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Glendalough Clover Tri-Valley Relay Race

2023 Race Instructions



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Race Entry

The race is open to all men and women aged 18 or over on the date of entry.

Teams members will purchase individual entries via the *myIMRA* section of the www.imra.ie website. Each team member must purchase an entry for the race.

Please note: *All team members must be members of IMRA and hold a valid 2023 race number* on the day of the event.

Race Outline

The Tri Valley Relay is a 3 leg relay based on three 'out & back' loops, with the changeover and finish line in the same location beside the upper Lake Car Park in Glendalough. The race starts beside the upper lake in Glendalough and uses the Miners Trail over the shoulder of Camaderry to access St Kevin's Way in Glendasan. Runners proceed to the Wicklow Gap and return via the same route to the transition area in Glendalough. Leg 2 follows the Wicklow Way north to Oldbridge and from there goes along the western edge of Lough Dan to the turnaround at the North West end of the lake, before returning via the same route. Leg 3 follows the Wicklow Way south to Drumgoff and returns via the same route to finish in the transition area in Glendalough.

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 either by coins or contactless payment, we'd suggest being prepared with both.

The events will primarily use the way markings on these paths, with some additional markings added at the discretion of the organiser. The way mark posts of the existing trails are considered sufficient for navigation.

The total route is approximately 70km in distance, with a total climb in the region of 2,500m.

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).

Staggered Starts/Time Bonus

Relay Event

Prizes will be awarded to the 1st, 2nd, & 3rd teams to cross the finish line. Runners may be entitled to a time bonus which will allow their team to start in advance of the official race start.

Relay Time Bonuses

Based on our best guess of the race times the following times bonuses will be available per leg for qualifying runners.

- Male Senior no time bonus applicable
- M40 no time bonus applicable
- M50 10 mins per leg
- Female Senior 15 mins per leg
- F40 20 mins per leg
- F50 30 mins per leg
- M60+ 30 mins per leg
- F60+ 40 mins per leg

The following two examples illustrate how the time bonus will work:

Example 1: Team consisting of 1x M40, 1x FS and 1x M60
Time bonuses: 0 mins / 15 mins / 30 mins
Total team bonus: 45 mins
This team will be allowed to start from 8:45 am

Example 2: Team consisting of 1x MS, 1x M70 and 1x F70
Time bonuses: 0 mins / 30 mins / 40 mins
Total team bonus: 70 mins
This team will be allowed to start from 8:20 am

Teams can start anytime between their bonus allotted start time and the official race start, but the time bonus will only be use to adjust the allowed start time. The bonus will not be used to adjust finish times for teams who start later than allowed.

The onus is on the runners to be ready on time to get the full benefit of the bonus.

Start times for teams will be posted to the IMRA website during the week before the race.

Itinerary for Race Day

Time	Detail
07:15	Relay registration Opens in the Finish/Transition Area beside the upper lake Car Park.
07:30	Start for teams with maximum time bonus
09:15	Relay registration Closes.
09:30	Official Relay Race Start for team with NO time bonus
11:30	Mass Start for Leg 2 runners yet to begin
14:45	First race finishers
15:00	Mass Start for Leg 3 runners yet to begin
16:30	Prize Giving Ceremony for Ultra & Relay race winners
17:00	Cut-off time for runners to leave Drumgoff
19:00	Course Closed

These timings may be changed to account for adverse weather or other important factors. Runners will be informed of any changes as soon as they are made.

Please ensure that you download the latest copy of this race book and check the IMRA website forum during the week leading up to the race.

GPS Trackers

We are investigating the use of GPS trackers and could potentially issue each team with a tracker on the day. Details will be confirmed closer to race day once the logistics have been confirmed.

Relay Identification

To allow runners in the Glendalough Tucker Trail to identify relay runners we are expecting to use two options, either a coloured bib or a blank race number with relay written on it for the runners back.

Facilities at the Event Centre (Glendalough).

Within the grounds of the Upper Lake carpark there is a permanent Café and a mobile Café. There is a drinking water supply tap located close to the entry gate of the carpark. The Upper Lake carpark also has WC facilities.

Facilities at the Checkpoints

Each of the checkpoints, i.e. at 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 this refreshment station twice.

External Assistance or Support

In the spirit of fairness, personal assistance along the route is forbidden. Enthusiastic supporting is encouraged, but to be fair to visiting teams or those without local support we ask that on course assistance is avoided. Availing of assistance, support or pacing, will lead to disqualification. The race route is fixed and every runner must follow the designated path along the way marked trails and through all check-points/refreshment points, even if they do not stop.

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.

Important Contact Details

Race Director

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

Important Note: Phone coverage in the race area is poor

Mandatory & Recommended Kit/Equipment

Mandatory Kit List

Mandatory kit can be checked at any point in the race. It is the responsibility of runners to ensure that they carry the mandatory kit. It is advisable to pack your kit so that it is easy to inspect.

1. Official **IMRA Race Number**: must be displayed to the front.
2. **Water resistant jacket**

Highly Recommended Kit for Legs 2 &3

- A **map** of the relay leg route.
- **Compass** – to give orientation if lost in forested area.
- **Mobile Phone**. Charged and capable of operating for the full duration of the race. The IMRA emergency number is on the back of you race number.
- Rucksack or similar pack with capacity to contain all of the mandatory equipment.
- Water container(s) with a minimum capacity of 500 ml. Bottles or bladders or a combination.
- 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.
- **Hat & Gloves**
- A survival blanket.
- Whistle.
- Spare long sleeved top.
- Full leg cover; running leggings, ¾ tights & long socks, or similar will suffice.

Additional Recommended Kit for Cold or Adverse Weather

- Waterproof Leggings
- A full change of clothes 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.

A kit inspection can be carried out at any point.

Relay Leg 1 Detailed Description

Distance 14.6Km Elevation gain/loss: 470m

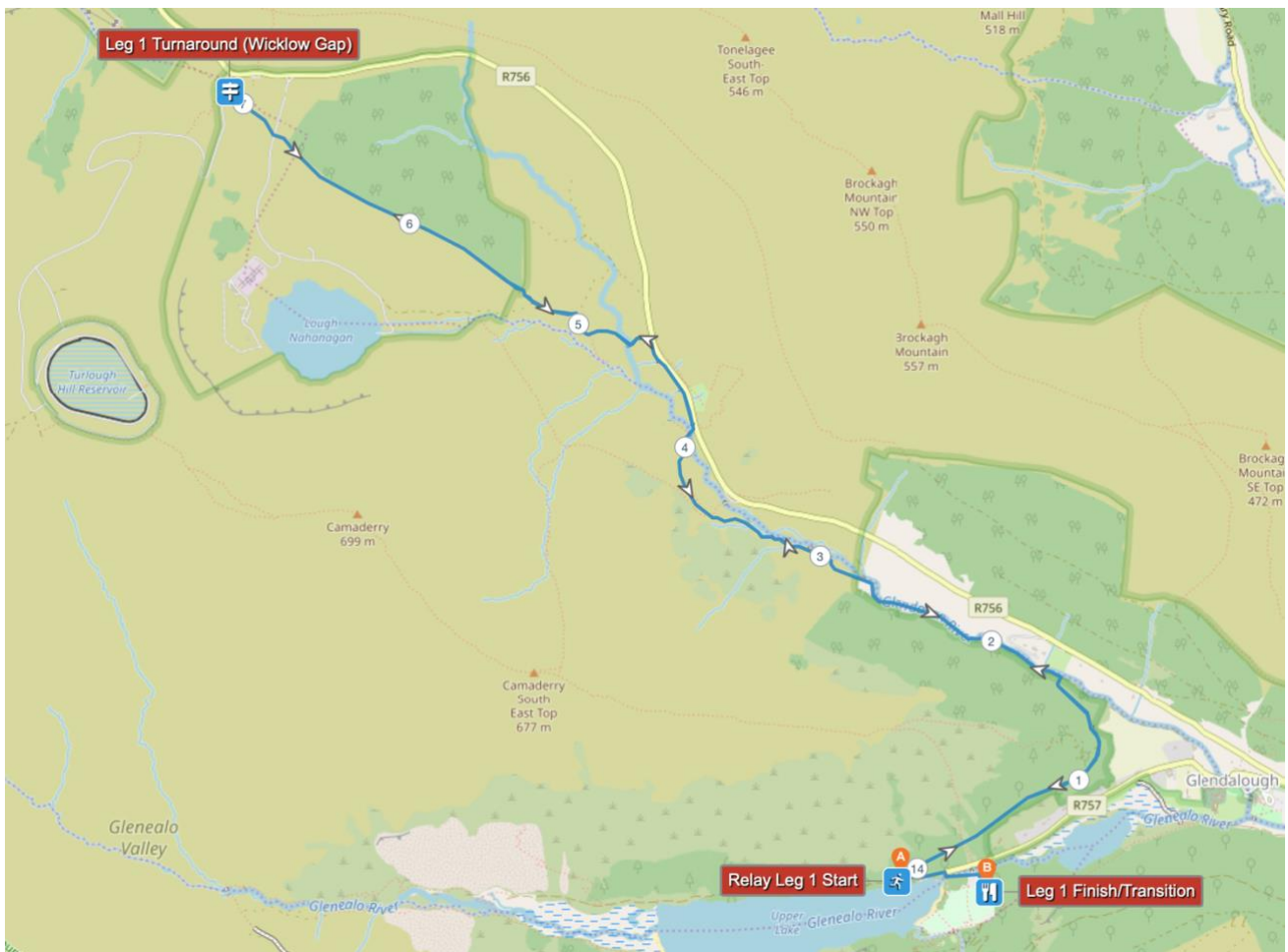
Detailed Description

Leg 1 starts at the junction on the Miners Trail at the education centre on the northern side of the upper Lake. From here climb over the shoulder of Camaderry mountain to access St. Kevin's Way in Glendasan.

St Kevin's Way continues in a Northwest direction toward the Wicklow Gap. The trail follows the river up to the old mine building and then runs parallel to the main road before turning left and with the forest on your right-hand-side climbs to the Wicklow Gap carpark.

This will be the turnaround for Leg 1. A race volunteer will have water and small snacks will be available here.

Turn-about at the Wicklow Gap and follow the exact same route back. You will turn off St. Kevin's Way at the junction for the Miner trail and follow the same route over the shoulder of Camaderry to the education centre. From here make you way to transition area on the far side of the car park.



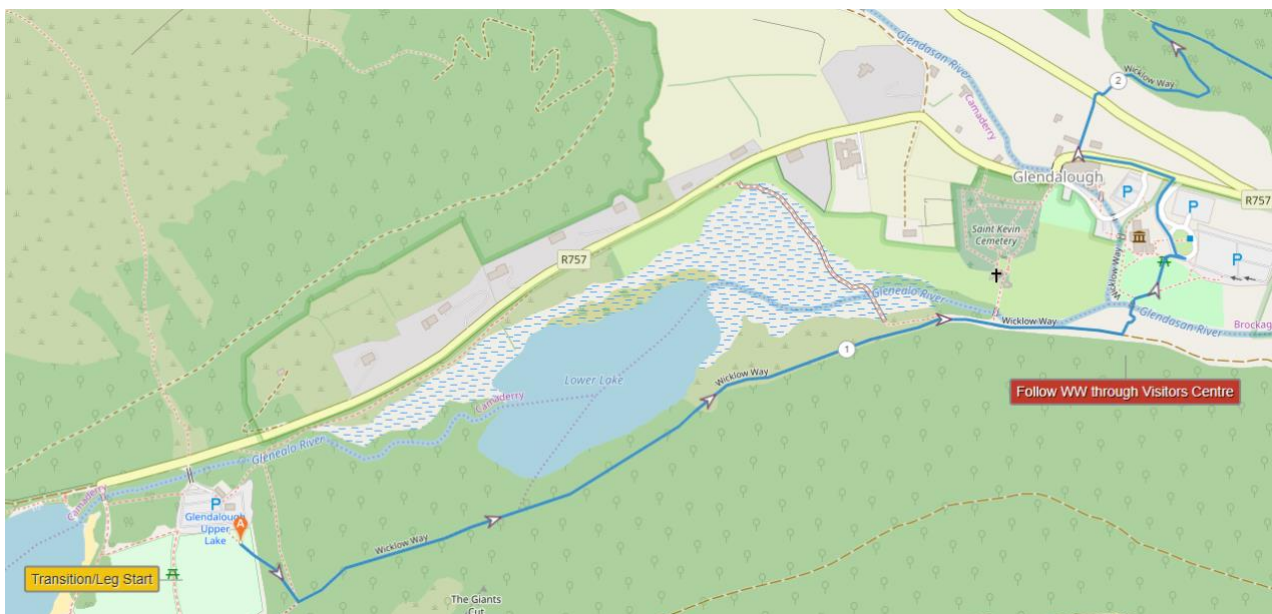
Relay Leg 2 Detailed Description

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

Cut-off time to access Lough Dan: 1pm

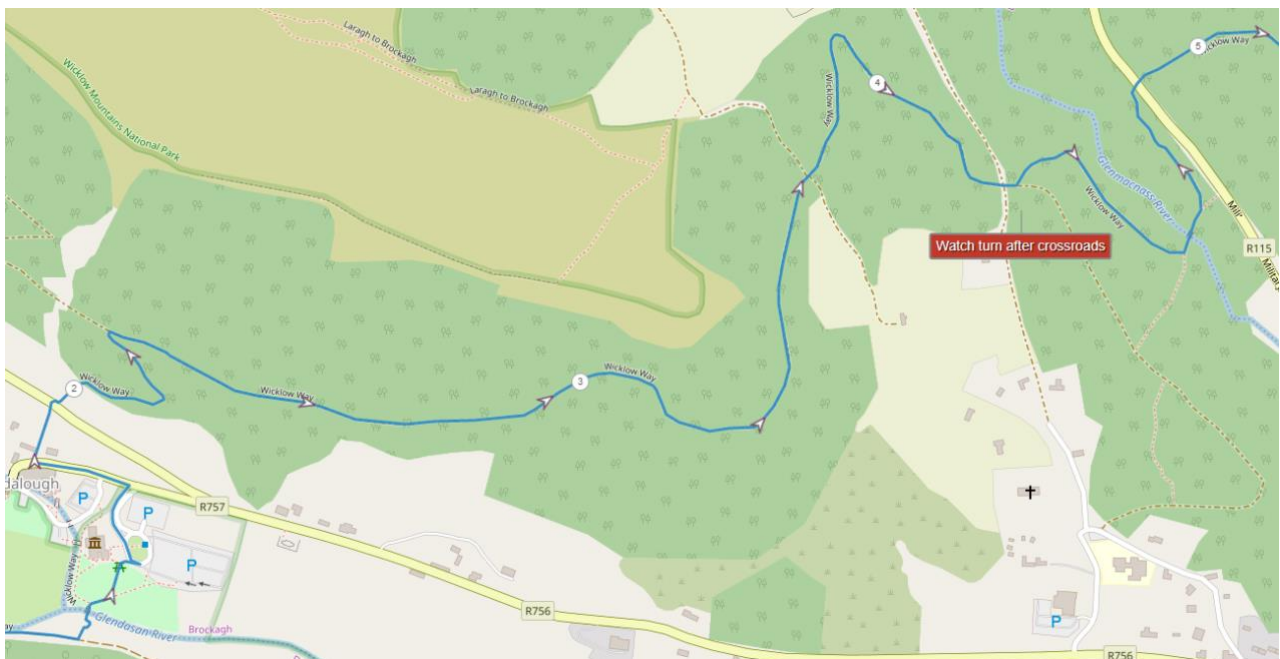
Detailed Description

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.



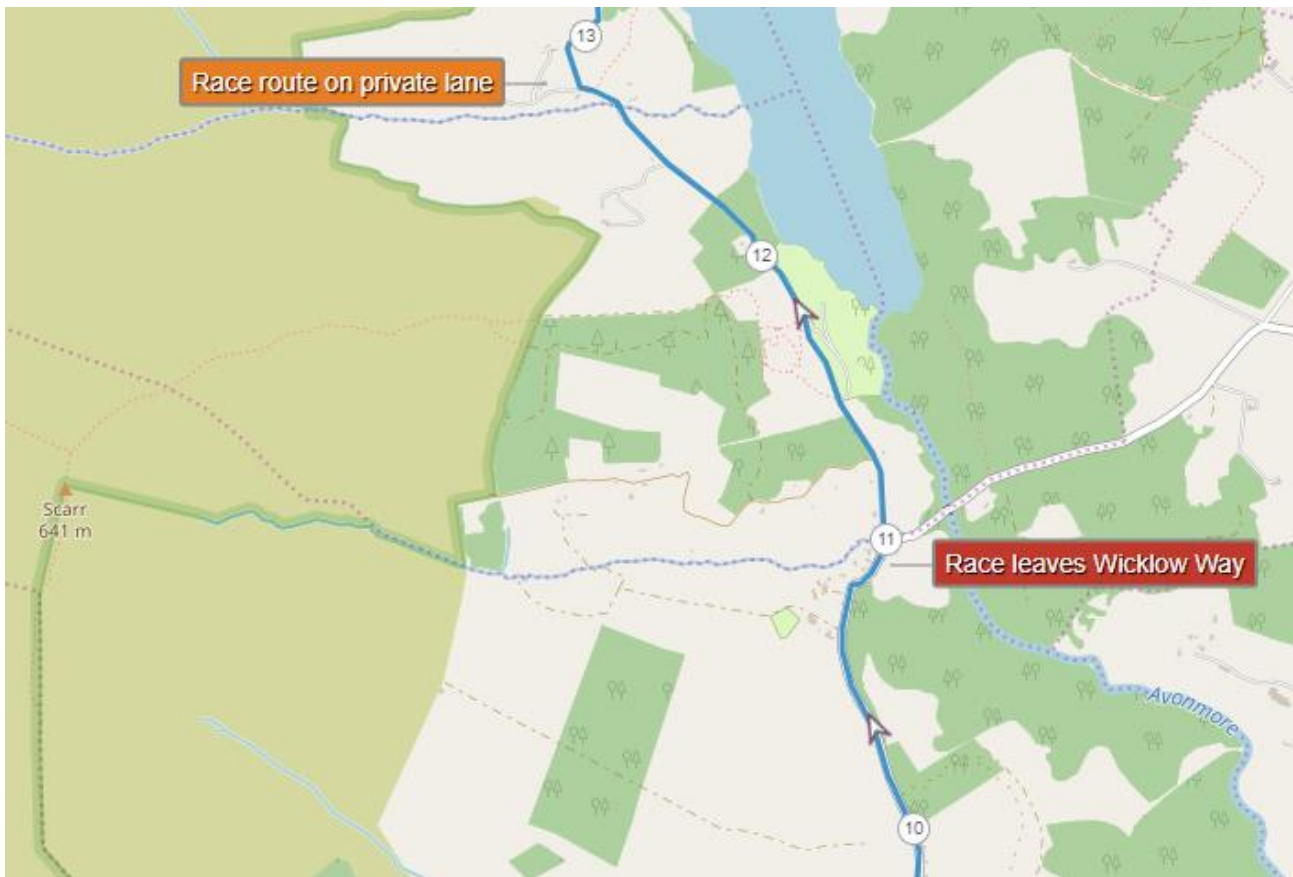
Leg 2 follows the Wicklow Way route past the entrance to the Monastic City and a further 200 metres down the path turns left to cross the river into the Visitor Centre carpark. Exit the carpark through the main gate and turn left on the tarmac road towards the Glendalough Hotel.

Opposite to the Hotel turn right and travel up along the 100 metre laneway that leads to the main road (R756 Wicklow Gap Road). Cross the road to the stile and carry on following the Wicklow Way (WW) signage. A steep climb leads you to a wide forest track heading east. Following the WW signs you will climb and then descend to a four-way crossroads in the forest. Go directly through the crossroads and then immediately look out for the left turn down to the river-side trail. Follow with WW 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 north along it for approximately 2.5Km as far as Oldbridge.

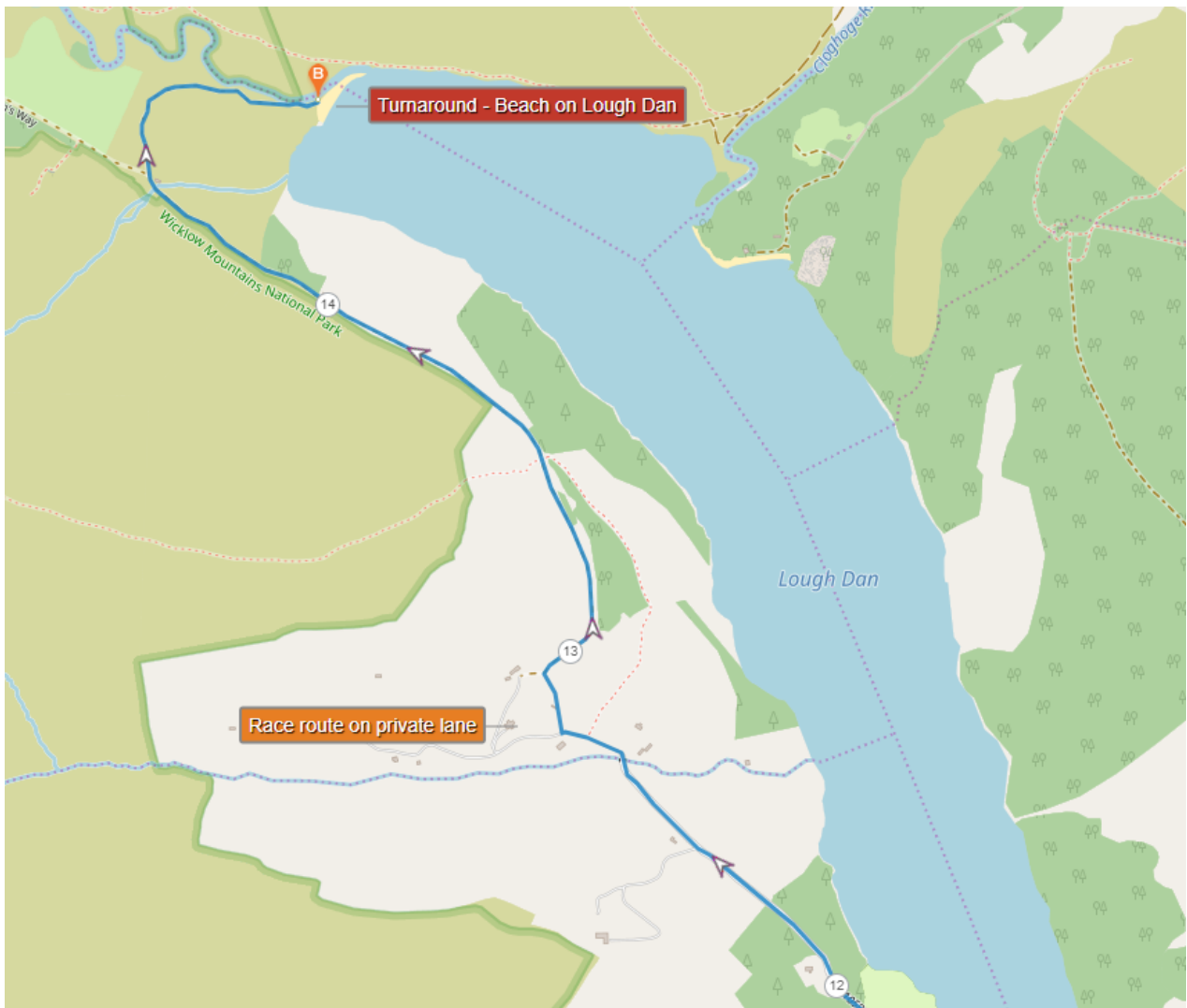
At Oldbridge **turn left** - you are now leaving the Wicklow Way temporarily. Follow the road signs toward Lough Dan. You will pass by the Lough Dan National Scout Campsite on your right-hand-side. Continue along this roadway and do not deviate from it for a further 1.5Km.



At the end of the roadway there will be a Race Marshal who will then direct you up the road to an old grassy lane which leads to the main double track trail into the Inchavore valley. You will descend through two farm gates on the way into the valley before reaching a large black gate at the bottom of the track. The black gate has a pedestrian entrance in the middle. **WATCH THE STEP.** From the black gate through to the turnaround point will be marked by flags on the obvious grassy trail.

Note: the race route does not take the marked walking trail as this area is private property and we've been asked to use the grassy lane on race day instead. For those running the route in advance of race day we would appreciate if you use the walking trail. On race day the route will be marked and marshalled.

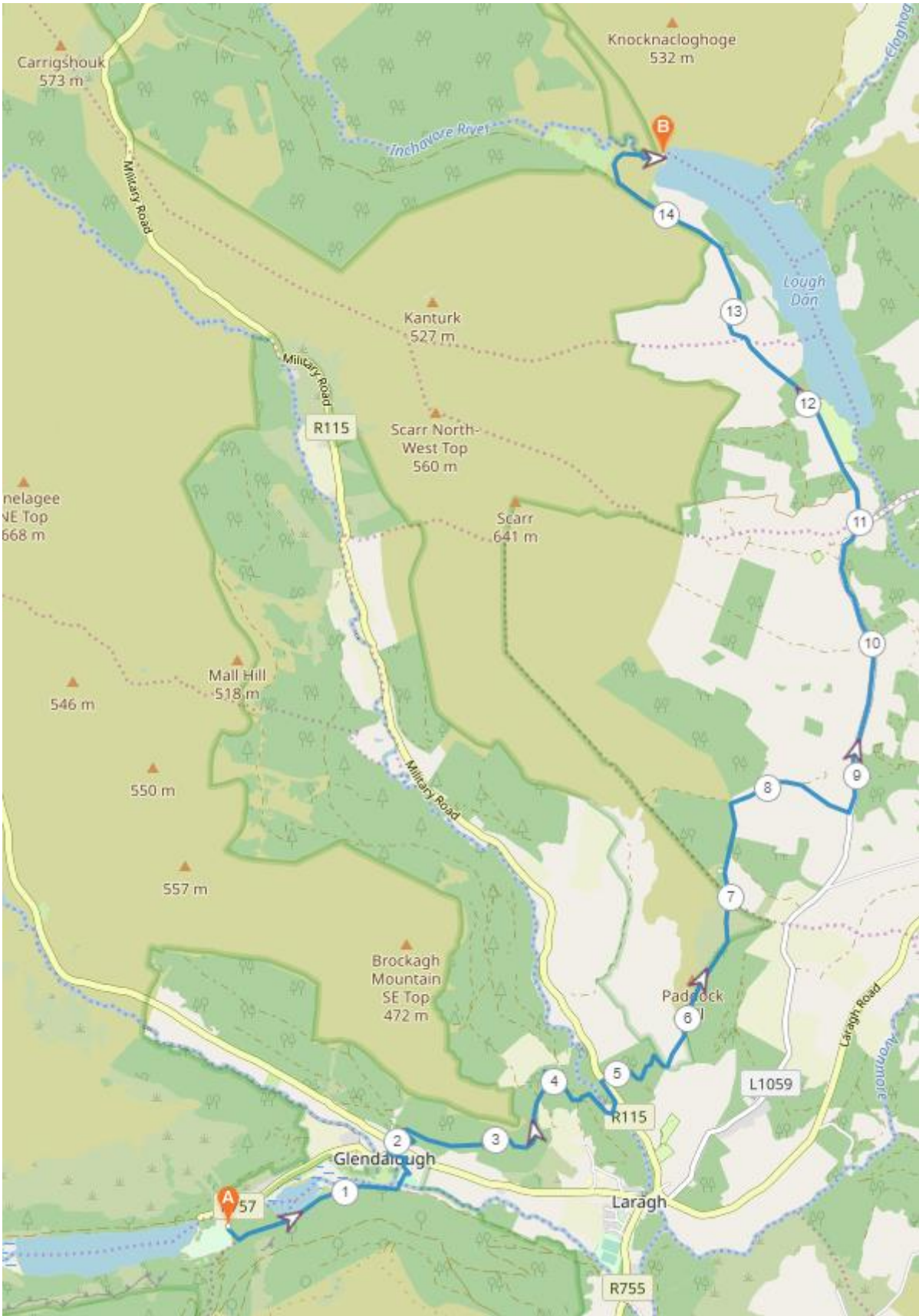
Anyone reaching the marshal on the outward journey after 1pm will be asked to turnaround. We have two reasons for this request. Firstly experience indicates that runners reaching this point after 1pm will not make the 3pm cut-off at the end of Leg 2 in Glendalough. Secondly we have agreed with landowners to start removing the race markings from this time, based on the cut-offs outlined.



An IMRA Flag or orienteering kite will be in place at the beach indicating the turnaround point. You MUST reach this marker before turning around to retrace your steps back to the Race Marshal on the roadway. Water and small snacks will be available here also.

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.*



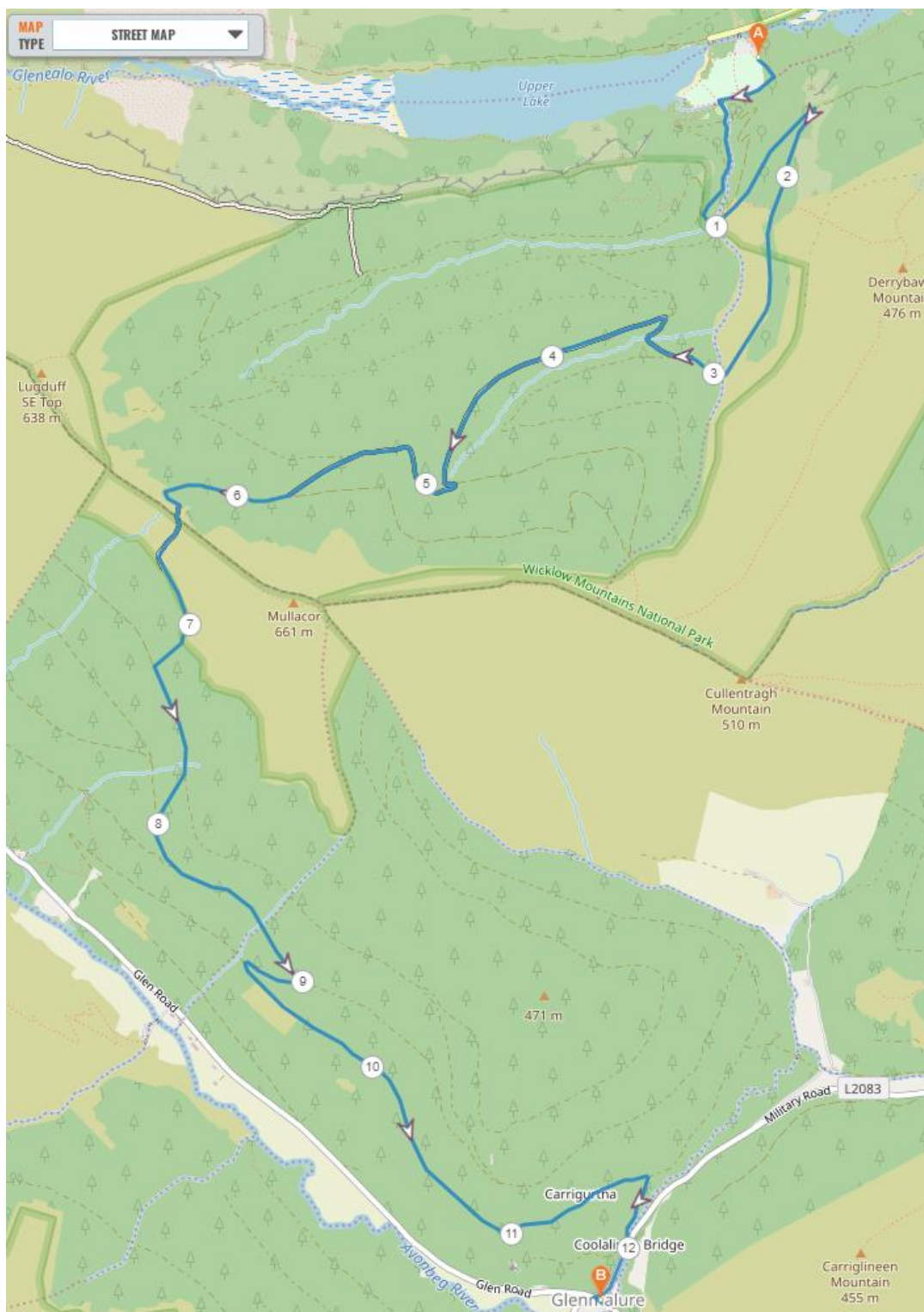
Relay Leg 3 Detailed Description

Distance 25Km

Elevation gain/loss: 1020m

Cut-off time: 5pm at Drumgoff

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. Settle in for this is a 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.*

FAQs

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

Should I carry a map and compass if the course is way-marked?

1. Way markings are only useful when you're on course – one wrong turn and they disappear.
2. A map can be used by you or the random stranger who points you in the right direction.
3. A compass can be used to orientate the map when you are in a forest

What sort of map can I use?

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. We recommend East West maps if you are looking for something to help guide you on training runs and race day.

Can I rely completely on the maps on my phone?

No, we need you to carry something that will work when your 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.

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

It's Ireland. And it's an IMRA policy.

What kit should I carry?

This will depend on the leg you are running and the conditions on the day. While the leader may complete Leg 1 in an hour, we expect the fastest time on Leg 2 to be over 3 hours. Consider the amount of time you will be out on the course and prepare appropriately. We strongly recommend runners use a backpack, carry 500 ml of fluids and some emergency food.

Does my team need to have 3 runners?

No, teams can be made up of 2 or 3 runners. Each runner must complete the entire leg they start. The only changeover point will be the transition area in Glendalough.

How do the Cut-offs / Mass Starts work?

If a runner/s has not completed their leg by the designated time then there will be a mass start for the relay runners waiting to start the next leg. The total time for the team in the results will be the finish time of each leg added together. The mass starts are in place to manage the amount of time volunteers need to be on the course, not to punish slower teams. Cut offs for Lough Dan & Drumgoff are in place to try and manage the time volunteers will be spending out on the course. Thanks for your understanding.