Results Submission Process

Once a run is completed athletes must submit their performance via the [GOOGLE FORM here](#), however before submitting please access the embed code from either Garmin or Strava.

**How to access the Embed Code – STRAVA**

1. Embed codes are only available from [www.strava.com](http://www.strava.com) – not Mobile Apps
2. Sync your run onto your profile
3. Go to that run
4. Click on the ‘Embed on Blog’ Button

5. **Copy the long link**

6. **Paste the link into the Results form.**
How to access the Embed Code – Garmin

1. Embed Codes are only available from [www.garminconnect.com](http://www.garminconnect.com) – Not Mobile Apps.
2. Sync your run onto your profile
3. Go to that run
4. Click on the ‘Share’ button
5. Then choose ‘Embed’
6. Copy the link
7. Paste the link into the Results form