Virtual Event FAQ

What is a virtual Race?

A virtual race is a race that can be run or walked from any location you choose. Depending on the event it can be completed over a specified duration or on a specific day.

Where Can I enter the Athletics Ireland Virtual events?

You can find all the details and enter the Athletics Ireland virtual Irish Runner events here:

https://www.athleticsireland.ie/runzone/raceseries

How much it is to register?

The Irish Runner Virtual series is a free to enter event, more details can be found here:

https://www.athleticsireland.ie/runzone/raceseries

Who can take part?

The Irish Runner Virtual Races are for anyone over the age of 18.

What are the distance options?

Just like the physical events, there is a 5km, 5 mile and a 10 mile option. More details can be found here: https://www.athleticsireland.ie/runzone/raceseries

Where can I complete my Virtual Run?

You should plan your run/walk route before starting your event. The run/walk should only be completed on footpaths/pathways or also on pathways within public parks. Please follow government guidelines and exercise within the advised distance from your home.

Can I run with a buggy, dog, scooter etc.?

No, it can be unsafe to run with a buggy, dog or scooter.

I have never competed a 10k/5k before?

If your new to running, we have sample training programs available on the Athletics Ireland website.

- Beginner to 5km Training Plan: https://www.athleticsireland.ie/runzone/recreational-running-tips/beginners-to-5km/
- 5km to 10km Training Plan: https://www.athleticsireland.ie/runzone/recreational-running-tips/5km-to-10km/

When will me T-shirt/Medal arrive?

If you purchased an additional item, these will arrive after the event. For more information on your delivery you can contact RW sports at: ronan@myrunresults.com.

- **Virtual Irish Runner 5k**
  If you purchased a t- shirt or medal you will receive them at the end of June to mid-July depending on your order date. This is to ensure we can fulfil your correct t-shirt size. You will receive a text when your order is dispatched.

- **Virtual Irish Runner 5 Mile**
  If you purchased a t- shirt or medal you will receive them circa mid-July depending on your order date. This is to ensure we can fulfil your correct t-shirt size. You will receive a text when your order is dispatched.

- **Virtual Irish Runner 10 Mile**
  If you purchased a t- shirt or medal you will receive them circa mid-September depending on your order date. This is to ensure we can fulfil your correct t-shirt size. You will receive a text when your order is dispatched.

How do I submit my time?

To submit your time, you must login into you Eventmaster booking and select the submit race time option. This can be done by accessing ''manage my booking'' through the booking confirmation email.

This video will show the steps involved in submitting a race time : https://youtu.be/oLBsXcOLAO0

What proof of my result can I upload?

You can upload a screen shot of your time with distance taken from your phone if you used an app such as Map My Run or Strava. You can also use a picture of your GPS watch used to track your walk/run.

Please include the distance and time of your run in this photo as this is how we verify your result!

What apps should I use to track my run?

There are several app available such as Strava, Map My Run, Nike Run, and Run Keeper.

How do I take a screen shot of my result and upload?

To take a screenshot on an iphone : https://support.apple.com/en-us/HT200289

To take a screenshot on a phone with Android :
https://support.google.com/android/answer/9075928?hl=en

How many times can I submit a time/enter if I want to try improving my time?

You can submit your time just once.

Where can I see the results?

Over the event week, there will be a live leader board available to view. Details of where to find this will be available on the event social media channels throughout the event week.

Can I run for a charity?

Participants can choose to run/walk the event for a charity or other causes if they choose to. Websites such as https://www.everydayhero.com/ie/ can be used.

Can I run for my club?

Yes, if you are a member of an Athletics Ireland Club you can wear your club vest during your race. Be sure to take a selfie and tag us online using the hashtag #AAIActive

Share your run with us on our Facebook Page: https://www.facebook.com/AthleticsIrelandRaceSeries/

Athletics Ireland Social Media

Facebook https://www.facebook.com/AthleticsIreland/

Twitter https://twitter.com/irishathletics

Instagram https://www.instagram.com/athleticsireland/