

**SANLAM CAPE MILE: ONE MILE AT A TIME ONLINE COMPETITION;**

**OCTOBER 2015**



- Download the **Speedo Fit** - Swim Fitness app from the Apple app store: <https://itunes.apple.com/us/app/speedo-fit-swim-fitness/id385166726?mt=8>
- Alternatively use **Endomondo** for Android: <https://play.google.com/store/apps/details?id=com.endomondo.android&hl=en>
- After every swim, record your distance on your chosen app, make a screengrab and upload the image to the Cape Mile woobox app on <https://www.facebook.com/capemileswim>
- The first 10 swimmers to unlock the Beijing badge on the Speedo Fit app or to have recorded 4,800 m on Endomondo will each receive a R200 Speedo shopping voucher.
- This voucher will be valid for purchases at a South African Speedo Concept store. Details here: <http://www.speedo.co.za/get-in-touch/>
- The first person in each age category to unlock the Sydney badge (having swum 10,000m) wins a R300,00 Speedo shopping voucher as well as a Sanlam Cape Mile hamper.
- The various age categories are: under 13, 14-30, 31-40, 41-51, 51-60, 60+ in both men and women.
- The person in each age category with the most miles logged by 5 November 2015, will have their entry to Sanlam Cape Mile upgraded to VIP status.
- Every person who has entered the Sanlam Cape Mile (<http://www.stillwatersports.com/event/cape-mile/>) will automatically be credited with 1,000 meters towards their goal.
- You have to enter the competition via the woobox app to stand a chance to win.
- The competition commences on 1 October 2015 and closes on 6 November 2015.
- The organisers reserve the right to request verification or proof other than app uploads of actual distances logged.