



21st World Masters Mountain Running Championships 2022

Event Schedule

2nd, 3rd, 4th September 2022
Comeragh Mountains, Clonmel, Co
Tipperary, Ireland.



Tomo Šarf
WMRA President



Dear Athletes,

The Masters World Championships 2022 will be a special one.

It was scheduled for 2021 and later, due to the worldwide covid restrictions, together with the 2020 event, postponed for one year.

The event in Telfes in September 2021 was a victory of the sport in the strange time, and I'm sure the competitions in Ireland will be another showcase of sport for all life, for all ages.

Ten years ago, in June 2012, Ireland hosted the first ever WMRA international event; it was the competition for young athletes.

This year Ireland is hosting two WMRA events – the inaugural event of the 2022 World Cup and the Masters World Championships. It is an example, how also a country without real high mountains can organize serious international Mountain running races. The secret of the success are passionate, committed people, volunteers, who are doing their work on a professional level.

I'm convinced that the masters of all ages from all-over the world will enjoy the races in Clonmel and leave this historical town with unforgettable memories of the 21st World Mountain Running Championships.

I wish you all good luck, successful racing and lots of fun running up and down the hills around Clonmel.

On behalf of WMRA Council
Tomo Šarf
WMRA President

Margit Jungmann
WMA President



Welcome to the 21st World Masters Mountain Running Championships. The Irish Mountain Running Association is inviting masters athletes to participate in the Championships 2022 (WMMRC). The Comeragh Mountains will offer great scenery, where the LOC promise to provide a challenging and varied course. We all hope that the impact of the covid pandemic will be under control and all participants can enjoy their competition at this international level.

These championships are a win-win situation for the athletes and our organisations: WMRA, responsible for the mountain running competitions in the world, and WMA, responsible for world masters' competitions in athletics.

I thank WMRA for the successful cooperation, the City of Clonmel and the Irish Mountain Running Association for the invitation of the mountain running family. Thank you for the strong commitment to be the hosts for the 21st World Masters Mountain Running Championships (WMMRC). All athletes will be glad to discover Irish nature, culture and the hospitality of the Irish people.

On behalf of World Masters Athletics Vice-President Competition Alan Bell will welcome you in Clonmel as participant or official in this World Championships 2021. Enjoy athletics, friendship and new experiences in the Masters Mountain running Athletics family! Stay healthy.

On behalf of the WMA Council
Margit Jungmann
WMA President

WELCOME

Laura Flynn
IMRA President



Tricha Blackburn
Event Director



Céad Míle Fáilte,

We are delighted on behalf of the Irish Mountain Running Association and the LOC to welcome you all to Ireland, Tipperary and Clonmel. It's a fantastic honour for us to be hosting the 21st World Masters Mountain Running Championships.

We've had a great core team of passionate, committed and hard-working individuals working towards this weekend for almost 2 years now. In addition to this we've had tremendous support from the Mayor, local county councils of Tipperary and Waterford and of course the people of Clonmel.

We would also like to show our appreciation for our many sponsors and partners who have been a huge support to us. We are also lucky to have gathered a fantastic team of volunteers from local community groups and sporting organisations to ensure these three days in September are a huge success.

We hope that the athletes, families and friends travelling here from all over the world have a happy and memorable experience of our mountains, our culture and of the Irish people. We look forward to spending these few days together competing for our countries and celebrating our achievements creating great memories and friendships. Wishing you all the very best of luck.

We'll leave you with the words of an old Irish blessing -

"Go n-éirí an bóthar libh. Go raibh an ghaoth go brách ag do chúl"

Which, translated to English, means -

"May you have every success. May the wind be always at your back."

Laura Flynn and Tricha Blackburn

PROGRAMME OF EVENTS

Thursday 1st September 2022

16:00 - 20:00	Registration	Hillview Sports Club
08.00 - 20:00	Viewing of the course- see map and link.	

Friday 2nd September 2022

08:00 – 20:00:	Registration	Hillview Sports Club
08:00 – 20:00:	Viewing of course available at any time (see map and link).	Hillview Sports Club
18:30:	Gathering of athletes in town centre for parade.	The West Gate car park (E91 Y9T4)
19:00:	Parade leaving town centre led by Beanna Cluain Meala to Hillview Sports Club. Followed by opening ceremony	The West Gate
20:00:	Pre-race meal for athletes; “Pasta party”.	Hillview Sports Club

Saturday 3rd September 2022

08:00 – 10:00:	Emergency registration. This is an EMERGENCY ONLY SERVICE . The organisers are asking that you please make every effort to register before race day to facilitate the smooth running of the event.	Hillview Sports Club
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World Championship races

10:00: **F70, F75**

10:15: **M70, M75**

10:30: **F65, F60**

10:45: **M65**

11:00: **M60**

11:15: **F55**

11:30: **M55**

12:00: **F50**

12:15: **M50**

12:30: **F45**

12:45: **M45**

13:00: **F40**

13:15: **M40**

13:30: **F35**

13:45: **M35**

13.00 Post race meal available.

15:00 Entertainment: Irish music from Cahir Ceoltais Group

17:00 Team and individual medal presentations.
Presentations will begin with Female over 75

Hillview
Sports Club

categories then male over 75 and will continue in this way to over 35s.

This will be followed by team medal presentation beginning with O75 categories.

18:30: Closing ceremony with transfer of WMMRCH flag to 2023 hosts.

Sunday 4th September 2022

08:30 – 10:30 Registration and collection of race numbers for open race.

11:00: IMRA Open Race -Start

13:00: Prizegiving for open race.

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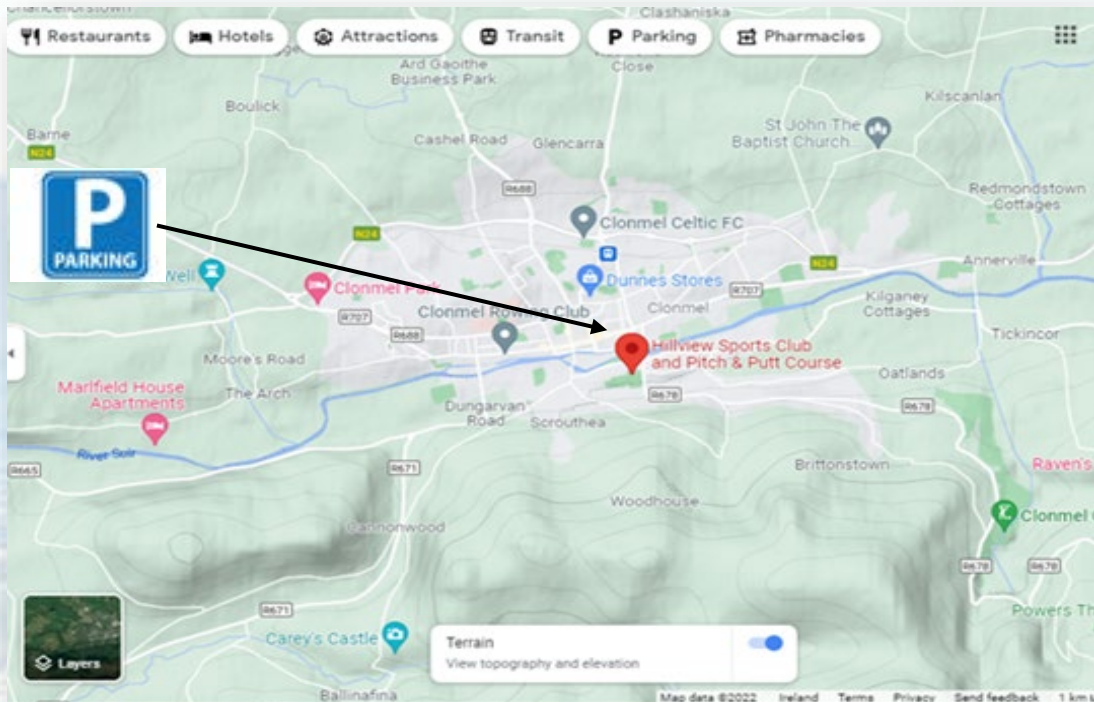
Registration and Information

- ❖ You will need to provide valid proof of identification i.e. Passport, National ID card or equivalent and you will be required to sign the race entry form.
- ❖ You will receive your race number and race pack. Race pack includes race numbers, wrist band, drop bag, drop bag identification tag, goodie bag, t-shirt, buff.
- ❖ The wrist band will need to be worn throughout the weekend's events. It will allow competitors access to pre and post-race refreshments.
- ❖ We will only be accepting the provided drop bag to which you will attach the identification tag that came with your race number. Please ensure this is returned to the drop bag collection area at registration before close of registration on Friday. We will be unable to accept drop bags outside of registration times. All drop bags will be taken to the finish line for you. Please keep drop bag items to a minimum.
- ❖ Parking: You can receive a free parking disc on request which allows free parking for Saturday at Suir Island carpark: Suir Island, Old Bridge, Clonmel. Please note there is a limited number of spaces. There are additional public parking spaces available throughout the town.
- ❖ Information: There will be an information help desk set up at Hillview. If you have any queries or questions, please ask there.
- ❖ Doping Control: All competitors are liable to be requested to submit to a doping test before or after the competition. Number of doping controls will be determined by jury.
- ❖ Medical: Extensive medical coverage will be provided throughout the event.
- ❖ Physiotherapy: Physiotherapists will be available at race headquarters throughout Saturday.
- ❖ Thanks to the Office of Public Works (OPW), we have a limited number of free passes to a number of visitor destinations in County Tipperary. If interested, please ask at race registration.
 - Carrick-on-Suir: www.heritageireland.ie/places-to-visit/ormond-castle/
 - Cahir: www.heritageireland.ie/places-to-visit/swiss-cottage/

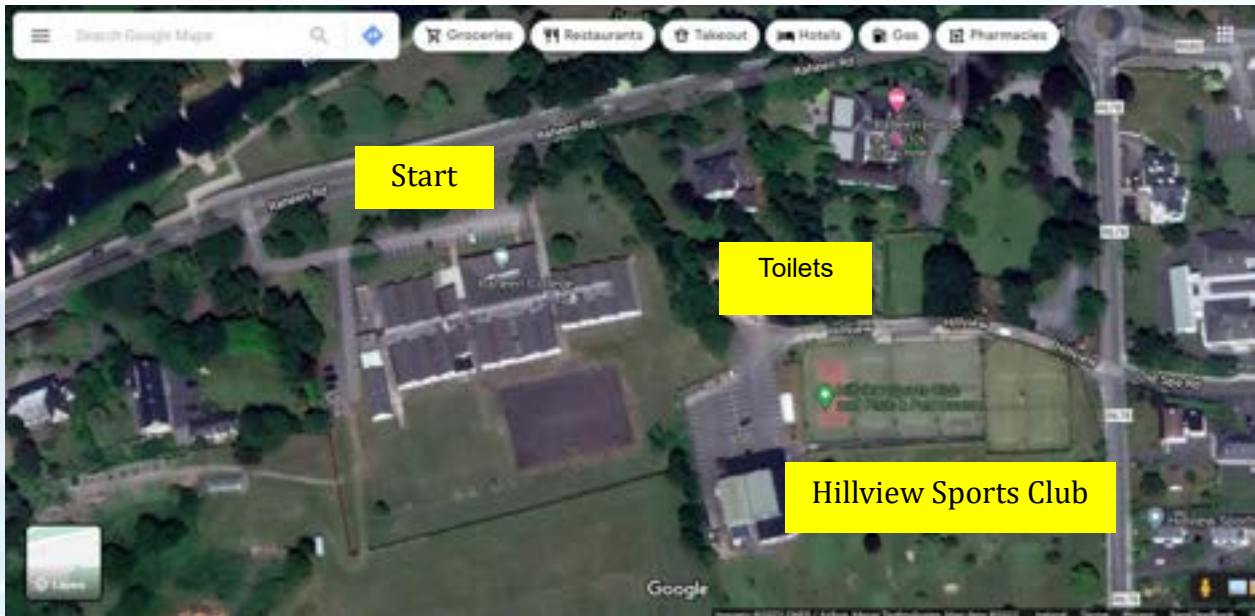
RACE HEADQUARTERS

Registration, opening ceremony, closing ceremony, past party and post race meal venue, physiotherapy and start.

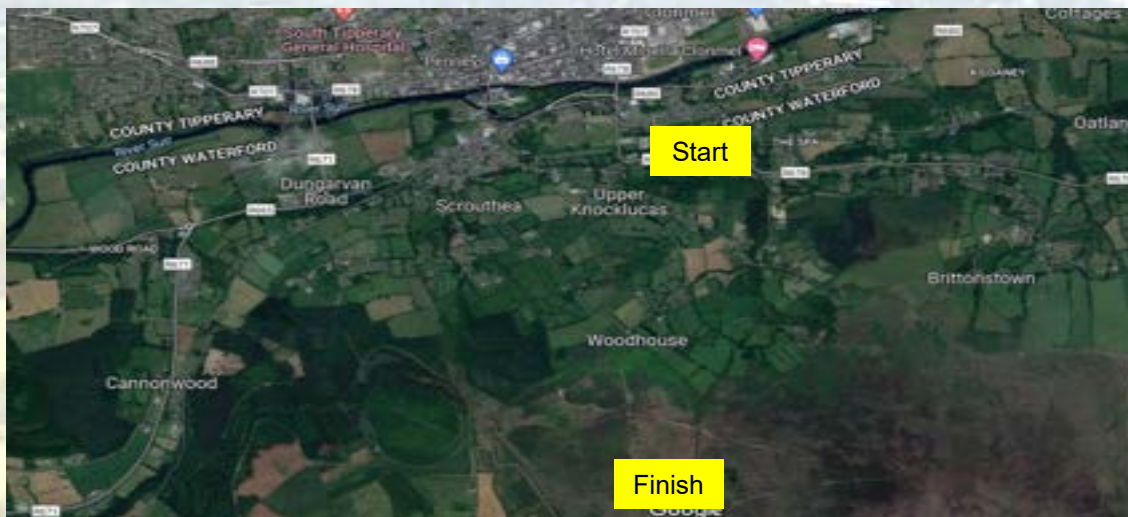
Hillview Sports Club,
Clonmel, Co Tipperary
E91HC52



Free parking available on race day in Suir Island car park. Please pick up parking permit at race registration.



Start and Finish line



The finish line is at Holy Year Cross which is situated above the town of Clonmel. There will be a medical tent, refreshments and at the finish line. Toilets will be approx 300m away at mountain entrance. Athletes can collect their drop bags at the finish line. There is approx. 3km walk from the finish line to race headquarters in Hillview Sports Club. Please follow the signs and not the race route on return to race headquarters.

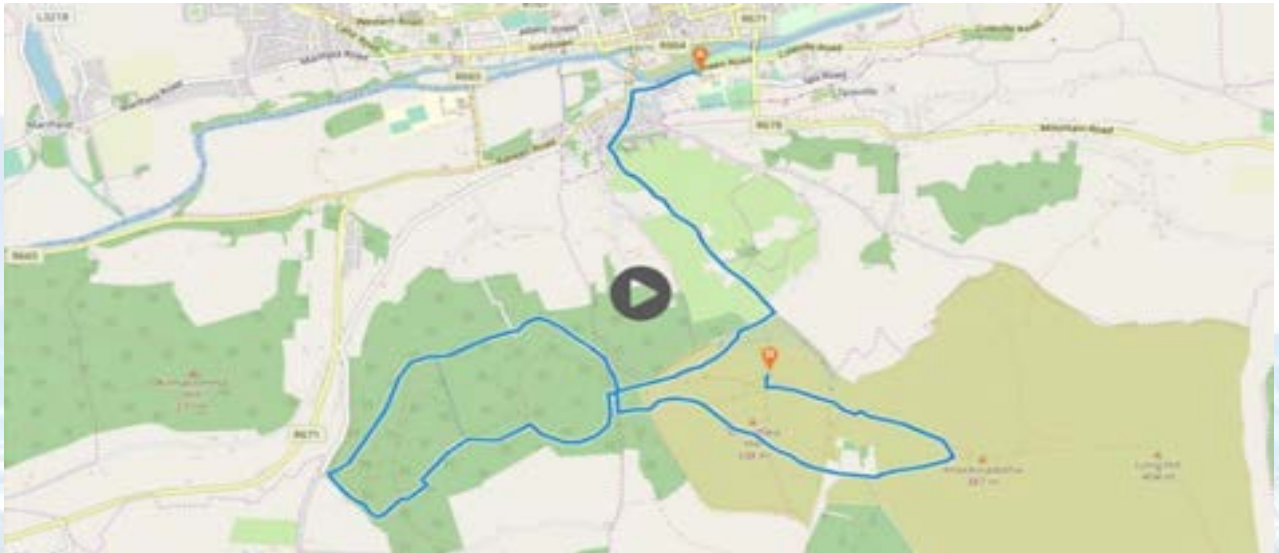
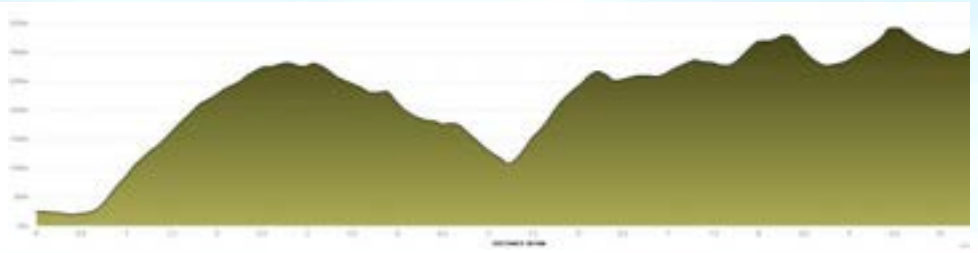
Course Details

Long course:

Distance 10.5km

Ascent 635m

Descent 345m



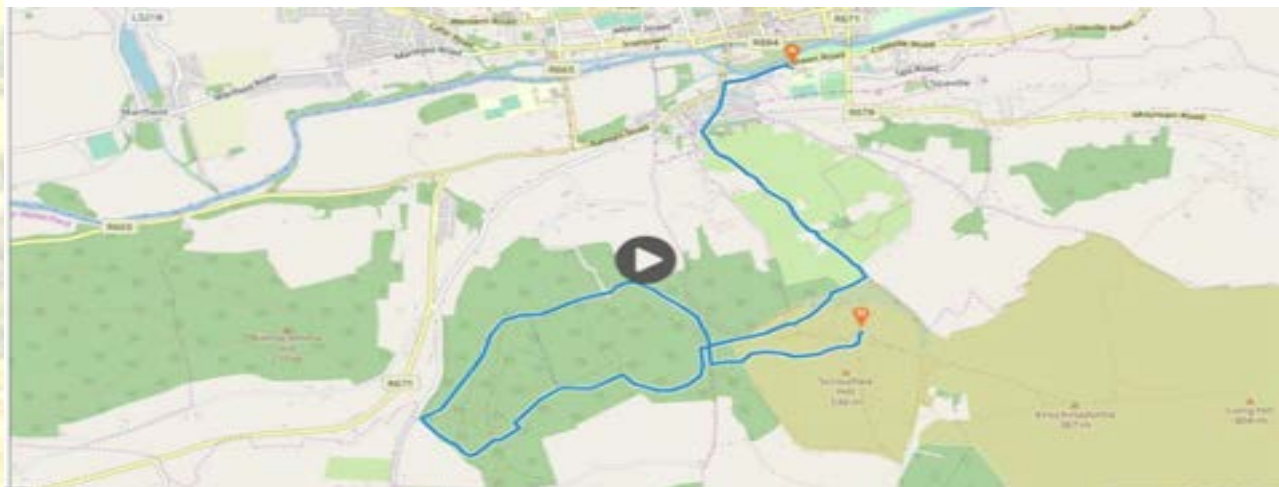
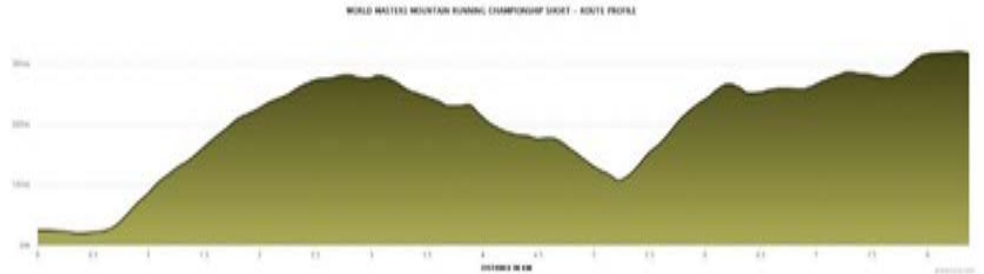
Short Course

Distance:

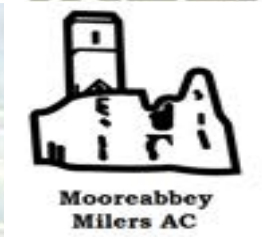
8.4km

Ascent 509m

Descent 217m



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