

## Virtual Events – Submitting your Time

When submitting your time on the result's site, one thing you will be asked for is a link to the workout that tracked your run. This is so the organiser can verify runs before awarding prizes. The link you supply must be valid, so before we go any further, here is important information about how to ensure validity.

### 1. How to ensure your workout link is valid

In order to verify you have run the required distance, as part of the process of submitting your time, you will be asked to also submit a link to the app that was tracking your run. Before you go to the website to submit this, it is important to make sure the link to your run that you will be submitting is valid.

Note that certain checks are done on links provided for security purposes to prevent any offensive or unsuitable pages/images being shown. The supported activity sites are

strava.com	strava.app.link	connect.garmin.com
mapmyrun.com	mapmywalk.com	mapmyfitness.com
flow.polar.com	movescount.com	mysports.tomtom.com
endomondo.com	runkeeper.com	youtube.com
fitbit.com	tpks.ws	decathloncoach.com
suunto.com	app.suunto.com	my.viewranger.com
relive.cc	suunto.com	sports-tracker.com
racetecresults.com	sportstracklive.com	

If you are unsure how to get a link to your workout, please go to platform in question and read their help files.

### No images can be uploaded

Once you have your link, please ensure it is in an acceptable format – it MUST start with either <http://> or <https://>

Below are some acceptable and unacceptable links

#### ACCEPTABLE

<a href="https://www.strava.com/activities/4062244499">https://www.strava.com/activities/4062244499</a>	– Starts with <a href="https://">https://</a> and is on the list
<a href="http://www.strava.com/activities/4062244499">http://www.strava.com/activities/4062244499</a>	– Starts with <a href="http://">http://</a> and is on the list
<a href="https://connect.garmin.com/modern/activity/5539439843">https://connect.garmin.com/modern/activity/5539439843</a>	– Starts with <a href="https://">https://</a> and is on the list
<a href="http://connect.garmin.com/modern/activity/5539439843">http://connect.garmin.com/modern/activity/5539439843</a>	– Starts with <a href="http://">http://</a> and is on the list

#### UNACCEPTABLE

<a href="http://www.strava.com/activities/4062244499">www.strava.com/activities/4062244499</a>	– does not start with <a href="https://">https://</a> or <a href="http://">http://</a>
Check out my activity on Strava: <a href="https://strava.app.link/atGMQskYlbb">https://strava.app.link/atGMQskYlbb</a>	– text at start of link
<a href="https://www.dodgysite.com/activities/736353">https://www.dodgysite.com/activities/736353</a>	– Site not supported

<https://www.pictures.com/myworkout.jpg> – **Site not supported and images cannot be uploaded**

Finally, go to a new browser tab and paste the link in, just to make sure it goes correctly to your workout

If you upload an invalid link, it will not appear on the results site beside your name and your unverified time may not be considered for prize purposes

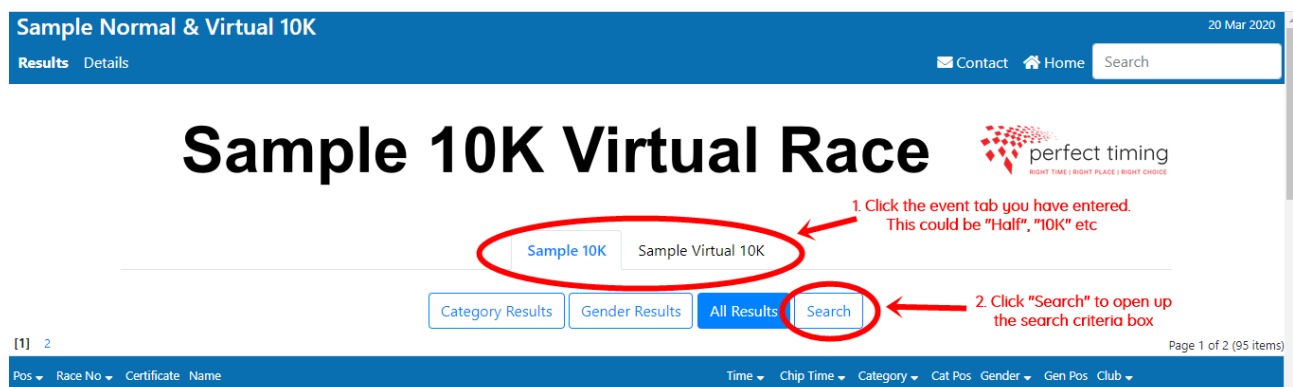
If you are unable to use any of the sites above and cannot log your run, do not enter a link at all when submitting your time. However, you should gather evidence of your run and keep it. Do NOT email in any images etc. If you are in with a chance of a prize, you will be contacted to provide your evidence.

## 2. Submitting your time and workout link

When you are ready to submit your time, and you know your workout link is valid, navigate to the [perfecttimingscotland.co.uk](http://perfecttimingscotland.co.uk) website, click on Results, and then click on the “View Results” link for the event in question.

Now, follow the instructions on the following slides. NOTE: screenshots here are generic samples. You will see similar layouts, but branded for your particular event.

If no entrant data is shown, then Perfect Timing has not received the data from the organiser. This normally occurs a few days before the event goes live.



Sample Normal & Virtual 10K 20 Mar 2020

Results Details Contact Home Search

# Sample 10K Virtual Race

perfect timing  
RIGHT TIME | RIGHT PLACE | RIGHT CHOICE

1. Click the event tab you have entered.  
This could be "Half", "10K" etc

2. Click "Search" to open up the search criteria box

[1] 2 Page 1 of 2 (95 items)

Pos Race No Certificate Name Time Chip Time Category Cat Pos Gender Gen Pos Club

# Sample 10K Virtual Race



Sample 10K **Sample Virtual 10K**

1. Enter part of your name

Category Results Gender Results **All Results** Search

hackett All genders All categories

All clubs Sort by finish order **Apply**

2. Click Apply

Pos	Race No	Bib/Certificate	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Link
102			John HACKETT	Not started	Enter Time	65	Male			

3. From the list of matching names, find yourself and click the "Enter Time" link

# Sample 10K Virtual Race



Use this form to submit your run time

**John HACKETT**

**Sample Virtual 10K**

Finish time

HH : MM : SS

Make sure you enter your time in the format HH:MM:SS

Date of Birth

DD/MM/YYYY

Enter your DOB in the format DD/MM/YYYY - this is a check to make sure it is you

We use this to verify your identity

Check this box if you ran the official course

If you see this prompt, then check this box only if you ran the actual course.

Paste Workout Link Here

Enter the URL of your workout, making sure it starts with https:// or http:// Please refer to the start of this document for more details on this

eg Strava, MapMyRun etc ENSURE it starts with HTTP:// or HTTPS://

**Submit**

When you are happy the above information is correct, click "Submit"

Sample Normal & Virtual 10K

Results Details

Contact Home Search

## Sample 10K Virtual Race

perfect timing

Use this form to submit your run time

Your time has been saved successfully. Your time will show on the website but rankings will only be updated after some time.

**John HACKETT**

Sample Virtual 10K

Finish time: 00 : 47 : 23

Date of Birth: 10/03/1955

Check this box if you ran the official course

Paste Workout Link Here: <https://www.strava.com/activities/3400705158>

**If you see this message, your DOB has been verified and your time is within the acceptable range. You can now close this window - you are done. Congratulations!**

Sample Normal & Virtual 10K

Results Details

Contact Home Search

## Sample 10K Virtual Race

perfect timing

Use this form to submit your run time

Sorry, we could not verify your details

**Stuart MACDONALD**

Sample Virtual 10K

Finish time: 01 : 05 : 12

Date of Birth: 01/02/1990

Check this box if you ran the official course

Paste Workout Link Here: <https://www.strava.com/activities/4326473211>

**If you see this, either your DOB has been entered incorrectly, or your time is invalid. Please correct and re-submit. You can always close the window and go through the process again, once you have the correct data**

Congratulations, you have now successfully entered your time. The website will show your time now and will be updated on a regular basis to show current rankings based on overall, gender and age category.

If you have any queries about the process to enter your time, please email [virtual@perfecttimingscotland.co.uk](mailto:virtual@perfecttimingscotland.co.uk)