



IR5K: 16th - 18th May 2025 | IR5M: 27th – 29th June 2025
IR10M: 18th – 20th July 2025

Ready, Set, Go – Virtually! 🏃🏃

Complete your **5K / 5 Mile / 10 Mile** run, jog, or walk *anytime* during the event weekend – on a route that works best for **you**!

Here's how it works:

- Lace up and complete your distance **in one go** between **Friday and Sunday** of the event weekend
- After you've crushed it, upload your time along with a **screenshot, photo, or link** as proof of your activity.
- Our team will validate your time and add your result to the **official virtual leaderboard**.

Important:

Results can only be submitted from **Friday to Monday** of the event weekend.

Not into the leaderboard scene? No worries – submitting your time is totally optional! Just enjoy the experience your way.



Fun is non-negotiable!

Snap some pics, tag us on social media, and show off that post-race glow – we *love* celebrating our Virtual participants.



Your **Virtual Bib** and **Medal** will be mailed out the week before the race (late entries will receive theirs after the event).

Scroll down for full details on how to upload your time – and keep an eye on your inbox for more info as race day approaches!

Follow these steps to submit your race time: (only on the weekend of the run!)

1. Log into your Eventmaster [‘My Tickets’](#) account (if your account is not yet activated, **an activation link will automatically be sent to you when you attempt to login for the first time**)
2. Click on "View Order" in your Virtual Biofreeze Irish Runner 5k event entry
3. Click on the button "Submit Race time"
4. Enter your race time through the dropdown menu
5. Upload proof (screenshot/picture) showing that you ran this time
6. Tick the box to confirm your submission is correct
7. Click on the "Submit" button