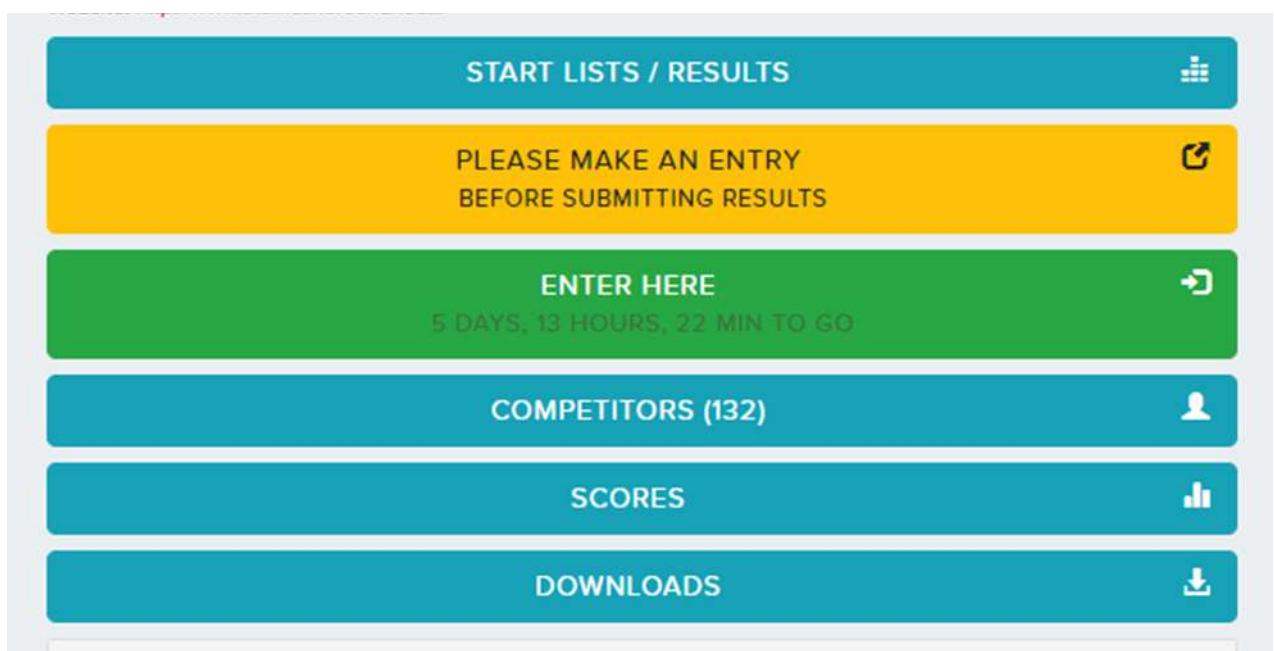


Many of you may be familiar with the OpenTrack System and, particularly all those who registered to run in the Annual Alumni Race (AAR) last December, will already be registered.

Using this link

<https://data.opentrack.run/en-gb/x/2020/GBR/lthhar20/>  
you will be able to find the entry for the TH&HAR20 Trial.

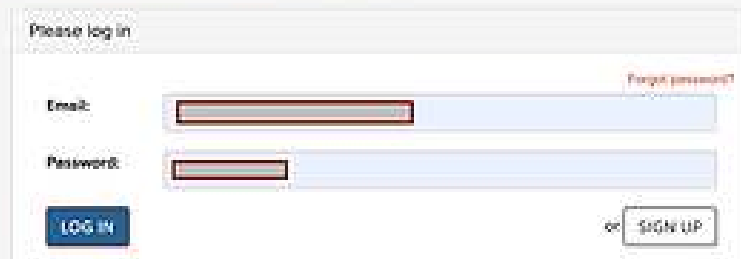


First, Click on the green baron  
ENTER HERE

If you've already signed up with Opentrack LOG IN - If not, sign up, and then return to this page. You will only have to sign up once and your login details should be saved if you only use one computer.

## Race Management System

This site, run by **OpenTrack**, handles membership, entries and race administration athletics events. You can use the same account for any site ending in **opentrack.run**.



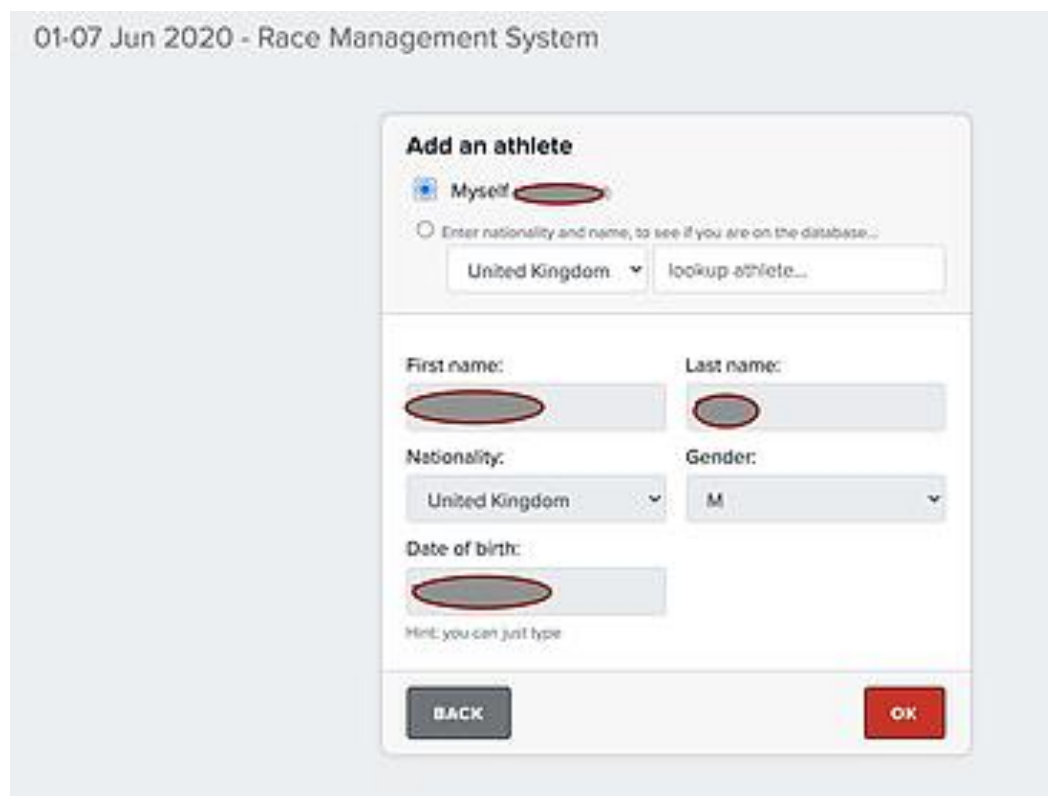
Please log in

Email:

Password:

[Forgot password?](#)

Click on the button next to Myself which should have your name next to it in brackets. This should automatically fill in your details.



01-07 Jun 2020 - Race Management System

**Add an athlete**

Myself  Enter nationality and name, to see if you are on the database...

United Kingdom

First name:

Last name:

Nationality:

Gender:

Date of birth:

Hint: you can just type

Click the red button OK.

This opens the Step 1 window – if all is correct click Confirm.

Then Step 2 as below. Click the button next to the FIND SCHOOL box - Then enter your team code in this first box. This will automatically fill in the details below. Ignore the box on the right heading Summary. Accept these details by clicking OK and then Confirm.

**Step 2 - who are you representing?**

*Start typing your school name and select it once it appears. If your school or SCHOOL CODE is not listed, please email support@opentrack.run BEFORE ENTERING*

Find School

Team code:  Team name:

Team country:

Choose R1 TH&HAR20-Trial by ticking  and press OK

01-07 Jun 2020 - Race Management System

**Step 3 - Choose your events**

*Make sure you tick the event*

R1. LAR 5km

**Summary**

**Athlete**

**Team**  
 OJRUN St Johns Leatherhead

**Price**      **GBP**

Total for athlete **0.00**

This takes you to the next window as below.

Confirm entry by clicking the box to the left of your name. And then pressing CONFIRM

**IGNORE ANY REFERENCE TO PAYMENT.**

### My 1 entry - Jasper Lloyd

Paid so far: 0.00 . Basket value: 0.00. Amount due: 0.00.

#	Name	Event	Price	Status
<input type="checkbox"/> 1	<input type="text"/>	5k	0.00	Due: 0.00

All prices are in GBP

The next window – black – asks you to tick that you take part at your own risk etc. Click the white box and then the red CONFIRM.

The final window confirms the details of your entry.

Once there the front page will now allow you to either Submit with Strava (by attaching your Strava account to Opentrack) - or to Submit Manually.

Contact details: dcbjenkins@gmail.com

- START LISTS / RESULTS
- SUBMIT MANUALLY
- SUBMIT WITH STRAVA
- EDIT ENTRY / ADD ATHLETES
- COMPETITORS (41)
- SCORES
- My entries
  - 5k
- DOWNLOADS

Summary statistics\* (click to expand)

If you Submit Manually try to include a Strava link if possible. But not essential. The event is based on trust! You will be asked to agree that your entry is valid without a strava link so say OK.

**Submit your results** ?

Entries by:

Person:

Event:

Result:

Evidence Link  
(e.g. Strava or  
Youtube):

Notes:

Any issues ask [dcbenkins@gmail.com](mailto:dcbenkins@gmail.com)

**23<sup>rd</sup> October 2020**