Irish Life health

Frequently Asked Questions

GO ME! RUNUARY

What is the Irish Life Health Runuary Challenge?

Irish Life Health have developed #Runuary2022 to help you to have a positive and healthy start to 2022. Starting on January 1st, it encourages runners, of all levels, to commit to challenging but realistic running programmes, with a target distance to be completed on January 31st.

Specific training plans are available to help you run your first, or fastest, 5k, 5 Mile, or 10 Mile.

Entry is free of charge and available at www.irishlifehealth.ie/runuary

Where can I enter the Irish Life Health Runuary Challenge?

You can find all the details here:
www.irishlifehealth.ie/runuary

How much is it to register?

Runuary is a free to enter event, more details can be found here: www.irishlifehealth.ie/runuary

Who can take part?

The Runuary Challenge is open to everyone over the age of 18.

What are the distance options?

We have month long training plans for 5 Kilometers, 5 Miles or 10 Miles.

More details can be found here:
www.irishlifehealth.ie/runuary

Where can I complete my Run?

The run/walk should only be completed on a track, safe footpaths/ pathways or within public parks. Please follow government 'Stay Safe' guidelines and abide by the latest 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

I have never competed any of these distances before, any tips?

We have sample training programs available to everyone who has registered. These plans will be emailed to you weekly and also shared on the Athletics Ireland social media pages.

Our Runuary Facebook Group is also a great place for additional support, tips, and advice:
https://www.facebook.com groups/648510086149918

#Runuary

#RUNUARY2022

When will my T-shirt/Bobble Hat arrive?

If you purchased an additional item after January 7th, the item will arrive after the event, for more information you can contact RW sports at: ronan@myrunresults.com

How do I submit my time?

It is not a requirement to submit a time for this event. Runuary is about setting a personal goal and working towards it. However, if you do want to submit a time, you can do so by following the below instructions.

- Login into your Eventmaster booking and select the 'submit race time' option.
- 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/oLBsXcOLAO0

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

How do I log that I have completed my #Runuary2022 Challenge?

Runuary is very much about your own personal goals but we would encourage you to share your selfies with us withing #Runuary2022.

Twitter: @irishlifehealth and @irishathletics

Facebook: @irishlifehealth and @athleticsireland

Instagram: @irishlifehealth @athleticsireland

KEEP GOING!

#Runuary

Sign up today
www.irishlifehealth.ie/runuary

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