



“RUN FOR YOUR HEART” CONTEST RULES”

1. Scope

- 1.1. The Linkconnection, Lda Company (“Organizing Body”) will host the second Edition of “Run for Your Heart (“Event”), on behalf of Cabinda Gulf Oil Company Limited (“CABGOC”).
 - 1.2. The event aims to celebrate the World Heart Day and, at the same time, to raise awareness of heart diseases, including its prevention and the adoption of a non-sedentary lifestyle, coupled with a consistent physical exercises practice.
2. The Event is an amateur sport activity, promoting an official and well-organized physical exercise practice, without any form of awards or monetary compensations.

2.1. Event:

- 2.1.1. The event is going to take place in three (3) different locations, namely: Cabinda, Luanda and Malongo.
 - 2.1.2. As for Cabinda and Luanda location, the Event is going to take place on October 28, 2023.
 - 2.1.3. As for Malongo location, the Event is taking place on October 29, 2023.
- 2.2. The Event encompasses three (3) trials according to each location:
- 2.2.1. Cabinda – 5km walk.
 - 2.2.2. Luanda – 5km walk, 5 and 10km jogging.
 - 2.2.3. Malongo – 5km walk.
- 2.3. Event from Luanda will be the only one with a competitive perspective.

3. Participation

3.1 Are eligible to participate in the contest:

- 3.1.1. CABGOC Employees and their family members.
- 3.1.2. CABGOC Partners and Oil Industry representatives (upon invitation).
- 3.1.3. The requirements of participation must fulfill the following health circumstances:
 - 3.1.3.1. Participants with acknowledged physically strength.
 - 3.1.3.2. Participants with good health conditions, without medical restrictions for walking and jogging or the practice of sports activity.



3.2. Levels/Categories

- 3.2.1. General Category – aimed to CABGOC employees' family members, CABGOC partners and other guests' entities, with age limit of 15 years and over.
- 3.2.2. CABGOC Employees Category – CABGOC employees only.
- 3.2.3. Paralympic Category – aimed to CABGOC employees' family members, CABGOC partners and other guests' entities, with age limit of 15 years and over.

4. Enrollment

- 4.1. The enrollment process is going to be in person, through the link shared by the Organizing Body or even through its online platforms.
- 4.2. The deadline for enrollment is October 24, 2023.
 - 4.2.1. In case there are more available vacancies, the deadline for the enrollment will be extended so that the maximum participants number is achieved.
- 4.3. The event will be limited to a maximum attendance of 2000 participants, distributed in the following way:
 - 4.3.1.1. 400 vacancies for Cabinda
 - 4.3.1.2. 1,200 vacancies for Luanda
 - 4.3.1.3. 400 vacancies for Malongo
- 4.4. The Organizing Body reserves the right to refuse the enrollment of any participant or participants, since it is made clear that their participation is contrary to the smooth running of the contest, absolving CABGOC and/or its affiliates, from any and all current and future claims and liabilities of any kind, known or unknown, arising from the possible selection or rejection of participation in the Event even if such claim or liability may result from negligence or fault on the part of CABGOC.
- 4.5. By agreeing to participate in the event, you authorize the organizing entity to use the images taken at the events for advertising purposes at events organized by it, or in current events or future events.

5. Contest route

- 5.1. As for Cabinda and Malongo location, the journey will be announced by CABGOC Internal Organizing Body.
- 5.2. As for Luanda location, the contest will take place on the same spot as in the first edition (Starting point from Mausoléu Dr. Antonio Agostinho Neto – Ministry of Interior building – Finishing line at Mausoléu Dr. António Agostinho Neto).

6. Contest Judging Panel

- 6.1. It will be composed by manual timekeeping Judges, electronic timekeeping Judges from the Organizing Body and assistants from the National Athleticism Federation ("Panel of Judges").

7. Technical Aspects



- 7.1. The delivery of participation kits will be made on a place to be indicated by the Organizing body.
 - 7.1.1. Kits of participation will not be delivered on the Contest Day.
 - 7.1.2. Participants will receive a first calling 30 minutes before the starting signal, a second and last one before the starting signal.
 - 7.1.3. The race route will be guided by a traffic agent (who will be in a motorbike guiding the participants).
 - 7.1.4. Accidents that may eventually arise during the Event, caused by a poor physical preparation of the participant(s), will be the sole and exclusive responsibility of the same, absolving the Organizing Body, CABGOC and its affiliates from any current or future responsibilities and complaints arising from the Contest.
 - 7.1.5. It is expressly prohibited to accompany and or to help directly or indirectly any participant or participants by outsiders from the organizing body, under penalty of declassification the benefited participant (s).
 - 7.1.6. Will be subject to immediate disqualification, all participants who harm other participants due to an act reprehensible (e.g., body offense, pushing, groveling, etc.) by the Organizing body and/or Judges Commission.
 - 7.1.7. It is the full responsibility of the Panel of Judges (regardless of their roles) to report any irregularity or misconduct perpetrated during and after the contest.
 - 7.1.8. Participants must come dressed properly to the starting point of the contest and may not include advertising on any part of the equipment, without prior consent from the Organizing Body.
 - 7.1.9. The course of the contest is going to be done according to Organizing Body instructions. Thus, throughout the Event, participants must meet the following rules:
 - 7.1.9.1. Do not climb the sidewalks, deviate, or get off course.
 - 7.1.9.2. Circulate on the left side of the roadway.
 - 7.1.9.3. Do not obstruct or put any means that could obstruct other participants.
 - 7.1.9.4. Strictly comply with the instructions from the Organizing Body before, during and after the Event.
 - 7.1.9.5. The lack of compliance with the above rules, may lead the Judging Panel to declassify the participant(s) without harming the effective implementation of the appropriate disciplinary procedure that may give cause to the failure.
 - 7.1.9.6. Protests must be addressed to the Chairman of Judging Panel in a written form, no later than fifteen (15) minutes after the end of the Event.
 - 7.1.9.7. There will be no appeal from the Judges Commission decisions.



8. Award and Classification

8.1. There will be also classification of participants and awarding of individual prizes only in the locations. where the Event is of a competitive nature.

8.2. Individual awards have a symbolic nature, one trophy or a medal, regardless the category.

8.2.1. Awards will be given individually to the first three (3) best times in the categories mentioned in 3.2 for both (2) genders (female and male).

8.2.2. There will be also one (1) participation award for all the finalist participants in the Event, regardless of their category.

8.2.3. Classification will only be determined by the Panel of Judge, aided d by the mechanisms mentioned in point 6.1.

Luanda, October 10, 2023