

Name: Pól Ó Murchú

Country: Ireland

Organisation: IMRA (Irish Mountain Running Association)

I am currently President of the Irish Mountain Running association, the governing body for trail and mountain running in Ireland. I have been actively involved in the committee and as a runner for the past few years. As a volunteer I regularly help out at races and race direct.

I have been the IMRA representative to ITRA since the organisation was set up and manage the day to day contact with ITRA, submitting races for assessment, submitting results and liaising with the organisation on any matters. From my contact and involvement within ITRA, I have been able to keep abreast of all new developments within the general international trail running community, and I have disseminated that information to interested parties nationally.

As a runner, I have competed in many ultra, trail running and mountain events both at home and abroad. I have participated in many of the top International Ultra Trail events across Europe including; UTMB, TDS, Marathon de Mont Blanc, Lavaredo. Closer to home I have completed the Wicklow Round (120km), Wicklow Way Race (130km), MM Ultra (52km) to name but a few. I have real passion for Mountain Running and love nothing more than being out running in the hills and on the trails.

I believe ITRA is an excellent platform to promote and safeguard the sport of Trail Running Internationally and support its values and ethos.

I am well positioned, based on my experience of trail running from a national and international basis, to represent the interests of the Irish Organisers of ITRA.

Pól Ó Murchú

President IMRA

Trail Runner

