

Step 1



Register

Register on www.myrun.org.za

Step 2



Sign in

Use your South African ID or passport number to register and indicate that you are a Vitality member.

Step 3



Select venue

Select the venue where you will be attending your first myrun event and collecting your Vitality timing band.

Step 4



Purchase your Vitality timing band

Select "Purchase a Vitality timing band" and follow the rest of the online payment instructions.

Step 5



Collect Vitality timing band

Go to your registered venue on Sunday and bring along your QR code to collect your Vitality timing band. A myrun volunteer will assist you in linking your Vitality timing band to your profile.

Step 6



Complete run

Complete the run and tap your Vitality timing band against the applicable distance reader at the finish line in order to record your race results and to get your Vitality points.

