

Front Cover



HOW TO TAKE PART



DOWNLOAD THE RIGRUN APP AND MAKE EVERY MINUTE COUNT!



To ensure full functionality and a great experience please download to the latest version of the app **before** heading offshore.

In order to register for the event you will need your teams unique code. This is available from your teams focal point (Medic/Safety/Wellbeing) and will be circulated by email and displayed on posters around your worksite.

Once you have accepted the competition terms and personal data policy you are ready to go! **Good luck!**

WIN

NO NAFF DIGITAL TOKENS HERE.

Collect the 5 Prize Milestones for 2026 and exercise bragging rights with your crew!



DEFEND the planet along the way...

Each of the 5 prize Milestones leads to tree planting, clearing plastics from the worlds oceans and helping people from chronically underemployed populations into fairly paid employment.

The RigRun App and Web Portal Accounts will notify you each time you win a prize. Prizes can be collected directly from the RigRun Focal Point at your worksite.

2026 PRIZE MILESTONES

60 minutes We make a contribution of £50 per team to the River Dee Million Trees Project.... riverdee.org.uk/support/. You will also be entered into a weekly prize draw for a Sports Watch.

150 minutes Sustainable T-Shirt

500 minutes Oddballs Shorts

1000 minutes Sustainable Fleece

2000 minutes Ocean Bottle Brew Flask

HOT OFF THE PRESS

Discover all the latest team and player highlights in the News section of the app. Pleased as punch with a recently completed workout?

Catch up on the banter in the offshore tea shacks and boot rooms.



4TH FEBRUARY - 18TH MARCH

The 6-Week fitness event is back for its 14th year! RigRun is the **ULTIMATE** sporting experience for Energy Sector workers, suitable for all ages and fitness abilities.

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Everyone is on a **LEVEL PLAYING FIELD** and can contribute equally to their teams score. Compete locally with crew members from your offshore team and against others who work in the international energy industry. Experience being an athlete without actually being an athlete.

SCORE for your team by exercising in your cabin, on the stairwells, helideck or offshore gym. **SUPPORT** your team by exercising and scoring during your leave.

Exercise when you want and in any way you want and win great prizes along the way.

With RigRun the **GAME** is everything, **STAND** together with your team mates and work together to climb those leaderboards...

WORKOUTS

Every 30-minutes of exercise scores 1-point for your team and is capped at 3 points in any 24-hour period.

Exercise	24-hour period
30 minutes	1 - point
60 minutes	2 - points
90 minutes	3 - points

Personal point scores falling between whole numbers are rounded down to the nearest whole number at the end of each 24-hour Period* (24-Hour Periods run from 0700-0700 UTC)

You don't need to do all your exercise in one session. Remember to always exercise safely and according to your fitness level/health status.

*Example: A score sitting at 1.5 points will revert to 1-point at the end of a 24-hour period. But an additional 15 minutes of exercise will increase the points to 2; and 2 points will be scored for your team.



FAIR PLAY

RigRun is for everyone: staff, contractors, core crew and visitors. Join RigRun at anytime, on or offshore, and start scoring for your team.

Exercise as part of your normal work activity (e.g. walking about the worksite as part of your work duties) does not count towards points or prizes in RigRun. Please only log workouts that have been done 'in addition' to normal work or daily activity.

Where possible enter a screen shot of your workout into the RigRun App.

HANDICAPS RULE

Our unique algorithm ensures that all team sizes large and small can compete fairly against one another.

TRANSFERRING TO A NEW OFFSHORE WORKSITE?

No problem, send an email to eventcoordinator@rigrun.com and we will get you switched over to your new team. Take all your personal achievements with you and start scoring for your new crew!

COMMS OR WIFI DOWN?

Are comms down offshore? Or the Wifi Signal not great? No problem. You can continue logging your workouts in the app, even when there is no internet. Your workouts will synch to the cloud once you have a connection. Comms going to be down for a while or don't want to use your personal data limit, register and log your workouts on the web portal <https://www.rigrunportal.co.uk>

WHEN CAN I REGISTER?

You can register to take part from the 14th January 2026 onwards. You can also register to take part at any time during the event 4th Feb to 18th March 2026.



HOW DO I SCORE POINTS FOR MY TEAM?

Score up to 3 points a day for your team in any 24-hour period 0700 to 0700 UTC. There are 18 different exercise types that count towards RigRun and loads of ways to take part without going anywhere near a gym!

Enter workouts manually. Manual workouts can be added by selecting your activity type and entering duration and distance. Where possible, please enter a screenshot of your workout to verify its authenticity.

EXERCISE DURING YOUR LEAVE COUNTS TOO

Help your team by scoring points while on leave. More points for your team mean more prizes for you!

HOW THE COMPETITION WORKS

RigRun 2026 starts with a 6 Week Team event where Energy Sector Worksites and refinery's compete to win the 2026 Championship. The 6-Week Event comprises a 4-week Group Stage and 2 weeks of Finals.

TOP- 10 LEADER BOARDS

As well as scoring points for your team, you can compete as an individual in the Top 10 Leader boards.

There are Top 10's for all 18 Exercise Types. You can compete in these at the Team, Company or even International Level!

CONTACT US

Want to speak to a Member of the friendly RigRun Team or need help?

Contact us at: eventcoordinator@rigrun.com.

