.

Ensure you have been recorded before you leave this checkpoint.

Turn-around at the carpark and retrace your steps heading north all the way back to the finish line at the transition area beside the Upper Lake carpark.
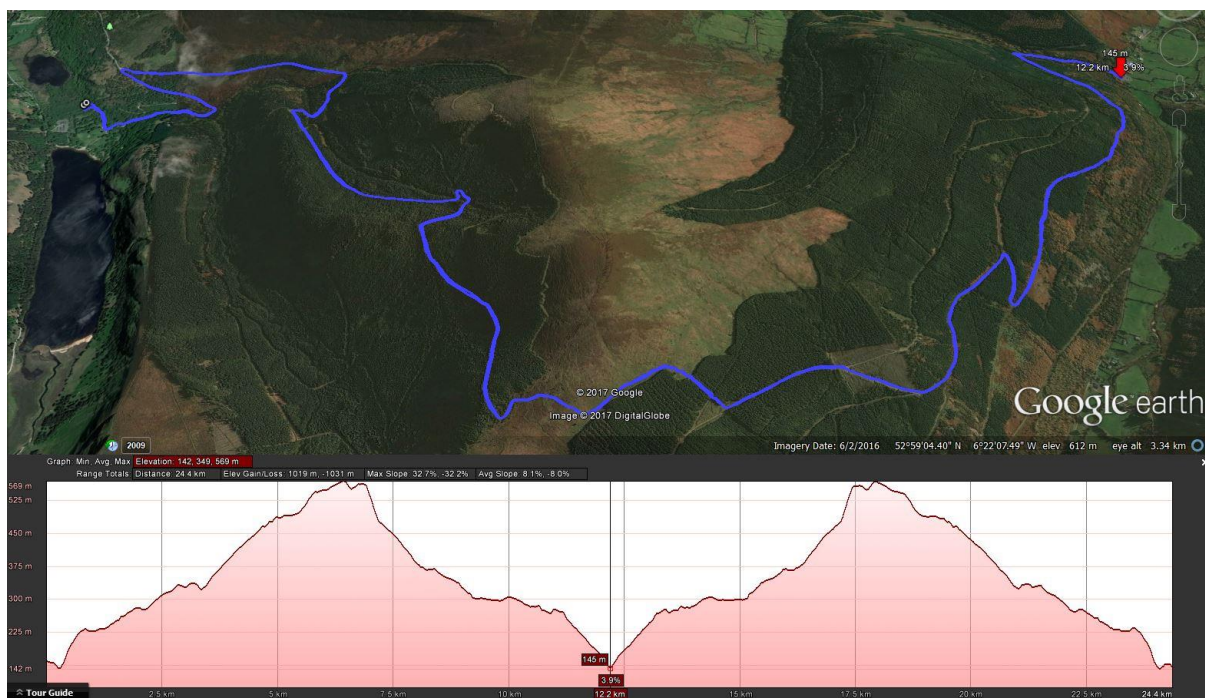
Note: *There is potential to meet vehicular traffic at one location along Leg 3 and care must be exercised. That location is as you exit the forest trail and meet the Military Road L2083 on the final 300 metre road section down to Drumgoff crossroads.*
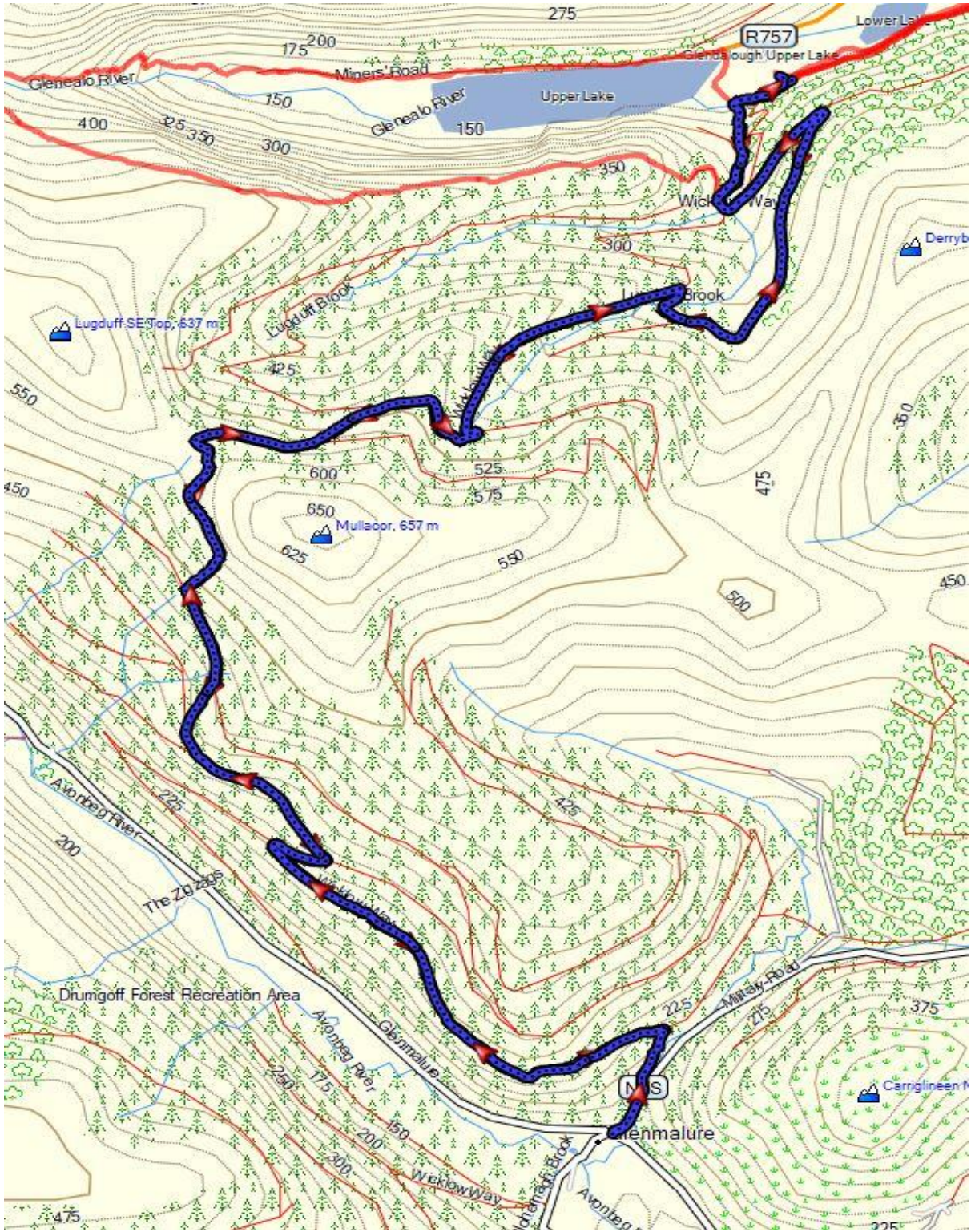
Course Information – Distance & Spot Height

The following table contains spot height and cumulative race distance for some important points along the course. All measurement are indicative and have been estimated from various sources.

#	Description	Elevation @ Location [m]	Cumulative Distance [km]
0	Start Line @ Upper Lake	135	0.00
1	Exit Car Park to join Lower Lake Looped Trail	135	0.35
2	Join Green Road & head west to Poulanass Waterfall	139	1.61
3	Turn left and climb alongside Poualanss Waterfall on Spink Trail (White Arrows)	140	3.00
4	Turn Right at barrier and follow White trail (Spink Route)	230	3.50
5	Cross Footbridge in the upper Glendaloguh Valley	364	8.00
6	Join Miners Way & start to climb	158	11.50
7	Miners Way Joins St. Kevin's Way along Glendasan River	164	13.15
8	Pass through Old Mining Settlement	300	15.10
9	St. Kevin's Way passes southern edge of forestry below Wicklow Gap	360	16.89
10	Turnaround point at Wicklow Gap Car Park	475	18.65
11	Entrance to Graveyard beside the Glendalough Hotel	138	25.00
12	Join the Green Road and head westerly back towards Transition	143	25.30
13	Transition	142	26.50
14	Follow Wicklow Way crossing Footbridge into Glendalough Visitors Centre	142	28.00
15	Road Crossing above the Glendalough Hotel	160	28.50
16	Footbridge over Glenmacnass River	185	31.15
17	Road Crossing	192	31.40
18	Cross Stile to access open mountain (Paddock Hill)	260	32.10
19	Wicklow Way joins tarmac road to Oldbridge	256	35.20
20	Course leaves Wicklow Way, turning left to access Lough Dan	213	37.50
21	Marshall Point on Leg 2	265	39.00
22	Turnaround point on Beach at NW end of Lough Dan	205	41.50
23	Marshall Point on Leg 2	265	43.80
24	Course re-joins Wicklow Way and heads back to Glendalough	213	45.60
25	Wicklow Way leaves tarmac road	256	47.80
26	Road Crossing	192	51.60
27	Footbridge over Glenmacnass River	185	51.90
28	Road Crossing	160	54.60
29	Cross footbridge in Visitors Centre to rejoin the Green Road back to Transition	142	55.10
30	Transition @ the end of Leg 2	142	56.50
31	Turn left to climb path alongside Poulanass Waterfall (same as Leg 1)	140	57.00
32	At the barrier above Poulanass turn left following the Wicklow Way Markers	230	57.50
33	Join boardwalks over the shoulder of Mullacor mountain (on Wicklow Way)	565	63.00
34	Turnaround point at the Glenmalure Lodge	146	68.80
35	Cross back of shoulder of Mullacor Mountain on Wicklow Way	565	74.70
36	Finish line at Transition in Glendalough	142	81.10

FAQs

Some questions we've been asked and the most consistent answers:

Why do I need to carry a map if the course if way-marked?

1. Way markings are only useful when you're on course – once you're off course they tend to disappear.
2. A map can be used by you or the random stranger who points you in the right direction.

What sort of map do I need?

You can print out the pages of this booklet or bring a proper map. The level of detail depends on your own requirements. We require that you carry something that will allow you identify the direction you should travel in and/or to allow you to ask someone for directions to your next checkpoint.

Can I rely completely on the maps on my phone?

No, we need you to carry something that will work when you're battery runs out. As you will be running through areas with poor coverage your phone battery will drain quicker and the app you are relying on will probably not work when you need it.

Why do I need a compass?

The point of the compass in this race is to allow runner to orientate their map with the north-south axis. This can be key in a forestry setting where the map cannot be aligned with surrounding features as all you can see are trees.

At the height of summer why do I need a waterproof coat?

It's Ireland.

Will my kit be checked?

Yes, either at the start and/or during the race. On a hot day we may require all runners to show they are carrying 500 ml of water when leaving a checkpoint.

If it looks like you are not carrying the mandatory kit, then you will be checked.

Will I need to punch an orienteering card at Lough Dan like previous years?

We hope this year to use trackers to monitor the turnaround at Lough Dan. We may however retain the requirement to punch card on the day. All instructions and equipment will be supplied if required on the day.

Where do I need to wear a face covering?

In congested areas with multiple groups less than 2 metres apart. This is both out of respect for others and as a measure to ensure we can keep operating our races in public spaces.

Can I smile behind my face covering?

Please do… the eyes tell a lot.

How do the Cut-offs work?

Runners must leave the designated location by the cut-off time. Arriving is on time is not enough. Please consider the 16 hour day for volunteers before complaining.

irish mountain running
ASSOCIATION
IMRA

RACE DAY REGISTRATION FORM, KIT CHECK and DISCLAIMER

I the undersigned hereby agree to become a full member of the Irish Mountain Running Association (hereinafter known as the Association) and agree to abide by the rules and constitution of the Association. I am aware that mountain running is a potentially dangerous sport and also agree to take part in this race entirely at MY OWN RISK. I confirm that no LIABILITY attaches to the LANDOWNERS or SPONSORS or MEMBERS or the COMMITTEE of the Association for ANY INJURY that may be sustained by me as a result of my participation in this race.

Race: Glendalough Tucker Trail 80 Km Ultra Distance Race **Date**: _____

	Name	IMRA Race #	Phone Number	Signature
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All participants must ensure the volunteer at registration notes that are present and planning to run. The volunteer will note your registration with a tick beside your name.

Runners must register the phone number of the mobile phone they will be carrying during the race.

Mandatory Kit Check List

Race: Glendalough Tucker Trail (Clover Solo)   **Date**: _____

IMRA Race Number										
Map & Compass										
Mobile Phone										
Whistle										
Emergency food supply										
Water Resistant Jacket										
Hat or Buff										
Water container(s) with capacity of 0.5 litre										

This list will be used at registration desk in Glendalough to check runners **Mandatory Kit**.

Runners should bring all their race kit to registration on race morning.

Runners will present the items requested by the scrutineer.

Failure to provide the requested kit will result in runners not being allowed to start the race.

Tucker Trail Team Challenge Entry Sheet

Teams of 3 runners. Team time is the accumulated time of the 3 team members multiplied by their gender finish position. Lowest time will be the first placed team. All runners must be registered for the Glendalough Tucker Trail 80k.

Enter the 2021 IMRA race number of the team members below			
Team	Runner #1	Runner #2	Runner #3
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

This sheet will be available at registration on race day. **No pre-entry** on the IMRA site or forum for the team competitions.

Entry on this sheet is for the Tucker Trail Team Challenge (Time based) competition ONLY.

One person may enter the team, but must ensure they have the other runners' permission. Disputed teams will be deemed invalid.

No entries after the closing of race day registration in Glendalough. Entries cannot be revised during, or after the race.

Entry in the team events is free, but limited to those registered for the Glendalough Tucker Trail 80km race.

IMPORTANT: Runners must ensure the accuracy of the information entered, and that all team members have agreed to their entry. Organisers are not responsible for your mistakes. Teams must be eligible for the competitions for the entry to be valid. Get it right if you want to get a prize.