

Vitality race events guide

Your favourite walking, running, cycling or swimming event can boost your lifestyle in more ways than you ever thought. As a Discovery Vitality member, you can earn Vitality points by taking part in timed and verified Vitality race events!

This benefit allows you to earn fitness points through Discovery Vitality when you take part in timed and verified Vitality race events.

Who may use this benefit

All members aged 18 years or older with an active Discovery Vitality membership can earn Vitality points for taking part in Vitality race events.

Note: A member can only qualify for this benefit when they reach their 18th birthday.

What you pay

You do not pay any fees for this benefit, apart from your monthly Vitality membership fee. Certain Vitality race events have registration fees. These amounts will be in addition to your Discovery Vitality fee and you will need to pay this directly to the event organisers.

How it works

Getting started

Log in to www.discovery.co.za and go to the Vitality race events calendar to see what events qualify as points-earning events.

The calendar will indicate which events will automatically send Vitality the race results and for which events you will need to submit your race results certificate [manually on the Vitality website](#). Please remember to check the calendar regularly for any updates.

Claiming points for Vitality race events

Discovery Vitality has integrated with certain timing companies so that we receive verifiable data for certain events. Go to the Vitality race events calendar to check which events qualify. Once we receive the verified data from the timing company, we will automatically upload your points if you have completed the event. Please allow up to four days for the points to reflect.

For race events that are not integrated or partnered with Vitality, you can [submit your race results certificate manually](#) if it meets the Vitality Race Events criteria and distances. You will need to make sure that you upload your ID number as well as finish time to verify your results or the points will not be awarded once audited.

To view these events, refer to the [Vitality race events calendar](#).

Criteria to earn Vitality points for a Vitality race event

To qualify for Vitality points, the event must be:

Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Terms, conditions and limits apply.

- An officially organised, timed and verified event of a specified distance on a specified date that requires registration and the issue of race numbers. It must be a sport intended to increase heart rate to improve cardio-respiratory fitness and provide health benefits to the person.

Events that are excluded

- All motorised sports or events
- Extreme sports
- Team events or relays
- Time-trials and club runs, cycles or swims
- Endurance horse riding.

The normal maximum number of points earned for each activity is listed on the [Summary of Vitality Health points document](#).

Devices

If an event is not a points-earning event, you can still earn points for any physical activity on the day of the event by using a Vitality-integrated [fitness device or app](#) that is linked to the Discovery app.

Maximum yearly and daily points

You can earn a maximum of 30,000 Vitality fitness points a year and a maximum of 25,000 Vitality fitness points for additional adult dependants. These points will contribute towards your overall yearly maximum fitness points.

You can only earn points for one event each day. If you have done more than one event in a day, you will get points for the event that has earned the highest number of points.

Important things to remember about points

- You do not need to manually claim points if:
 - You've participated in a timed and verified Vitality race event that is indicated as having automatic points allocated
 - You gave consent during the entry process for your results to be shared with Vitality.

Once we have received the verified data from the timing company, we will automatically award your points.

- If the event you have completed is not an event where we have partnered with the timing company, you must manually capture your points on the Discovery Vitality website. You will need to make sure that you upload the correct ID number and finish time to verify the results or we will not award Vitality points once audited.
- Keep in mind that all Vitality fitness points you earn at our fitness partners count towards the maximum:
 - 30,000 Vitality fitness points that a main member and spouse can earn in a year
 - 25,000 Vitality fitness points for additional adult dependants.

- To earn points, each adult aged 18 years or older on the Discovery Vitality membership must have their own profile.

When this benefit ends

You will have access to this benefit until your Discovery Vitality membership is no longer active.

Stay in touch

If you have any questions or need more information about outdoor sporting events, go to www.discovery.co.za.

You will also find a full set of Vitality rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will always apply.

Download the Discovery app, follow Discovery Vitality on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Join our Team Vitality [running](#) and [cycling](#) communities on Strava, [running](#) and [cycling](#) groups on Facebook and [cycling](#) club on Zwift.

Last updated: 9 April 2023