



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 **21 September 2021**, 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 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.

Is there a cost to enter?

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 21 September to 10 October 2021. It will begin with the Qualifying round, which will last for one week from the kick-off date (21 September at 00:00 to 26 September 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 October 2021. Here's a breakdown of the Vitality Running World Cup fixtures:

- Qualifying round (21 – 26 September)
- Semi-Finals (28 September – 3 October)
- Finals (5 – 10 October)



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 21 – 26 September. 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
4. You can join multiple teams should you wish to, but your qualifying runs will only count once (not once per team)

Join the [Team Vitality team](#) to get started.

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.

Earn your Vitality points

Vitality members will earn 100 Vitality points for achieving their weekly Vitality Running World Cup goal over the duration of the tournament. As the tournament is three weeks long, members will be eligible for a total of 300 Vitality points.

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 including a digital goodie bag valued at over \$200.

Digital goodie bag

Receive a digital goodie bag once you've completed your **first qualifying run in September** (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 more than \$200. For more information about your goodie bag, click [here](#).

Wayde's Dream Team

Discovery members stand a chance to become one of ten individuals selected to join Wayde van Niekerk's Dream Team on the VRWC app and receive training tips and advice from the Olympian himself as well as a number of amazing prizes. To enter:

- Register on the Vitality Running World Cup app and join Team Vitality SA
- Link an approved fitness device to the Vitality Running World Cup app
- Log a minimum 3km run within 30 minutes between the 1st and the 14th of September on the VRWC app. These runs won't count towards the qualifiers but your training run could secure your spot in Wayde's Dream Team!
- The more you run, the more entries you'll receive into the draw.
- 10 winners will be selected at random on 17 September and invited to join Wayde's Dream Team.

Any client or policyholder of the Discovery Group of companies and any member of the participating medical schemes administered by Discovery Health (Pty) Ltd will receive 2 entries for every run completed which satisfies the distance/time requirement as set out above.

You can get additional entries into the draw for each qualifying run based on your membership type:

Membership type	Number of bonus entries you can earn
*Vitality members	x5 entries
Team Vitality members	x10 entries

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

Example of Dream Team draw

Bob joins the Vitality Running World Cup and links his smartphone app to his profile. Between 1 and 14 September, Bob logs 2 runs on the VRWC app which are 3km or longer at the required pace.

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

Gavin will get the following entries:

- 2 entries for each qualifying run he completed (2 entries x 2 qualifying runs = 4 entries)
- As a Team Vitality member, he will earn bonus entries [4 entries x 10 = 40 entries]

Gavin has a total of 40 entries into the Dream Team draw.

Grand prize for South African participants

Every qualifying run you complete will also count towards entries into the South African draw to stand a chance to win the Grand prize.

Any client or policyholder of the Discovery Group of companies and any member of the participating medical schemes administered by Discovery Health (Pty) Ltd will receive 2 entries into the draw for every qualifying run completed.

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

Membership type	Number of bonus entries you can earn
*Vitality Health members	x5 entries
Team Vitality members	x10 entries

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

▪ **Grand prize**

Stand a chance to win exclusive, signed Wayde van Niekerk memorabilia and other running related apparel and equipment. 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.

Example of a grand prize draw

Gavin joins the Vitality Running World Cup and links his smartphone app to his profile. During the tournament (21 September – 10 October), he completes 10 qualifying runs (i.e. runs 3km within 30 minutes) over the following period:

- Week 1: 6 qualifying runs (Qualifying round)
- Week 2: 2 qualifying runs (Semi-Finals)
- Week 3: 2 qualifying runs (Finals)

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

Gavin will get the following entries:

- 2 entries for each qualifying run he completed during the tournament as a Discovery member (2 entries x 10 qualifying runs = 20 entries)
- As a Team Vitality member, he will earn bonus entries [20 entries x 10 = 200]

Gavin has a total of 200 entries into the Grand prize draw, which includes an entry for signing-up to the Vitality Running World Cup.

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

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. Minors do not have the capacity to act without the authority of their parents/legal guardians. As a parents/legal guardian, you acknowledge that your minor requires your consent and assistance to enter and participate in the Vitality Running World Cup.

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 Discovery Vitality (Pty) Ltd processes personal information of Discovery 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](#) 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.

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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