



South Africa, can we count you in?



Vitality Running World Cup tournament guide

South Africa

Overview of the Vitality Running World Cup

The Vitality Running World Cup is an annual **free-to-enter**, global running competition, giving everyone the chance to represent their country - from wherever they are, whatever their fitness level.

Taking place from **5 March 2020**, the Vitality Running World Cup aims to inspire a global movement in running. You can sign-up for the tournament anytime, anywhere before and throughout the Vitality Running World Cup.

All you need is a smartphone or an approved fitness device to track your run during the tournament. Every run counts and the country with the greatest distance tracked in relation to their population size will win.

Who can participate in the Vitality Running World Cup?

The Vitality Running World Cup is open to anyone **over the age of 13 years old**. Whoever you are, wherever you are, whatever your fitness level, you can participate in the Vitality Running World Cup to represent South Africa.

You do not need to be a Vitality member or Discovery client in order to participate in the Vitality Running World Cup.

While the Vitality Running World Cup is open to anyone over 13 years old, various smartphone apps and fitness devices may have their own user age restrictions for registering and sharing data. Please ensure that you are aware of what these restrictions are when joining.

What you pay

There are no costs involved in entering the Vitality Running World Cup apart from what you may spend on data when you download or update the Vitality Running World Cup app.

How to join the Vitality Running World Cup

1. Visit the [Vitality Running World Cup website](#) or download the Vitality Running World Cup app to join for free
2. [Link an approved](#) Vitality Running World Cup **smartphone app or fitness device** to your running profile.
3. Run or jog at least **3 km within 30 minutes** during the Vitality Running World Cup and use an approved **smartphone app or fitness device** to track your run.

Tournament fixtures

The Vitality Running World Cup will take place from 5 March to 5 April 2020. It will begin with the Qualifying round, which will last for one week from the kick-off date (5 March at 00:00 to 11 March at 23:59).

The top 16 teams (countries) will enter a knockout style tournament where they will compete against each other for the remaining weekends of each stage (Round of 16, Quarter finals and Semi-finals). The Vitality Running World Cup final will take place in early April 2020. Here's a breakdown of the Vitality Running World Cup fixtures:

- Qualifying round (5 – 11 March)
- Round of 16 (14 – 15 March)
- Quarter Finals (21 – 22 March)
- Semi-Finals (28 – 29 March)
- Finals (4 – 5 March)



You need to complete your qualifying run (3 km in 30 minutes or less) during each stage of the tournament to contribute towards South Africa's total kilometres. For example: during the Qualifying round, you need to run from 5 to 11 March 2020. Any run completed outside this stage will not count towards South Africa's total kilometres.

Every run counts to help South Africa move to the next stage of the tournament. To track your progress in the tournament, log in to the Vitality Running World Cup [website](#) or the app.

Build your Vitality Running World Cup team

Get your friends, family and colleagues to join the Vitality Running World Cup. You can choose to [send them an invite](#) through the Vitality Running World Cup [website](#) or the app or choose to build your own Vitality Running World Cup team.

Here's how you can get started:

Build your own team

1. Log in to the Vitality Running World Cup [website](#) or app
2. Navigate to the menu and click on *Teams > Create a team*
3. Complete your team's details

Join an existing team

1. Log in to the Vitality Running World Cup website or app
2. Navigate to the menu and click on *Teams > Join teams*
3. Enter the team's name or unique code you would like to join. Alternatively you can choose to search for the team

Visit the [Vitality Running World Cup](#) website or app for more information.

Achieve your Vitality Running World Cup weekly personalised goals

You are provided with a weekly, personalised Vitality Running World Cup goal, based on your current activity levels. Your weekly goal is dynamic and determined based on your goal achievement over previous weeks. Your goal level will adjust upwards and downwards based on your activity, fitness level and goal completion. It gradually encourages you to improve your fitness level or keeps you motivated and engaged at the current level.

To achieve your weekly goal, you need to track your run using an approved smartphone app or fitness device linked to your Vitality Running World Cup profile. As you continue to achieve your goals, your goal level will increase. This is to make sure that you continue to become fitter over the weeks.

What rewards do I get for participating in the Vitality Running World Cup?

Stand a chance to win and earn a range of rewards and prizes for participating in the Vitality Running World Cup. These include a grand prize, weekly running prizes and a digital goodie bag.

Digital goodie bag

Receive a digital goodie bag once you've completed your **first qualifying run in March** (3km within 30 minutes). This will be sent to you via email following your run and will include discounts and vouchers to the value of \$100. For more information about your goodie bag, click [here](#).

Grand prize and Weekly running prizes for South African participants

As a South African resident, every qualifying run you complete will also count towards one entry into the South African draw to stand a chance to win the Grand prize and Weekly running prizes. Plus, you can double your entries each week for achieving your Vitality Running World Cup personal goal.

Get additional entries into the draw for each qualifying run based on your membership type:

| Membership type | Number of bonus entries you can earn |
|---|---|
| Any client or policyholder of the Discovery Group of companies and any member of the participating medical schemes administered by Discovery Health (Pty) Ltd | x2 entries |
| *Vitality Health members | x5 entries |
| Team Vitality members | x10 entries |

*Vitality Health members refer to individuals that have a Discovery Health or Discovery Life policy with the Vitality Health programme. **Note:** If your membership overlaps between any combinations of the different membership types, the highest single bonus entry will apply.

▪ **Weekly running prizes**

Your total entries during each stage of the tournament will be calculated weekly and winners will be randomly selected for the weekly running prizes. The more qualifying runs you complete, the more entries you'll get into the weekly draw. Your total number of entries will reset at the start of each week and only entries earned during the qualifying stage will count towards that week's prize.

Weekly running prizes include:

- Week 1: Fitness devices
- Week 2: Running shoes
- Week 3: 3-month gym contracts
- Week 4: Fitness gear
- Week 5: HealthyFood vouchers

Example of a weekly prize draw

Thando joins the Vitality Running World Cup and links her fitness device to her profile. During the Qualifying round (5 – 11 March), she completes two qualifying runs (i.e. runs 3km within 30 minutes) and achieves her weekly personalised Vitality Running World Cup goal. Thando is a Discovery Health Medical Scheme member and a Vitality Health member.

Thando will get the following entries:

- 1 entry for signing up to the Vitality Running World Cup (once-off)
- 1 entry for each qualifying run she completed during the stage (1 entry x 2 qualifying runs = 2 entries)
- She achieved her weekly personalised goal and doubles her entries (2 entries x 2 = 4 entries].

- As a Vitality Health member, she will earn bonus entries [4 entries x 5 bonus entries = 20 entries]. Since Thando is a Discovery Health Medical Scheme member and a Vitality member, the higher bonus entries will apply – i.e. 5 bonus entries.

Thando has a total of 21 entries for the Qualifying stage, which includes an entry for signing-up to the Vitality Running World Cup.

▪ **Grand prize**

Stand a chance to win a trip to your dream destination to complete a run of your choice to the value of R150 000. Your total entries throughout the tournament will count towards the grand prize draw. Only one winner will be randomly selected to win the grand prize. The more qualifying runs you complete, the more entries you'll get into the grand prize draw.

The Grand prize is subject to specific qualifying criteria that apply. If you would like to complete a big marathon, ensure that you have completed all qualifiers and trained accordingly. If we are unable to arrange your race entry, we will choose an alternative race for you.

Example of a grand prize draw

Gavin joins the Vitality Running World Cup and links his smartphone app to his profile. During the tournament (5 March – 5 April), he completes 10 qualifying runs (i.e. runs 3km within 30 minutes) and achieves his weekly personalised Vitality Running World Cup goal for four weeks over the following period:

- Week 1: 1 personalised goal achieved with 6 qualifying runs (Qualifying round)
- Week 3: 1 personalised goal achieved with 2 qualifying runs (Quarter Finals)
- Week 5: 1 personalised goal achieved with 2 qualifying runs (Finals)

Gavin is a Discovery Health Medical Scheme member, a Vitality Health member and a Team Vitality member.

Gavin will get the following entries:

- 1 entry for signing up to the Vitality Running World Cup (once-off)
- 1 entry for each qualifying run he completed during the tournament (1 entry x 10 qualifying runs = 10 entries)
- He will double his entries for achieving his weekly personalised goals:
 - o Qualifying stage (6 qualifying runs x 2 = 12 entries)
 - o Quarter Finals (2 qualifying runs x 2 = 4 entries)
 - o Finals (2 qualifying runs x 2 = 4 entries)
 He has 20 entries in total for weekly personalised goals achieved
- As a Team Vitality member, he will earn bonus entries [20 entries x 10 = 210]

Gavin has a total of 211 entries into the Grand prize draw to win a trip to his dream destination, which includes an entry for signing-up to the Vitality Running World Cup.

Weekly running prize winners will be announced within two weeks following each stage tournament. The Grand prize winner will be announced within two weeks following the Final stage of the tournament.

Earn weekly social rewards through UNICEF

Achieve your weekly personalised goal and Vitality will donate a Tuberculosis (TB) vaccine to a child in need, on your behalf, through UNICEF.

These social rewards are not necessarily for South African citizens and will go to areas around the world that need it most. UNICEF reserves the right to make this choice depending on the social economic challenges faced.

Note: To qualify for any of the weekly and grand prizes and rewards, you must indicate during the Vitality Running World Cup sign-up process that you are a South African resident. If you have been selected as a winner, you will be required to provide proof of identification in order to claim your prize. Additionally, you will also need and give consent to share your data with the Vitality Running World Cup and their Partners. To earn bonus entries into the weekly and grand prize draws, you must indicate whether you are a Discovery client or Vitality member during the Vitality Running World Cup sign-up process by filling out your identification number.

Limits that apply

- You can only run for one country during the Vitality Running World Cup. Once you have completed your first run for the country you selected, you will no longer be able to change the country you represent.
- Some fitness devices and apps have a minimum age to register and share data. This means that even if you are 13 you may not be able to share data with Vitality Running World Cup. If the Vitality Running World Cup cannot retrieve data from your device, we will not be able to consider your runs for the tournament. Please ensure that you check which apps and devices are suitable for your age group.

Your privacy is important to us

To participate in the Vitality Running World Cup, you will be asked to agree to certain privacy settings and will be able to control who can see your Vitality Running World Cup profile. Information you can agree to share through the Vitality Running World Cup website and the Vitality Running World Cup app includes your name, profile picture, the country you are running for, the number of runs you have completed, total kilometres run and other performance metrics.

By participating in the Vitality Running World Cup you accept the Vitality Running World Cup [terms and conditions](#) and you agree and consent to the Vitality Running World Cup privacy policy at <https://runningworldcup.com/privacy-policy/> .

If you have any questions regarding the Vitality Running World Cup privacy policy or the practices of the Vitality Running World Cup website, or wish to withdraw your consent for the continued collection, use or disclosure of your personal information as set out in the privacy policy, please send an email to info@runningworldcup.com.

You will be given the option to opt out of any marketing communication with each communication you receive. If you decide to opt-out of any marketing communication, you will still be eligible to earn prizes and rewards and be contacted in order for us to facilitate awarding the prize.

In so far as Vitality South Africa processes personal information of participants it would do so in accordance with the provisions of the [Vitality Privacy Statement](#). By agreeing to participate you agree and consent to the provisions of our privacy statement. If you believe we have acted contrary to what was agreed to you may contact our information officer at privacy@discovery.co.za.

Disclaimer and indemnity

Participation in the Vitality Running World Cup is voluntary and at your own risk. Discovery Limited and its local and international subsidiaries (“the Vitality Group”), Running World Cup Limited, the Vitality Group’s Vitality partners and their respective rewards partners (“the Organisers and Partners”) will not be liable for any claims, losses, damages, liabilities, injuries or death (“**Losses**”) suffered, incurred or sustained by any person arising out of or in connection with your participation in the Vitality Running World Cup.

By participating in the Vitality Running World Cup you agree to indemnify and hold harmless the Organisers, Partners and Athletics South Africa in respect of any Losses suffered, incurred or sustained by you as a result of your participation in the Vitality Running World Cup and your acceptance of any prize.

Keep moving after the Vitality Running World Cup

Why not start a tradition of participating in weekly and annual runs or walks in your area? Mass participation events like [parkrun](#), [myrun](#), the [Vitality Run Series](#) and [Team Vitality](#) bring thousands of people together to enjoy outdoor activities safely, and socially – combining quality time with friends, colleagues and families with physical activity and South Africa’s stunning natural beauty.

You can also use the Vitality Running World Cup to get ready for the [Discovery 947 Rhythm run](#) at Kyalami Grand Prix Circuit. No matter what your fitness level is, you can conquer the 4.7 km race track, or do a double lap of 9 km, one beat at a time.

Plus view the [Athletics South Africa website](#) for more information about how you can take your running to the next level.

Find out more

View our [frequently asked questions](#) and stay updated about the Vitality Running World Cup by following the [Facebook](#), [Twitter](#) and [Instagram handles](#) for important announcements.

Stay in touch

Limits, terms and conditions apply. If you have any questions or need more information about this competition, please visit www.runningworldcup.com.

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