



Virtual GT5K 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 Grant Thornton Virtual GT5K?

You can find all the details here: <https://www.grantthornton.ie/gt5k/>

How much it is to register?

Entry €10 + booking fee, with the option to purchase a t-shirt: <https://www.grantthornton.ie/gt5k/>

This fee is split between the event charity partner, The Alzheimer's society of Ireland and Athletics Ireland's young athletes programme, assisting young athletes reach their full potential.

Where does my registration fee go?

The registration fee will be split between the event charity partner, the Alzheimer's society of Ireland and Athletics Ireland's youth athletics programmes.

Who can take part?

The Virtual GT5K is open to anyone over the age of 18.

What are the distance options?

Just like the physical event, this will be a 5km virtual race. More details can be found here: <https://www.grantthornton.ie/gt5k/>

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Can I still run as part of a team?

The Virtual GT5K offers the chance to run as an individual, or as part of a four-person team. You can choose to set up a team or join an existing team during registration.

Why not create a team with some of your work colleagues, teammates, friends, neighbours or family, and enjoy some healthy competition while supporting a great cause.

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 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.?

We don't advise or encourage participant to run with a buggy, dog or scooter as this can be unsafe.

I have never competed a 5k before?

If you're 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/>

When will my T-shirt arrive?

If you purchased an additional item, these will arrive after August 16th, for more information you can contact RW sports at: ronan@myrunresults.com

How do I submit my time?

To submit your time, you must login into your 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. Full details will be emailed to participants in advance of race week.

This video will show the steps involved in submitting a race time :

https://www.youtube.com/watch?v=oLBsXcOLAO0&feature=emb_title

<https://www.grantthornton.ie/gt5k>

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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 or this can be a picture of your GPS watch used to track your walk/run.

Make sure your proof shows your time and distance run.

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.

How are team results calculated?

Team results will be calculated by adding together the 4 team member times. Team results will be under three categories, All Male, All Female and Mixed.

Can I run for my club?

Yes, you can enter as a club team, however, club membership is not required for this event.

<https://www.grantthornton.ie/gt5k>

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Is there a charity involved?

Yes, the Alzheimer's Society of Ireland are the charity partner for the 2020 Virtual GT5K. Registration fees are split between the charity and Athletics Ireland young athletes programme, which helps young Irish athletes reach their full potential.

All funds raised in Northern Ireland will go to supporting the charities located in that locality.

Virtual GT5K Social Media

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

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

Additional Queries?

Please contact roadraces@athleticsireland.ie



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