

### **STRAVA Timing Instructions:**

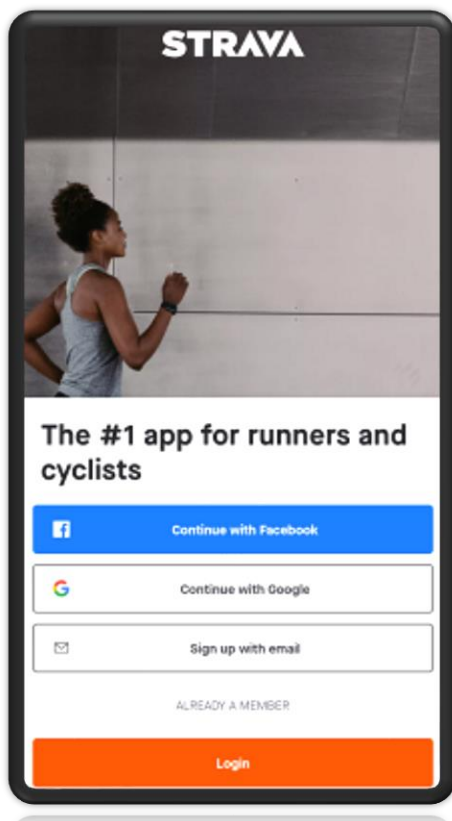
We will be using STRAVA to time this event. If you do not have a Strava profile currently linked to a Strava compatible device, you can download Strava to your phone to record your activity.

Strava is available on Google Play for android or the Apple Store for iPhones.

<https://play.google.com/store/apps/details?id=com.strava>

<https://apps.apple.com/za/app/strava-run-ride-training/id426826309>

Once the Strava App has been downloaded onto your phone, please sign up to Strava.



Once you have signed up or if you already have an active Strava account, you will need to log into Entry Ninja and link your entry to your Strava profile.

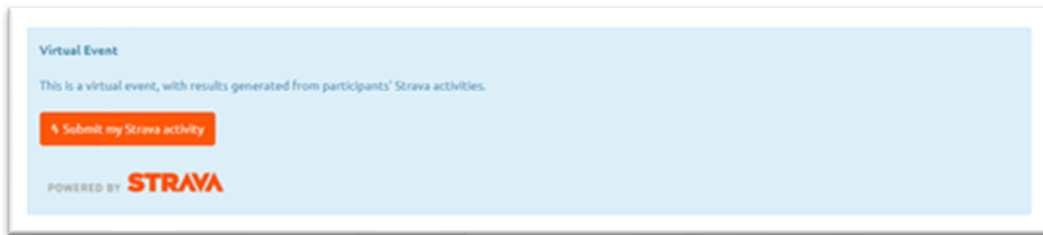
Log into your Entry Ninja profile using <https://www.entryninja.com/login>.

The username & password was created when you set up your profile during the entry process. There is a password recovery option on the link if required.

On the main menu, click on Profile. Under Next event, click on view entry

[view entry](#)

Click on the "Submit my Strava activity" button

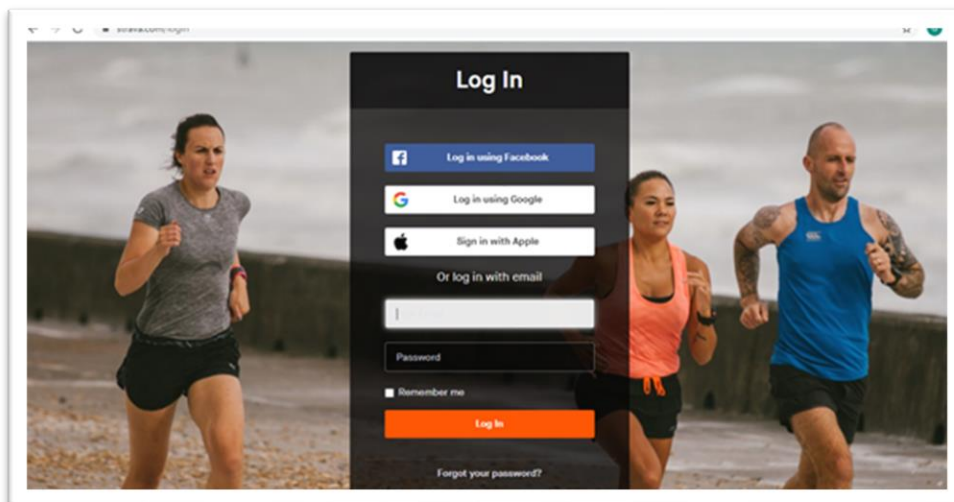


You will now link your Strava Account to your Entry Ninja Profile.

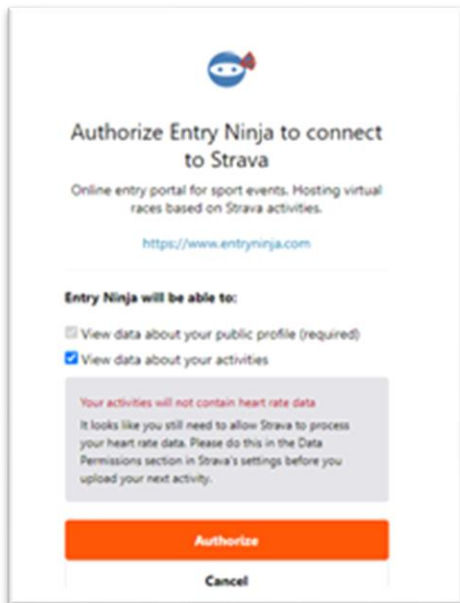
Click on "Connect with Strava"



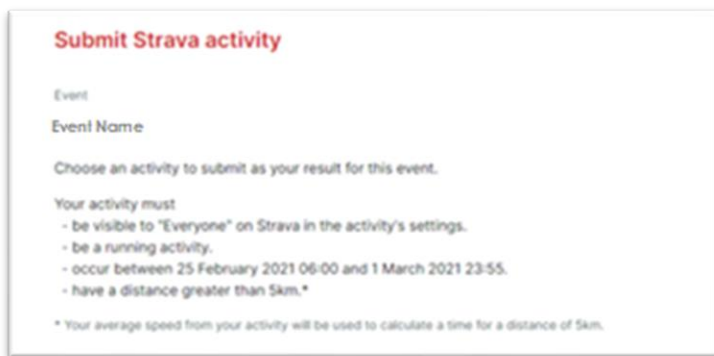
You will be redirected to Strava to log into your Strava Account



Once you have logged into your Strava account, please authorise Entry Ninja to connect to Strava.



You are now ready to record your Run / Walk.



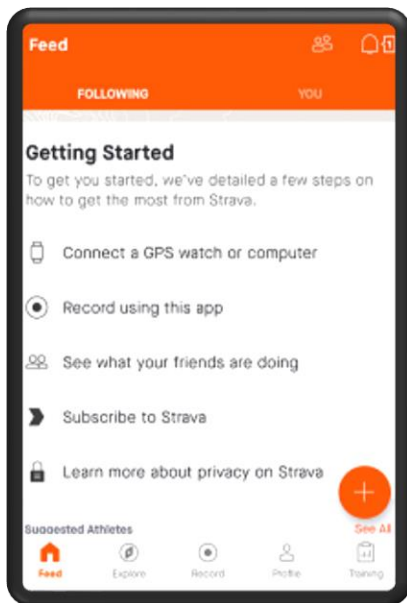
Please note the following requirements in order to submit your activity:

- Your activity must:
  - Be visible to "Everyone" on Strava in the activity's settings
  - Be a running activity
  - Occur between or on event date/s.
  - Have a distance greater than the distance you have entered.

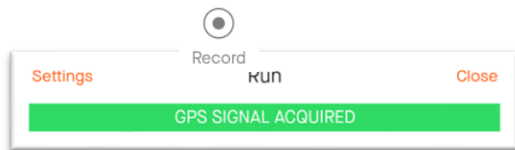
You will be able to view all eligible activities and select which activity you would like to submit for this event.

## How do I time my event using Strava on my phone?

Start the Strava App on your phone.



Click "Record" and make sure that GPS signal is acquired.



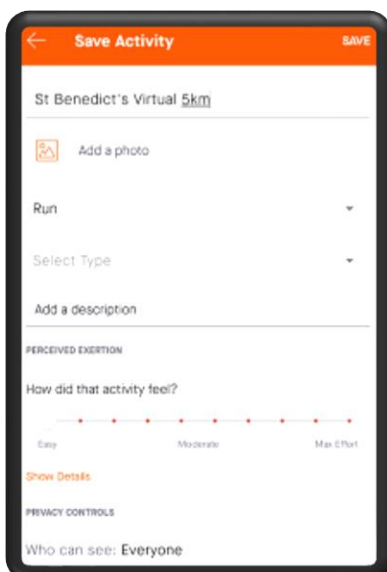
Click "Start" when you are ready to start your 5km Run / Walk



You are able to "Stop" and "Resume" your activity if required.



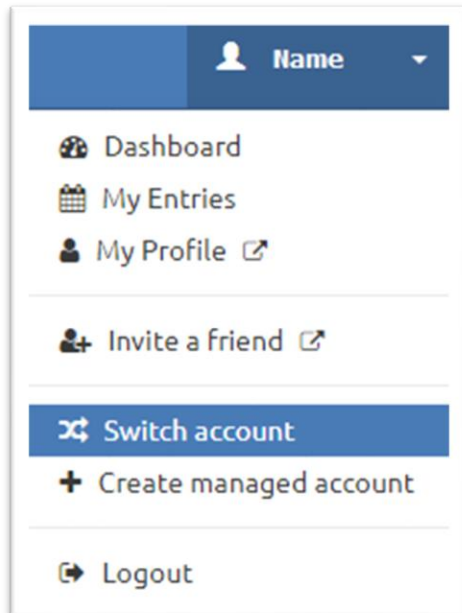
After you have completed your 5km Run / Walk, click on "Finish" and save your activity as Event Name or similar.



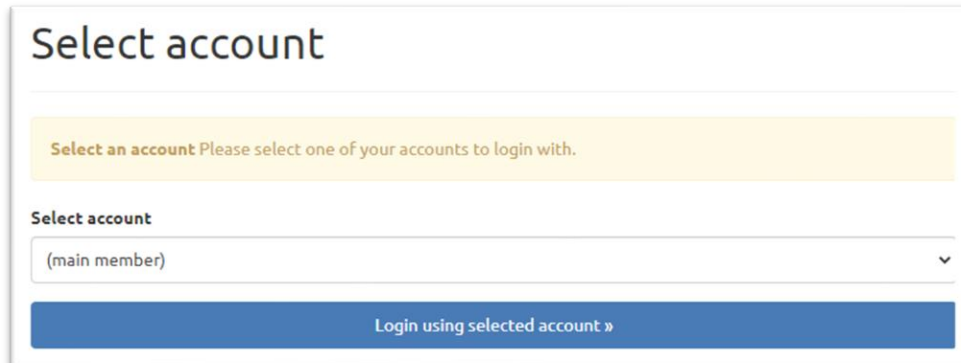
### **How to submit a time on a Managed Account?**

Log into your Entry Ninja Profile and click on main member's name at the top right hand corner.

Click on Switch Account



Select the Managed Account you would like to log into from the dropdown list.



Once you have logged into the Managed Account, please follow the instructions above on how to link Strava to the entry.

Each Managed Account must be linked to their own Strava Account.