

Ver.1 (01.06.2024)

Glendalough Tucker Trail 80km Ultra Race

2024 Race Instructions



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Please ensure that you check the event webpage (<https://www.imra.ie/events/view/id/2530>) 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.

Race Outline

The Glendalough Tucker Trail is an 80km (50 mile) ultra distance mountain trail race, with a total climb in the region of 3,000m. It is based on three 'out & back' loops that are centred on the Glendalough Valley. The race 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 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 (~6.5km per hour).

For 2024 we are planning to use the same course as 2023 with the graveyard section removed and the Miners Trail to St. Kevin's Way included.

Race Entry

The race is open to all IMRA members registered for the 2024 season, who are aged 18 or over on the date of entry. Annual IMRA membership and race entry can be purchased through the *myIMRA* section of the <https://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
07:00	Race start (at Upper Lake Photo Post)
09:30	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

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

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**. As of April 2022 there is a contactless payment option on the barrier. Or cash can be paid to the attendant.



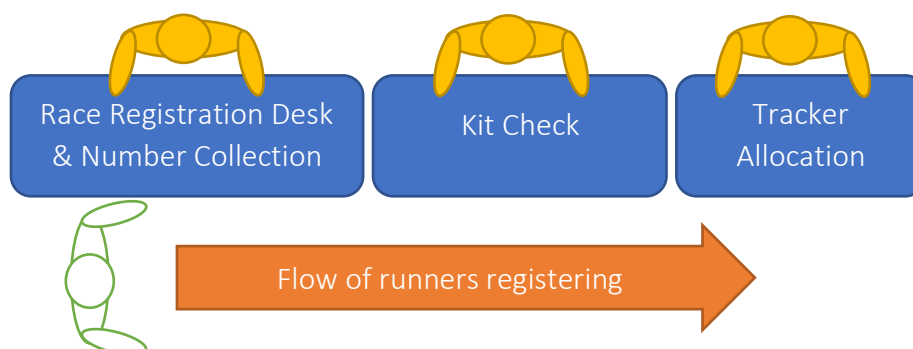
Race-Day Registration & Kit Check

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

Runners should bring their race kit and 2024 IMRA race number to the registration desk/kit check. Those collecting their 2024 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 have a GPS tracker attached to their pack.

The layout of the registration area will be similar to this:



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.

Food & Drink: 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 such as fruit, bread, cheese, nuts, chocolate etc. **Runners will need their own cup or container for the liquids.**

Drop-bag zone: 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. The [Ikea Smala 65L box](#) with lid has proven a popular choice.



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

Facilities at the Checkpoints

There are three “on course” checkpoints. Each of these checkpoints, i.e. Wicklow Gap, Lough Dan, and Glenmalure will have a supply of liquids and 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.

Where a marshal is present we will try to record race numbers and time as a manual back-up to the trackers. This is both for safety and results. Please uncover and/or tell the marshal your race number if requested.

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.

Plastic cups will not be provided at any of the refreshment points; runners must have their own cup or other personal container suitable for the purpose.

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. They are required to be self-sufficient in terms of safety, nutrition and equipment. A self-sufficient runner must be capable of handling and adapting to unexpected problems in the mountain environment (poor weather, physical problems, injuries, poor navigation, 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.

In the spirit of fairness to your fellow competitors, personal assistance, external support or pacing along the race route by supporters not entered into and running the entire race is forbidden. Receiving assistance or support from non-competitors along the course will lead to disqualification. 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.

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.

Mandatory & Recommended Kit/Equipment

Mandatory Kit List

The following mandatory kit must be carried by each runner for the duration of the race:

- Official IMRA Race Number: must be displayed to the front.
- GPS Tracker (to be supplied by the organisers at registration)
- IMRA Mandatory Kit Level C - Advanced
 - Waterproof jacket with integrated hood and taped seams
 - Hat or buff
 - Gloves
 - Whistle
 - Charged mobile phone with emergency number stored
 - Foil blanket, bivvy bag or equivalent
 - Waterproof full leg cover
 - Means to carry a minimum of 500 mL water
 - Emergency food
 - Map of route/area
 - Compass

Kit Check: Mandatory kit will be inspected at registration and can also be inspected at any point in the race by race officials.

Additional Recommended Kit

- Gloves.
- Spare long sleeved top.
- Full leg cover; running leggings, ¾ tights & long socks, or similar will suffice.
- **Midge repellent.**
- Waterproof Leggings.
- A full change of clothes, one for during and one for after the race.
- GPS Unit with GPS tracks of the 2023 route.
- Basic first aid kit capable of cleaning & covering a minor wound.

Runners are advised to check the weather in the days leading up to the race. The list here is provided as a minimum, please consider your own experiences and select your clothing/equipment accordingly. Having a change of race wear and the “Additional Recommended Kit” available in Transition is advisable.

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

Results & Prizes

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

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 Course Data

GPS Data for the course is available to download at:

<https://www.plotaroute.com/route/2191319?units=km>

Important Contact Details

Deputy 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

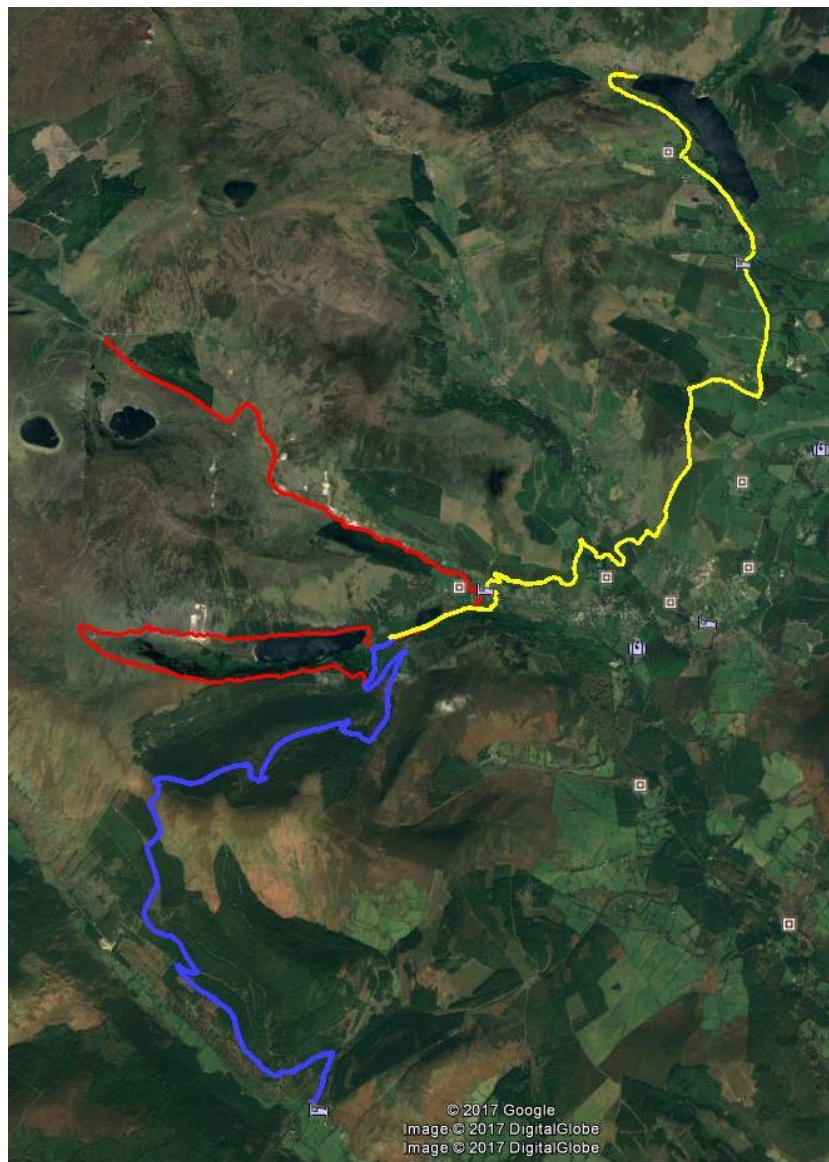
Course Overview

The Glendalough Tucker Trail 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. Approximate distance 26 km & elevation gain/loss: 920m. Cut-off time: 11am.

Leg 2 (Yellow): The northern leg taking the Wicklow Way north to Oldbridge. From there the course turns left and 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: 1,020m. 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 – no big peaks, but it has the most elevation gain.

GTT Leg 1 Detailed Description

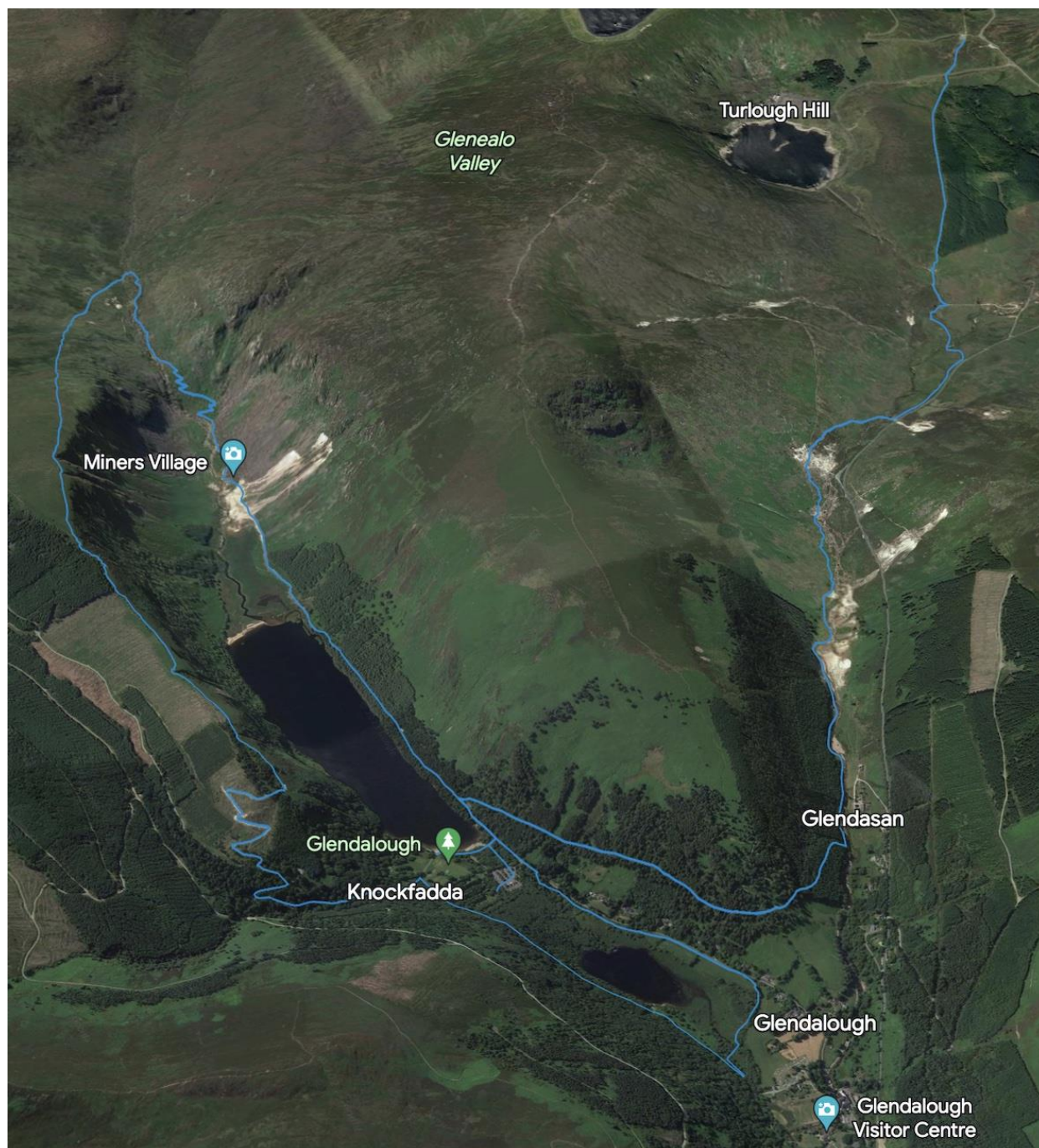
Distance 26.5Km Elevation gain/loss: 920m

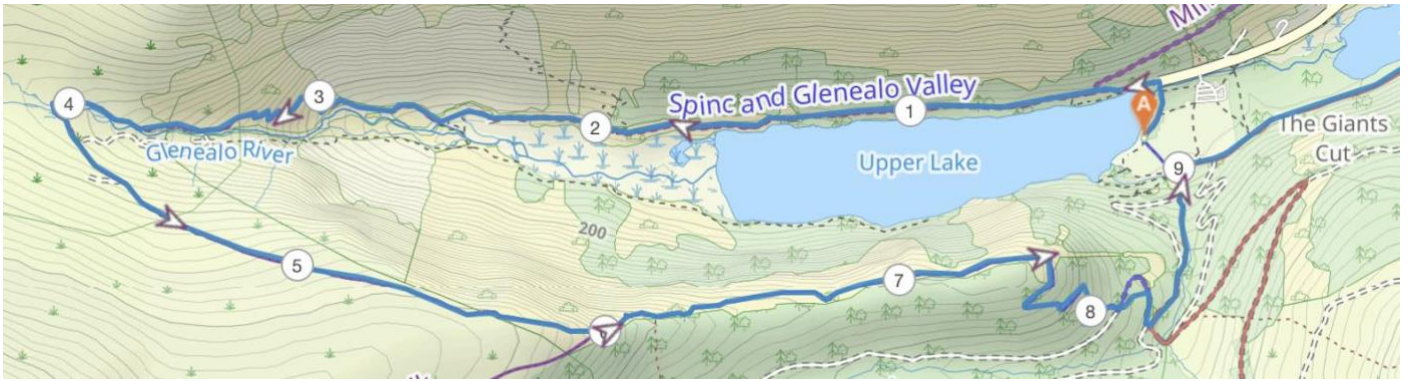
Cut-off time at the end of Leg 1: 11am

Detailed Description

From the start line beside the Upper Lake carpark head off to circle the Upper Lake in an anticlockwise direction. The route travels along a good wide gravel track with the Upper Lake on your left-hand-side. The track will bring you through the Miner's Village, then climbing up past a waterfall and on to a footbridge crossing over the Glenealo River. The route now circles back around the lake with the river and lake still on your left side as you climb up a Boardwalk / railway sleepers to the top of the Spink.

Head east on the railway sleepers with the lake and valley on your left until you descend a gravel path to finally meet a forestry road. Continue downhill to a four way cross-road.





Do not cross the bridge that should now be directly in front of you but rather continue downhill along the Wicklow Way going past the Poulanass Waterfall and turn right to continue along the Green Road heading east along the Wicklow Way and passing the Lower Lake on your left.

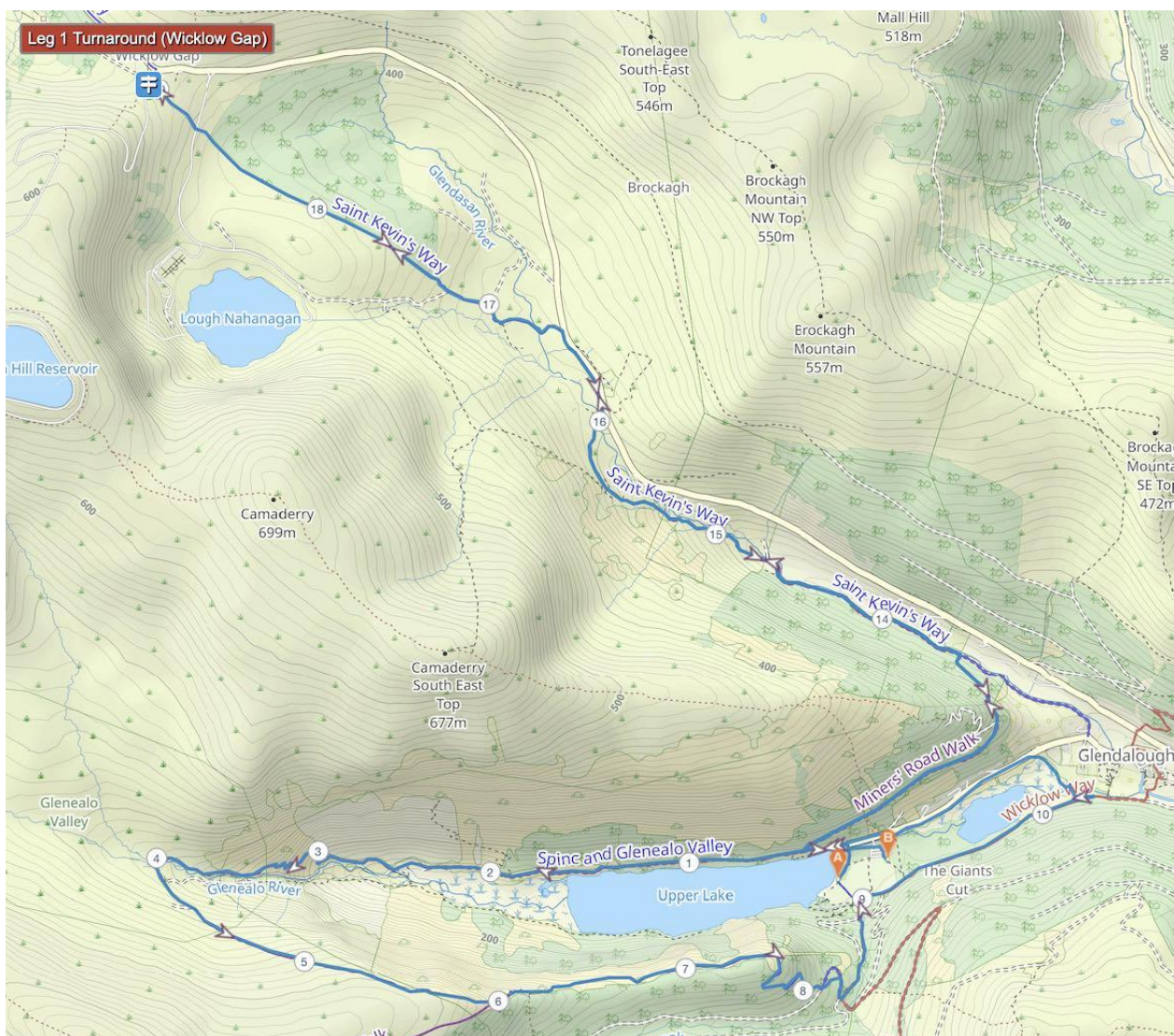


After the Lower Lake turn hard left onto the trail heading across to the northern edge of the Lower Lake. This trail will bring you west back towards the Upper Lake Car Park. Just before the Car Park exit right onto the tarmac road and head west to the start of the Miners Trail at the education centre on the northern side of the upper Lake (12km mark). Turn right here and climb over the shoulder of Camanderry 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 buildings 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 Camanderry to the education centre. From here make your way to transition area on the far side of the car park.



GTT Leg 2 Detailed Description

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

Cut-off time to access Lough Dan: 1pm

Cut-off time at the end of Leg 2: 3pm

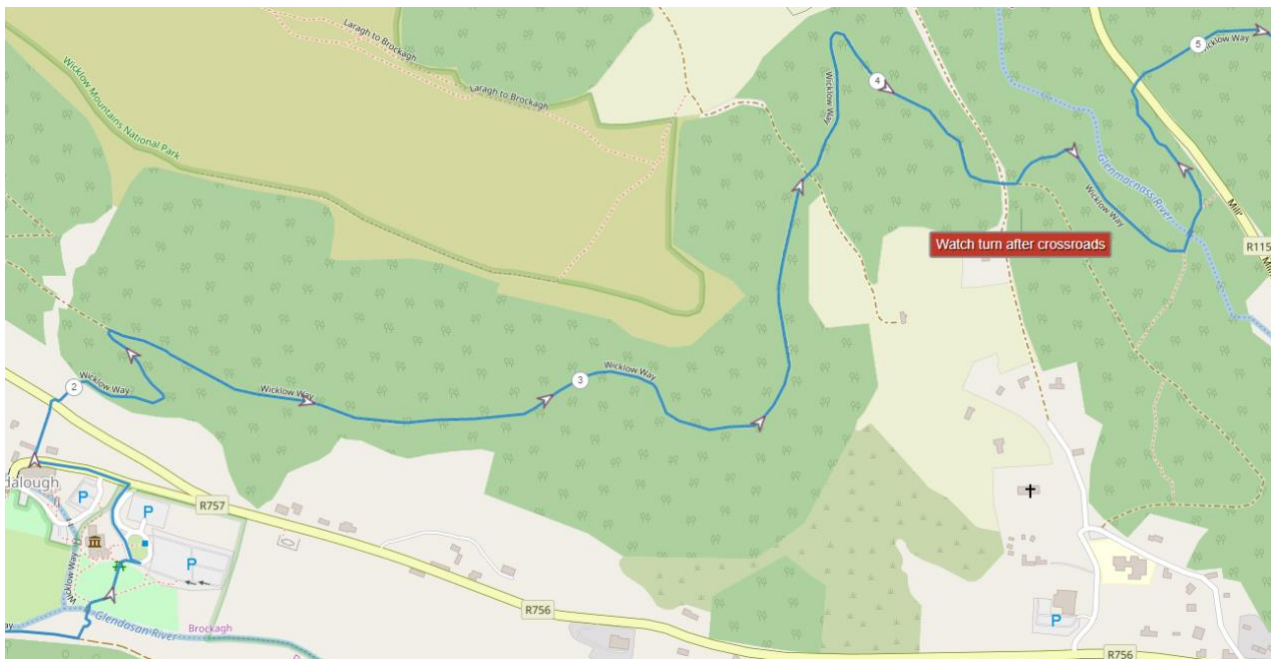
Detailed Description

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.



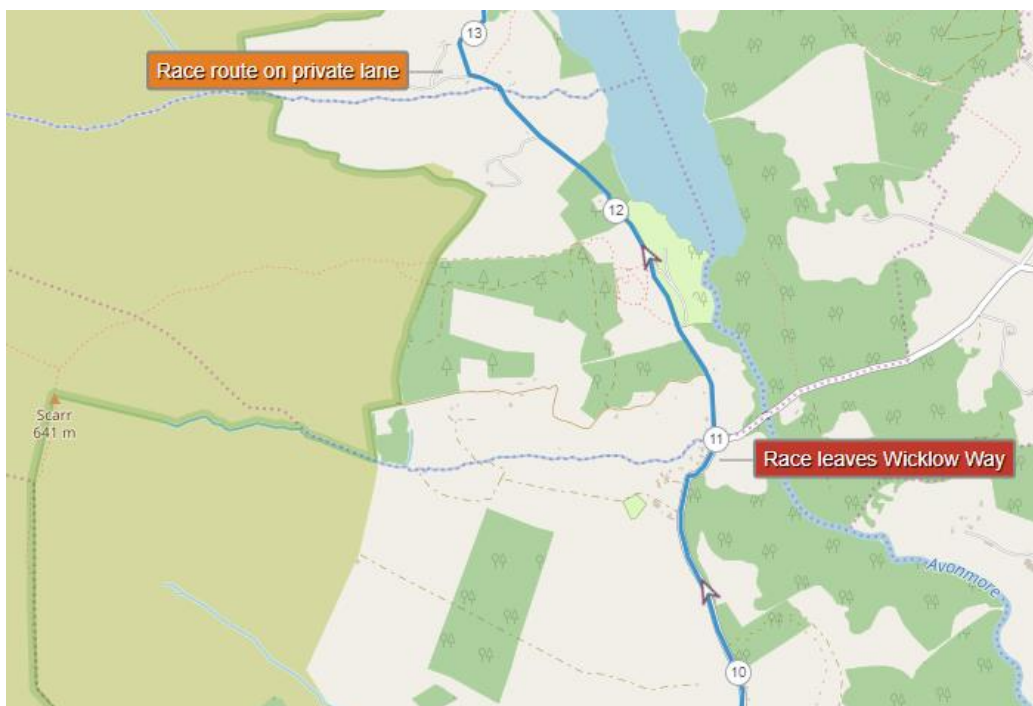
Leg 2 follows the Wicklow Way route past the entrance to the Monastic City and a further 200 metres down the path turns left to cross the river into the Visitor Centre carpark. Exit the carpark through the main gate and turn left on the tarmac road towards the Glendalough Hotel.

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.

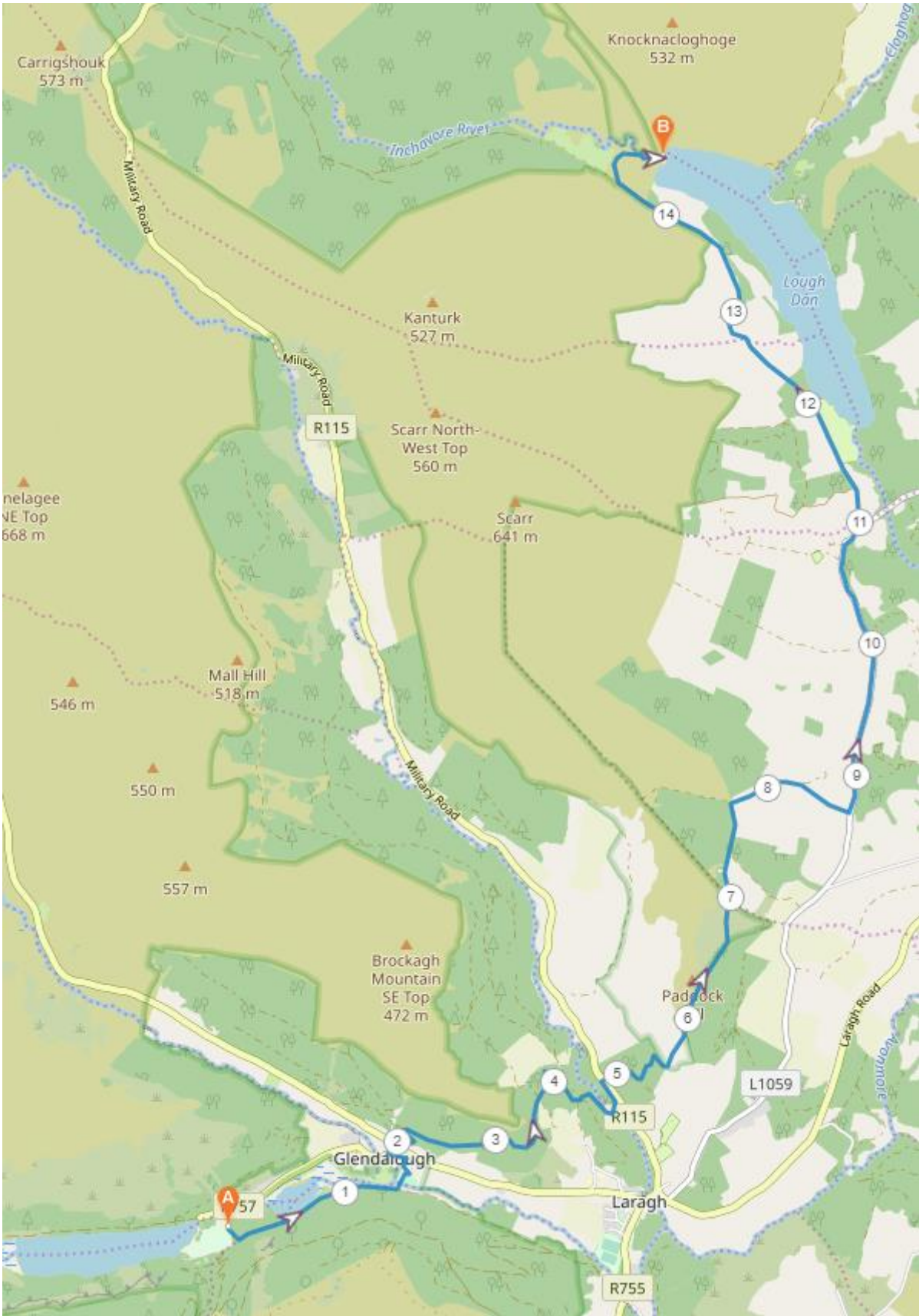
Anyone reaching the marshal on the outward journey after 1pm will be asked to turnaround. We have two reasons for this request. Firstly experience indicates that runners reaching this point after 1pm will not make the 3pm cut-off at the end of Leg 2 in Glendalough. Secondly we have agreed with landowners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



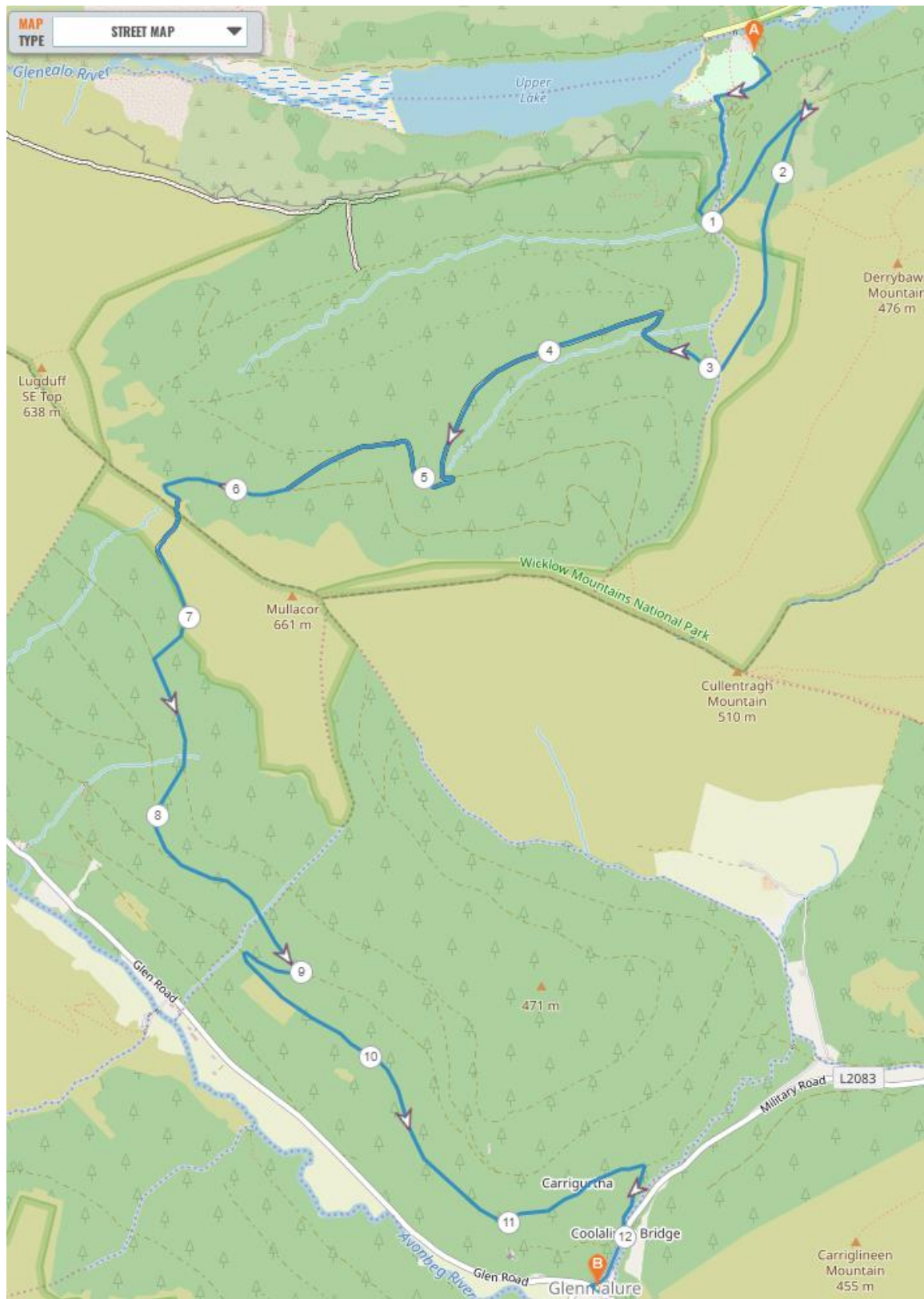
GTT Leg 3 Detailed Description

Distance 25Km

Elevation gain/loss: 1020m

Cut-off time: 5pm at Glenmalure turnaround

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 on a new trail before hitting the forestry road. 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:

Why do I need to carry a map if the course is 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 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.

Why do I need a compass?

The point of the compass in this race is to allow runners 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.

How do the Cut-offs work?

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