

## Mountain Running teams

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### 2025 Team Ireland representative opportunities

- **23-25<sup>th</sup> May : Nasego Mountain Running Six Nations**
  - Trial: IMRA Wicklow Way Race - 8<sup>th</sup> March 2025
  - 21km / 1337m ascent
  - **Financial and Participation Requirements**

To ensure the financial viability of this race, we stipulate that selected athletes must participate in both races: the *uphill-only race* on the 23rd and the *classic race* on the 25th. This applies to the full teams of four men and four women selected for these events. Athletes for this race also must pay for their own flights. Therefore, usual athletes' contribution will not apply to this event
- **7th June: Trail de Guerledan**
  - Trial Race: IMRA Clonmel Half Marathon - 8<sup>th</sup> March 2025
  - This is a development opportunity for senior athletes to gain international representative experience.
  - [Website link](#)
- **14 June: World Mountain Running Association U18 – Bratislava, Slovakia**
  - Trial: [IMRA Slievenamon](#) - Sunday 11<sup>th</sup> May 2025
- **20 July: Wales: Snowdon International (senior team)**
  - Trial Race : NIMRA Slieve Donard – 31<sup>st</sup> May 2025
  - [Website link](#)
- **25 September: Canfranc World Mountain Running Association Champs**
  - Trial Races:
    - Uphill – Seefin Uphill Race Friday 6<sup>th</sup> June 2025
    - Classic - Seefin Challenge 8<sup>th</sup> June 2025
    - U20 Maulin Ride – Crone start 27<sup>th</sup> July 2025
    - 50k – NIMRA Granite Peaks Ultra - 25th May 2025
    - 80k – NIMRA Granite Peaks Ultra – 25<sup>th</sup> May 2025
- **14 September: Wales, British & Irish / Junior Home International**
  - Trial: 23<sup>rd</sup> August
  - Location: Scarr, Laragh. Co Wicklow

## Selection information

The committee will select the best available teams to represent Ireland, although where shown some teams will be selected as development teams to give them experience of international competition.

- All IMRA & NIMRA trail event details will be on the IMRA 2025 calendar at [www.imra.ie](http://www.imra.ie) and [here](#).
- All events in 2025 are subject to funding and IMRA may amend the policies at any point.
- **Team Selection Policy**  
Team selection will be contingent on Irish-based senior athletes having volunteered at a minimum of two IMRA events prior to the race date. Alternatively, those Irish-based selected athletes must provide proof of commitment to volunteer at a minimum of two events during the 2025 IMRA calendar. If this commitment presents an issue to any athlete, please get in touch with any member of the HP team (see below for contact details).
- **IMRA HP Selectors view trials as the primary means of selecting the teams.** Where there is no trial or an athlete is unable to compete in the trial race, it is the athlete's responsibility to provide IMRA HP Officer with details of all performances they wish to be considered at the selection meeting. This information must be provided in advance of the trial race where there is one or before the advertised selection date.
- **Eligibility for International Races**  
Athletes seeking selection for international races must hold a valid Irish passport for the destination country **prior to the trial** and meet eligibility requirements to represent Ireland in international competitions. The selection committee reserves the right to de-select any athlete who fails to provide all requested information, including passport details, within one week of selection.
- Selection of all athletes is subject to the agreement of the athlete's training and racing programme between the date of selection and the representative race by the committee. IMRA reserves the right to de-select any athlete who is deemed unfit or injured in the lead-up to the event. Athletes will usually be informed of their selection within a week of the trial and/or deadline for expressions of interest.
- **Level of Performance**  
For all races, if the IMRA HP selectors believe that a minimum performance standard for selection has not been achieved, they reserve the right not to select a full team. Qualifying times will typically be added to the Event Details page in advance of the trail date. To clarify – IMRA do not intend to send teams to international events composed of athletes who have not demonstrated what they believe is an adequate level of performance required.
- **Financial Contribution Requirement**  
All selected athletes are required to contribute €100 per race to help cover travel and associated costs. If this presents an issue to any athlete, please get in touch with any member of the HP team.

- **Official Team Ireland Kit Policy**

The official Team Ireland kit is to be used exclusively for official IMRA Team Ireland events. Any kit provided to you following selection and participation in races will remain valid for a two-year period, covering 2025 and 2026.

Updates to all races will be published on the IMRA website.

**IMRA 2025 HP Team**

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