



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 virtual Deep Heat Deep Freeze Great Ireland Run 10k?

You can find all the details and enter the link below:

<https://www.athleticsireland.ie/runzone/2019-great-ireland-run-10k>

How much it is to register?

Entry is free, with the option to purchase a t-shirt and medal (Please note the medal is dated 5th April):

<https://www.athleticsireland.ie/runzone/2019-great-ireland-run-10k>

Who can take part?

The virtual Great Ireland Run is open to anyone over the age of 18.

What are the distance options?

Just like the physical event, this will be a 10km virtual race. More details can be found here:

<https://www.athleticsireland.ie/runzone/2019-great-ireland-run-10k>

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 before?

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

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

When will my 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

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.

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

You can also provide a URL to link to your run/walk proof.

What apps should I use to track my run?

There are several apps 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 input your AAI member number to have your club included in your result. This will include your club into the club team competition if enough club mates sign up.

You can wear your club vest during your race. Be sure to take a selfie and tag us online using the hashtag #BeYourGreatest

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

Is there a club team prize?

Yes, the organisers want to see AAI clubs get involved in the virtual edition of the race and have offered a team prize fund based on the submitted times. The fastest team will be awarded €300 based on the aggregate of four times. The second placed team will be awarded €200, and the third placed team €100. There will be separate prizes for both male and female teams. Clubs can enter any number of athletes provided they are registered with AAI within the year 2020. AAI will calculate the winning teams through the entry software, with results to be announced on Monday July 27th.

Athletics Ireland Social Media

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

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

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