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IAU Trail World Championships



Picture of Twelve Ben Mountains, Connemara

The IAU Trail World Championships will take place in Connemara, Ireland on 9th July 2011.

Connemara is a spectacularly beautiful area in County Galway on the west coast of Ireland. The event will be operated in the area of Connemara National Park and its surrounding environs. See www.connemaranationalpark.ie for information about the park.

Starting in the village of Letterfrack, the course will first traverse Diamond Hill, which consists of two circular loop trails conjoined in the middle in a figure eight fashion. There are switchbacks in the steeper sections of the hill and a large section of boardwalks along the lowlands for a cumulative distance of 7km. Diamond Hill reaches a height of 442 metres and rewards athletes with expansive panoramic views of all of the Connemara area, including the Twelve Ben Mountains, Kylemore Abbey and Kylemore Lough, which the runners will encounter later in the course.

Following their return from the Diamond Hill summit, athletes will run a loop of approximately 30km twice and encounter asphalt road, bog, conventional trail paths, streams, forest and mountains for a true trail run in nature. They will have to negotiate Benbaun Mountain twice, which has a summit height of 729 metres. It's undoubtedly a tough course that could well suit 100km runners, long distance mountain runners and 24 hour runners alike.

The General Information Sheet (GIS) will be available in mid-April following a site visit by Norman Wilson of the IAU. In the interim, the Local Organising Committee (LOC) would welcome some initial feedback on the number of countries and athletes that wish to take part.

The LOC will exceed the full board accommodation requirements of the IAU, providing full board to 4 athletes per team, male and female. National federations will be transported from Galway City to the race location where they will be accommodated in the immediate vicinity. Galway City is easily accessible by rail or bus from the major airports of Dublin and Shannon and also has an airport itself, which serves many UK cities.

It should be noted that this is the first occasion there will be a team title on offer at the IAU Trail World Championships. There is a maximum of five per team and three will score. There will also be a limited open competition operated in conjunction with the IAU Trail World Championships.

Richard Donovan, the Chairman of UltraRunning Ireland, will act as Race Director and has extensive experience in organising major off-road events, specifically the northernmost and southernmost marathons in the world: the North Pole Marathon and the Antarctic Ice Marathon & 100k.

Feedback of intent from Federations is appreciated by emailing info@ultrarunningireland.com.

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Record Run at Anglo Celtic Plate
IAU Trail World Championships
Crossan on Comeback Trail
Mangan 5000km+ into World Run
Doherty wins Ultra Race Grantham
Keith Whyte wins Donadea 50k
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Tony Mangan crosses into USA
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World Bronze Medal for Collins
Collins captains Irish 100km Team
RTE Interview on Ultra Running
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World Mountain Champion in 50k
Thomas Maguire wins Belfast 24
Three Australians for World 50k
Seven Britons in Elite Field for 50k
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Nonyana to defend World 50k Title
Info Sheet for World 50km Final
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Ireland competes at World 24
IAU Banner at North Pole Marathon



Diamond Hill, Connemara



Kylemore Abbey, Connemara



Kylemore Lough, Connemara



Cottage in Connemara



Top of Mountain in Connemara

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