

Take the **MILE CHALLENGE** for your *club or county*  
Irish Life Health & Athletics Ireland will support you in running  
your first, or your fastest mile!

**Dates: Between Aug 17th - Aug 23rd**



## Irish Life Health Mile Challenge 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 Irish Life Health Mile Challenge?

You can find all the details and enter the Irish Life Health Mile Challenge:

<https://www.athleticsireland.ie/runzone/Irish-Life-Health-Mile-Challenge>

### How much is it to register?

The Irish Life Health Mile Challenge is a free to enter event, more details can be found

here: <https://www.athleticsireland.ie/runzone/Irish-Life-Health-Mile-Challenge>

### Who can take part?

The Irish Life Health Mile Challenge is open to everyone. Please registration for those under 18 years or age **must** be completed by a parent or guardian and must be supervised while taking part.

### What are the distance options?

This event is 1 mile. More details can be found here:

<https://www.athleticsireland.ie/runzone/Irish-Life-Health-Mile-Challenge>

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### Are there prizes?

Yes, Athletics Ireland registered club members can qualify to win a bursary for their respective club.

- Club Mile Challenge Prize Fund:
  - €1000 bursary on offer the club that runs the best Mile Relay Time (4x Mile) by male (€500) & female team (€500).
  - €2000 bursary\* which will be assigned via an open draw for a club from the most active county. Each club must have at least 10 athletes registered to qualify to win part of the €2000 Bursary.

One submitted time = One mile completed (for most active county calculation, only per mile per person).

\* €2000 Bursary: €500 will be awarded to a club in each province via the open draw.

### 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 a track, safe footpaths/pathways or within public parks. Please follow government 'Stay Safe' guidelines and ensure you abide by social distancing advice. Participants under 18 years old should be supervised by a parent/guardian or the parent/guardian can take part with the child.

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

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

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### **I have never competed a 1 Mile before, any tips?**

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

You can find a beginner, an intermediate, and an advanced 1 mile training plan at  
<https://www.athleticsireland.ie/runzone/irish-life-health-mile-challenge/>

### **When will me T-shirt/Medal arrive?**

If you purchased an additional item, these will arrive after the event, for more information you can contact RW sports at: [ronan@myrunresults.com](mailto:ronan@myrunresults.com)

### **How do I submit my time?**

To submit your time, you must login into you Eventmaster booking and select the submit race time option. There you will be able to input your time and provide a proof of that time also. The URL field is optional.

This video will show the steps involved in submitting a race time : <https://youtu.be/oLBsXcOLA00>

### **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 the MyLife App, Map My Run or Strava. This can also be a picture of your GPS watch used to track your walk/run.

### **What apps should I use to track my run?**

There are several app available such as the MyLife App, 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>

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

You can submit your time just once.

**How do I log that I have completed my mile?**

Your mile will automatically be logged once you have submitted your time.

**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, club members are encouraged to get involved as there is an opportunity to win part of a €2,000 bursary for your club by logging your mile, as well as €500 for the fastest male and female relay teams.

**How do I enter as part of a relay team?**

Relay times will be based on the fastest four times (male and female) from the respective club. It is important that you include your club and county at the registration stage.

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### **What is the Irish Life Health Mile Challenge Prize Fund? (Open to Athletics Ireland Members only)**

- €1000 bursary on offer the club that runs the best Mile Relay Time (4x Mile) by male (€500) & female team (€500).
- €2000 bursary\* which will be assigned via an open draw for a club from the most active county\*. Each club must have at least 10 athletes registered to qualify to win part of the €2000 open draw prize.

One submitted time = One mile completed (for most active county calculation, only per mile per person).

\* €2000 Bursary: €500 will be awarded to a club in each province via the open draw.

### **What is the Bursary Prize?**

The prize will be a Joma Kit Voucher which winning clubs can use as they wish.

### **Athletics Ireland Social Media**

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

Twitter <https://twitter.com/irishathletics>

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