



## 21<sup>st</sup> World Masters Mountain Running Championship

2<sup>nd</sup>-4<sup>th</sup> September 2022

Comeragh Mountains, Ireland

Dear Participant,

Thank you for entering the 21st WMRA/WMA World Masters Mountain Running Championship race which is being held in Clonmel, Co Tipperary, Ireland on 3<sup>rd</sup> September 2022. We have a host of activities planned around the event and have attached an agenda which sets out the plan for the days leading up to the race and the race itself.

We wish you best of luck and hope you enjoy this fantastic and challenging course. It was chosen by Tom Blackburn (our course director) for its variety with lots of climbing, downhill, technical bits, forest and open mountain. Maps and course profiles are available on our website [www.wmmrch2022.ie](http://www.wmmrch2022.ie). Over 35 to over 50 – long course 10.64k. Over 55 to over 75 short course 8.4k. The course is well marked with tape and arrows. There will be plenty of stewards on the route and we ask you follow the steward's instructions as they are there for your safety.

This will be an amazing opportunity to compete for your country and to proudly wear your country's colours. WMRA have requested (but not made mandatory) that runners wear their national colours during the race. They would request athletes have their countries colours on for the medal ceremony. (For Irish athletes competing as this is not an IMRA event there is no Mandatory jacket rule in place).

Race headquarters is at Hillview Sports Club (Eircode/Post Code E91 HC52). The race start will be accessed from Hillview through the corral area. There will be toilet facilities available at Hillview and at the junction to the mountain approx. 300m from the finish line. The start and finish are the same for both short and long course.

If you are a returning athlete to the masters or attending your first event, please note the following:

### **Registration:**

**YOU MUST BRING AN OFFICIAL PHOTO IDENTIFICATION TO REGISTER WITH NAME, DATE OF BIRTH AND NATIONALITY**, e.g., passport, National ID Card etc.

You must show this in-person at registration and sign the entry form.

Registration will be open Thursday 1<sup>st</sup> from 16:00 to 20:00. Friday 2<sup>nd</sup> from 09:00 to 20:00.

There will be an emergency only Registration on Saturday morning (08:00-10:00) for those international athletics who will not arrive until after registration closes on Friday - we would ask anyone availing of this to email [info@wmmrch2022.ie](mailto:info@wmmrch2022.ie) with your details.

**Drop bag** - You will be given a bag for this at registration which must be used and a tag for the drop bag will come with your number. Your drop bag with your identifying tag attached can be dropped at the registration desk anytime until 20.00 on Friday evening. Please note that with emergency registration a strict cut-off time of 08:30 will apply if leaving a drop bag. You can use your number at the finish to collect your bag. We would advise having some warm clothes and whatever you need at the finish as you will be finishing on the mountain and will have a 3k walk/jog back to headquarters in Hillview.



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**Numbers** - You will be given *two numbers* at registration to be pinned to your front and back. Both numbers must be fully visible during the race, or you risk being disqualified. These will be color coded to your specific age category.

**Parade and Pasta Party:** There will be a parade of nations from Clonmel Town Centre to Hillview on Friday at 19:00 which is being led by Banna Cluain Mala. After this there will be a Pasta Party at Hillview to allow athletes to mix and catch up. Please be at the assembly point at 18.30(The West Gate Car Park E91 Y9TA).

**Parking:** There will be no parking at Hillview on race day but there is ample parking in Clonmel Town. We have several free parking passes for the Suir Island Car Park(E91 TX02) which can be picked up at registration. Other areas for parking in the vicinity of Hill View are Raheen College(E91 H9P7), Gealscoil(E91 K2E2) and Loretto(E91 H273). Stewards will be in place to direct you on the day.

**Race Start:** We will be letting athletes off in waves with athletes from each age category making up a wave. Please see the attached wave times with the shorter course waves going first. There will be a corralling system in place which is normal procedure at these championships. Within 30 minutes of your race start please present yourself at the start of the corralling area. There will be a steward there to guide you. Once you enter this area there is no going back to your car or anywhere else. There will be toilets in this area. Once in the main corral area a steward will check your numbers are displayed etc.

**Please note that you will not be allowed to wear a hydration vest or carry water for this race.** Fluids can only be consumed at designated Water Stops.

With five minutes to go you a steward will lead you out of the corral and you will be slowly led to the start line where you will be set off by a horn blast.

There is no specific area for warm up but there are a few areas around Hillview that you can use. For instance, straight across from the entrance to Hillview there is a quiet road leading into a housing estate which might be suitable.

**The Race:** As mentioned you may only take on fluid at one of the three designated Water Stops at 2km, 3km and 7km. If you are seen drinking anywhere else on course, you will be disqualified. We are very conscious of protecting the environment and are aware that there are sheep grazing the area, we will not have plastic cups or bottles out on the mountain therefore we are using compostable paper cups. The race route will be fully marked, and we will have stewards and first aid personal posted throughout the course to assist you. We plan to have the race results live streamed to Hillview and you will also be able to track individual athletes while they are racing.



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**Photographs:** Photographers will be posted throughout the course and photos of your efforts will be available for purchase through our website [www.wmmrch2022.ie](http://www.wmmrch2022.ie) in the days following the race. There will also be video and drone footage used for social media.

**Finish Line:** You will be welcomed to the finish area by our MC for the day Eoin Flynn where there will be some local foods and other refreshments to aid recovery. You will of course be able to pick up your drop bag. WMA, WMRA and the OC all strongly advocate Anti Doping and there will be testers at the finish so be aware you may have to take part in Anti Doping protocols. Toilets are located at the junction entering the mountain approx. 300m from the finish and there will be a marked trail leading down to them.

You can then make your way back to Hillview which is 3km from the finish where there will be physios and other recovery aids available. There will be a marked route down from the finish to Hillview which we strongly ask everyone to follow. **Please do not go down the road that you ran up to not impede the other runners.**

**Spectators:** There will be designated spectator areas close to the finish line. All spectators should follow signage and steward guidance.

**The After's:** A meal will be available to all athletes at Hillview from 13:00 on Saturday. Cahir Comhaltas Group will be playing music starting at 15:30. The medal presentation will start at 17:00 with individual medals first followed by teams. The closing ceremony will then follow at 19:00. There will also be vendors, a DJ and other entertainments in Bourke Park on race day which is adjacent to the start line. Music and dancing will be in the hall following the closing ceremony where you can kick back and take a well-earned rest.

We really hope that you enjoy your race, and we look forward to meeting you all very soon.

WWRCH 2022 LOC TEAM