

## International Trail Running Association (ITRA) Race Registration, Race Evaluation and Memberships



This document provides information regarding The International Trail Running Association (ITRA) race registration, race evaluation and memberships.

### **Benefits of Joining ITRA**

There are several benefits of joining ITRA. Refer to the ITRA website for a summary of these benefits: <http://itra.run/page/327/Benefits.html>

Two of the most useful benefits are gaining ITRA points for your race and providing Performance Index ratings for runners in your race.

### **Registering a Race with ITRA**

Any trail race can register with ITRA and be listed on the International trail running calendar on the ITRA website. This service is free and available to all race organisers.

### **Performance Index Rating for Runners**

Runners in all ITRA registered races score a Performance Index rating, calculated by ITRA, as long as the organiser uploads the race results in the required format (refer below to 'Supplying Race Results to ITRA') to the ITRA website after the race. There is no necessity for the race course to have been evaluated by ITRA for the Performance Index rating to be produced for runners. **Note that the reliability of the Performance Index rating can be far greater, especially for races with smaller participant numbers, if the race course does undergo evaluation by ITRA (refer below to 'Getting a Race Evaluated by ITRA').**

Performance Index ratings can be calculated for all trail runners throughout the world regardless of the size or popularity of a race and a runner can compare themselves to any other runner even though they may have never run in the same race. Over 750 000 runners worldwide have an ITRA Performance Index rating. This provides a great benefit for all runners, especially up and coming local trail runners as they can gain initial international recognition without having to travel overseas.

In summary, a race simply needs to be registered with ITRA and correctly formatted results need to be provided for ITRA to be able to calculate Performance Index ratings for runners. This service is free.

A runner's General Performance Index rating is calculated over however many ITRA registered races the runner has completed up to a maximum of their best 5 race

results in the last 36 months. It doesn't matter if a runner has only one or two results in an ITRA certified race or if they have one extremely poor race result that must be included. This is because the General Performance Index rating is statistically calculated with a much greater weighting added to the results of races in which the runner achieved a higher Performance Index rating.

### **Supplying Race Results to ITRA**

After the race, results must be provided to ITRA to finalise the Performance Index rating for runners. Results must be formatted into a certain spreadsheet layout with specific headings and must then be uploaded to your personal 'Race Informations' page on the ITRA website. The required format for results is shown in the attached PDF 'How to format results and start lists for ITRA'. It then takes approximately 1 week for ITRA to analyse your results, list Performance Index ratings against each runner in your result list and display the results on the ITRA website. Note that during race entry, the following information must be captured for the runner so it can be used when supplying results to ITRA: First Name, Surname, Gender, Date of Birth, Nationality and City/Suburb of Residence. **It is important to note the difference between Nationality and Country of Residence as they are not necessarily the same and ITRA runner profiles depend upon Nationality rather than Country of Residence.**

### **ITRA Points for a Race**

For a race to gain ITRA points, the race course must be evaluated based upon difficulty (total race distance and elevation gain and loss) to give a number of ITRA points between 1 and 6. There is a fee for the ITRA evaluation service (refer below to 'Costs of Obtaining ITRA Evaluation'). ITRA points for a race allow a great comparison of difficulty between any trail running races throughout the world. These points are useful for becoming a qualifying race for large events such as UTMB, Trail Verbier Saint Bernard, Lavaredo Ultra Trail or UTMF. For example, Ultra-Trail Australia 100 provides 5 x ITRA points, UTA50 provides 3 x ITRA Points and UTA22 provides 1 x ITRA point.

### **Getting a Race Evaluated by ITRA**

To get a race evaluated by ITRA, some simple information about the race must be provided to ITRA. Details required include name of race, date of race, distance of race, total elevation gain and loss, number of refreshment points/checkpoints, number of loops, entry fee, website address, date entries open, date entries close, fastest estimated race time, maximum race time allowed, the location of start and finish and a GPX file of the course. Results from races that have been evaluated by ITRA allow more reliable Performance Index ratings for runners to be produced as course difficulty based upon course profiles and accurate race distances can be used in the calculations.

Refer to the ITRA website ([http://itra.run/page/292/Race\\_evaluation.html](http://itra.run/page/292/Race_evaluation.html)) for information regarding ITRA's race evaluation requirements, how to provide this information to ITRA and how ITRA evaluate the 'difficulty' of each race.

The first time you input a race into the ITRA website for evaluation, it could take up to 30 minutes but once you become used to the operation of the ITRA website and have all the data required on your races, it will only take about 5 minutes per race. In following years, it is very simple to renew your races by clicking on 'Renew for the year' within your personal 'Race Informations' page on the ITRA website.

Races can gain ITRA evaluation, ITRA points and Performance Index ratings for runners retrospectively. Races from up to 36 months ago can be added although it would probably be best just to add races from the current calendar year plus any upcoming races.

### **Information for Runners**

Some runners may find that they have more than one profile on ITRA. This will occur if their name has been spelt differently (misspelt or changed) across multiple races or if their nationality or date of birth was incorrect in any ITRA registered race. As it will affect their General Performance Index due to possible wrong allocation of results, runners should check their ITRA profiles via <http://itra.run/community/> and if they have more than one profile or an incorrect profile, it is possible for them to make corrections by simply signing up for a free ITRA account and linking their profiles to their ITRA account. If they don't want to sign up for a free account they should just email ITRA to request any required updates: [contact@itra.run](mailto:contact@itra.run)

### **Start Group Qualifying Race for Ultra-Trail Australia**

Ultra-Trail Australia uses ITRA General Performance Index ratings to seed runners into suitable start groups. Once your trail race has been registered with ITRA or even better, evaluated by ITRA, then results have been analysed and Performance Index ratings have been allocated to the runners, your race will automatically be used as a start group qualifying race for UTA. This could assist in attracting runners to your race as they try to improve their start group at UTA.

### **Sample Data**

You can view a sample of one runner, Adam Waites', ITRA General Performance Index rating from finishing multiple Australian races in the past 36 month:

<http://itra.run/community/adam.waites/351803//>

You can also view how Ultra-Trail Australia uses ITRA General Performance Index ratings to seed 100km runners into start groups via the table near the bottom of this webpage <http://www.ultratrailaustralia.com.au/races/100km/start-groups> The table shows that our sample runner, Adam Waites, would qualify to start in Start Group 1 based just upon his ITRA General Performance Index rating.

## Costs of Obtaining ITRA Evaluation

There are two different cost set ups for a trail running race to obtain ITRA evaluation:

- 1) Your organisation can become a member of ITRA with annual membership fees shown in the table below. Membership gives ITRA evaluation for all distances of all trail runs that you organise over a 12 month period. There are no extra fees.
- 2) You can pay EUR100 per race if you just want one or two races to be evaluated by ITRA without becoming an ITRA member.

## ITRA Annual Membership Fees

The annual revenue must be based upon the entry fee revenue for all trail running races that you organise and not just for the races which you want to be evaluated by ITRA. To calculate 'Annual revenue of entry fees only': 'number of participants X entry fee' for each trail running race you organise.

ITRA Annual fee	Annual revenue of entry fees only
100 €	0 € - 20 000 €
150 €	20 001 € - 30 000 €
200 €	30 001 € - 50 000 €
250 €	50 001 € - 75 000 €
300 €	75 001 € - 100 000 €
350 €	100 001 € - 150 000 €
400 €	150 001 € - 200 000 €
450 €	200 001 € - 300 000 €
500 €	300 001 € - 500 000 €
550 €	500 001 € and above

For more information, please contact either:

- ITRA head office: [contact@itra.run](mailto:contact@itra.run)
- Race Director Ultra-Trail Australia: Tom Landon-Smith  
[tom@arocsport.com.au](mailto:tom@arocsport.com.au)