



Selection of Athletes for the WMRA Long Distance Championships 2018

The WMRA Long Distance Championships are to be held at Karpacz Poland on 24th June 2018. Details of this 36km (2,200m D+) mountain race can be found at the event website at the following link: <http://3razysniezka.pl/en/informacje-ogolne/3-dystanse/>

Selection of individuals and/or teams for the WMRA Long Distance Championships 2018 will be considered by the IMRA High Performance selection committee, either by athletes achieving individual selection criteria and/or by selectors discretion.

Athletes who wish to be considered for selection must compete in the nominated 2018 IMRA trial race. Dispensation from competing in the nominated selection race may be requested in writing, to selection@imra.ie, not later than 31st December 2017. Dispensation will be at the sole discretion of the selectors and will generally only be granted in exceptional circumstances.

The Morris Mullins Half (26km) race, which is scheduled for Saturday 7th April 2018 is to be the nominated trial race and will form a part of the selection process used to determine suitable athletes and/or teams that will represent Ireland at the 2018 WMRA Long Distance Championship.

General details of the Morris Mullins Half event including the course description can be found on the IMRA website: <https://www.imra.ie/events/details/id/1433/>

Any update of this event will appear on the 2018 IMRA calendar in due course.

Selection Basis: first two qualifying athletes in the trial race in both the male and female categories, provided that the guideline selection times of sub 1hr 50mins for men and 2hr 10mins for women are achieved.

Other positions for selection will also be considered based on the trial race and on individual ranking as per ITRA performance index, along with recent performances at other National and International Long-Distance mountain running events completed within the year 2017 and the early part of 2018. This means that full teams may not be selected to travel to the Championship event.

For the year 2018, due to the similarities in events, and the closeness in dates between the IAU/ITRA Trail World Championship and the WMRA Long Distance Championship, any athlete who is selected for one event will not be considered for selection for the other.

Athletes who are selected may, in the final build-up phase to the event, be required to demonstrate readiness and prove their fitness to compete, before travelling to the Championship.

Selected Athletes must be registered with Athletics Ireland for the year 2018.

A selected Athlete must also be an Irish Citizen as required under current IAAF Competition Rules, and hold a current valid Irish Passport.