



A Guide to Participating in the Greater Bank Virtual Fernleigh 15

5:00am Sunday, 1st November – 11:59pm Monday, 30th November

What is the Greater Bank Virtual Fernleigh 15?

The purpose of the Greater Bank Virtual Fernleigh 15 is to keep the running community in the Hunter region connected through our [Virtual Fernleigh 15 Strava Club](#), provide the opportunity to run the famous Fernleigh Track in a virtual race environment, and to raise much needed funds (up to \$5,000) for the wonderful team at Lifeline Newcastle & Hunter, who are the leading suicide prevention service in Australia. And keeping active & healthy with friends and family of course!

The Greater Bank Virtual Fernleigh 15 involves completing either the 15km route, or having a team of 5 runners complete 15km total, on the Fernleigh Track (or remotely), between Sunday, 1st November and Monday, 30th November, 2020.

If you live in the Hunter region and would like to participate in the event on the Fernleigh Track – home of the past eight editions of the Fernleigh 15 – [please see the 15km course here](#).

After completing your run, walk, or roll, you simply need to submit your result with your selfie taken on course, and then wait for us to get in touch with you with your one-of-a-kind digital finishers' medal!

Note regarding participant conduct during the event

With ANY in-precinct or remote run/walk/roll undertaken – whether in training for the event, or the actual event - all measures that have been stated by the NSW Government, including limiting all outdoor activities to a maximum of twenty (20) people, avoiding regional travel to participate in sporting activities, and social distancing (1.5 metres apart from others at all times), MUST be adhered to by any participant during the Greater Bank Virtual Fernleigh 15.

How to register for the Greater Bank Virtual Fernleigh 15

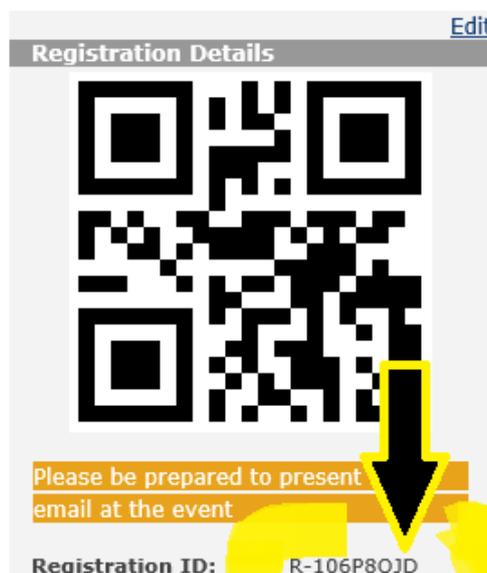
You can register for the Greater Bank Virtual Fernleigh 15 by [simply clicking here!](#)
15km Event (13+ years) \$20.00 | 5 Runner Relay (8+ years) \$30.00/team

If you're having trouble registering someone under the age of 18 years old, please click here.

Once you're registered for the run, you'll receive a "Registration Confirmation" email in your inbox, with your "Registration ID" located under a QR Code on the top right of the email. This ID number is critical as this will allow you to access the results page and enter your time for the event. So make sure you're able to access this email once you've completed your run for that event!



REGISTRATION CONFIRMATION



How to record your run/walk

It's totally up to you! If you have a Garmin/other smartwatch, you can use that. If you have a fitness tracking application on your phone, you can use that. If you have a manual watch, you can use that.

Basically, any way you usually track your running/walking, use that! We're not fussed with how you record it, as long as you can submit some sort of evidence of your run/walk in the results submission section, which we'll talk about now!

Remember to Bank Your Kilometres!

Our fantastic partners of the event, Greater Bank, are donating to Lifeline Hunter \$1.00 per kilometre run by participants as part of the event up to \$5000.*

To have your kilometres counted, make sure to join the Virtual Fernleigh 15 Strava Club here, complete the 15km Fernleigh Track distance from Adamstown to Belmont (or in reverse); or a 3km distance of the Fernleigh Track if you have registered as part of a five-person relay team, during November. Track your run in Strava and upload your result to the Virtual Fernleigh 15 Strava Club by 30 November 2020.



*Full terms and conditions apply. See the Greater Bank website event page for details.

How to submit your result

Congratulations! You've finished your run or walk, and you're now ready to tell us how you went!

You'll need to navigate to the Active Results Website, which is available here:

<https://resultscui.active.com/events/GreaterBankVirtualFernleigh151>

Remember getting your Registration ID in your confirmation email? Well this is where you'll need to input it to access your personal results page!

RACE ON

Submit your result

Please submit your result before the race ends.

23d : 05h : 51m : 59s

R - 106P8QJD

Go

After clicking "Go", you'll be navigated to the results page, where you'll do two things:

- 1) Enter your time
Please enter in the format of Hours (hh) : Minutes (mm) : Seconds
E.g. If you took 25 minutes and 0 seconds, enter as 00 : 25 : 00



- 2) Attach the evidence of your run/walk!
Please attached a file that shows us the route you took (if completing one of the physical courses), how far you ran & the time you took to do it
Preferably, this is a screenshot of your run/walk via the Strava app or Strava website, but we're happy to have ANY GPS data that indicates where/how far/how long your ran/walked for.

RACE ON

Hello, James!

Please submit your result by entering your finish time and uploading proof of completion, such as a screenshot of your tracking app or photo of your GPS watch that shows the time and distance completed.

Category
Running - 5K

Finish time
 : :
Please enter your time to finish the race.

Upload file

Format: PDF, JPG, JPEG or PNG. Size: less than 10MB.

Submit

IMPORTANT NOTE FOR TEAM RESULTS – TEAM MANAGERS

For anyone who has submitted a team for the 5 Runner Relay, you will need to submit each of your athletes' names & times through to runnsw@nswathletics.org.au – where we'll create a separate results listing along with all other teams entered into the relay event.

Once you've successfully submitted your time and GPS file, you'll see the following window – and that's it – you're all done! We'll make sure that the details you provided check out and will be progressively publishing the results as the events continue!

RACE ON



You have successfully submitted your
Running - 5K result.



What happens after I've submitted my result for the event?

We'll be in touch in the following days with the following:

- A Fernleigh 15 finishers' medal, physically sent to you in the mail to your nominated mailing address (if you've provided an address that you don't want us to mail your finishers' medal to, you can change your registration details after registering, or email us at runnsw@nswathletics.org.au)
- An email congratulating you on your awesome run/walk and supplying your official finisher's time on a digital certificate
- You go in the chance to win one (1) of six (6) \$100 Greater Bank vouchers

We'll also send out a survey to you – which will only take a few minutes to complete – as your feedback will help shape future RunNSW Events that we deliver, making them event better next time!

Thanks for reading through this document, and we wish you all the best with your training, and your Greater Bank Virtual Fernleigh 15 event!

From the RunNSW and Greater Bank Teams,

Happy Running/Walking/Rolling!