

Front
Cover



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Corporation

GIVE BACK TO GREAT CAUSES

When the event ends, the impact of your hard work continues.

Throughout the 4-week competition, you'll have the chance to win prizes that do incredible things for the planet. Record 150 minutes of exercise? We will automatically make a donation to a Charity chosen by the RigRun Winners on your behalf.

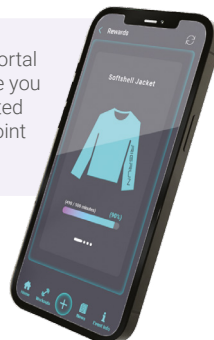


EARN AWESOME REWARDS (AND BRAGGING RIGHTS)

Collect the 3 Prize Milestones for Qualifiers 2026 and bag yourself some exclusive RigRun merchandise!

150 Minutes	Winners Choice Charity Donation.
300 Minutes	Qualifiers Sustainable T-Shirt
450 Minutes	RigRun Cap and Beanie

The RigRun App and your web portal account will notify you each time you win a Prize. Prizes can be collected directly from the RigRun focal point at your worksite.



LET THE GAMES BEGIN!



**DOWNLOAD
THE RIGRUN APP
AND MAKE EVERY
MINUTE COUNT.**



RigRun Qualifiers starts 9th September 2026, 06:00 UTC.

To sign up, download the RigRun App and enter the code provided by your focal point to join your team.

If you need further assistance, email eventcoordinator@rigrun.com

RQ
**2026 RIGRUN
QUALIFIERS.**

**SEPTEMBER 9TH 0600 UTC
- OCTOBER 7TH 0600 UTC**

ARE YOU READY TO GO FOR GLORY?

Then it's time to get your head back in the game with RigRun Qualifiers – a fast-paced competition where everyone can be a champion. Comprising a different format and set of rules to the annual 6-week Cup Event, RigRun Qualifiers gives you the chance to challenge yourself in new ways.



WORK AS A TEAM TO QUALIFY AND CLIMB THE LEAGUE TABLES!

Work as a Team to Qualify and Climb the League Tables!

Qualifiers is a 28-Day Event, where your team can score up to 1000 points every 24-hours

Over the 28-Days your team can work your way up the league tables from Kick-Off to Gold!

Your Daily Score Resets at 0600 UTC

But your overall standing in the League Tables is based on cumulative performance! At the end of the 28 days, your teams total league points determine your final league placement.

Your team's goal? **GO for Gold!**

The team with the **highest total points across all day's wins!**

As you rack up points, you'll climb through the leagues:



WORKOUTS

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

EXERCISE

30 minutes
60 minutes
90 minutes

24-HOUR PERIOD

1 - point
2 - points
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 0600-0600 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, upload a screenshot of your workout to the RigRun App. Sync via Strava or Fitbit, or add a photo of your results (e.g. treadmill, rower, or smartwatch). If not, just record as accurately as you can.



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 a request to eventcoordinator@rigrun.com and you will be 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 12th August 2026 onwards. You can also register to take part at any time during the event 9th Sep to 7th Oct 2026.

HOW DO I SCORE POINTS FOR MY TEAM?

Score up to 3 points a day for your team in any 24-hour period 0600 to 0600 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.

DO YOU HAVE A FITNESS TRACKER?

Connect it to the RigRun app to automatically sync your workouts! RigRun is currently compatible with Fitbit and Strava.

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!

CONTACT US

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

Contact us at:
eventcoordinator@rigrun.com