

How to submit your results:

- Follow the link to the results page and select your race (multi-sport (like triathlon) or single discipline (like run)).
- Choose your event from the list in the drop-down box.
- Scroll down to find your name.
- Click on the 'submit result' link (rotate your phone to landscape if not visible).
- You are now on the 'submit result form'.
- You can also use the search box at the top to find your name. You can then click on your name and go to your individual results page and click 'submit result' from there (rotate your phone to landscape if not visible).
- There will also be an instruction video link at the top of the results page, if you'd like to watch an example.

To submit a single discipline result (for example a 10k run):

- Enter your time carefully in the following format – HH:MM:SS
- Enter your date of birth carefully in the following format – DD/MM/YYYY
- Your date of birth is used to identify you and your result as genuine.
- You can enter a link to your run on Strava or Garmin if you like (optional). This must be a link starting http with no other text.
- Click the 'Submit' box at the bottom.
- A green message will appear indicating your result submission has been successful.
- If you see a red error message, check that you have entered your date of birth correctly.
- Your results will be updated and ranked on the main results page and on your individual results page, regularly throughout the day.
- If you need to contact your timer, click on the Results Enquiry link (click on the three little lines button at the top if on a smartphone).

To submit a multi-sport event result (for example a duathlon):

- You can enter your splits one at a time over the weekend, or altogether in one go.
- Enter your date of birth carefully in the following format – DD/MM/YYYY
- Your date of birth is used to identify you and your result as genuine.
- Enter each time carefully in the relevant box and in the following format – HH:MM:SS
- If you completed your race as a continuous event (all legs consecutively), click the checkbox to confirm this.
- You can enter a link to your run on Strava or Garmin for each split if you like (optional). This must be a link starting http with no other text.
- Click the 'Submit' box at the bottom.
- A green message will appear indicating your result submission has been successful.
- If you see a red error message, check that you have entered your date of birth correctly.
- Your results will be updated and ranked on the main results page and on your individual results page, regularly throughout the day.
- If you need to contact your timer, click on the Results Enquiry link (click on the three little lines button at the top if on a smartphone).