

PROMOTIONAL TERMS AND CONDITIONS INSTRUCTIONS

Name of Promotion	WIN an Overberg Meander cycling adventure for you and a partner
Promotion run by other company? If yes: Full company name, registration number and registered address	LIFE brand communications Co. Reg. 2014/006727/07 www.LIFEbrand.co.za 25 Stanley Road, Rondebosch, Cape Town
Specific details of prize(s) and R value No. of prizes and total value of all prizes	Prize Excludes:
Where is promotion being advertised Have the ads / wording been vetted by commercial dept?	Competition posted on Facebook: https://www.facebook.com/CapeCycleRoutes/ And on Instagram: https://www.instagram.com/capecycleroutes/

	Text:
	WIN an Overberg Meander cycling adventure for you and a partner with @capecycleroutes Simply share your short video (under 50 seconds), or write to us (under 250 words), telling us who you would like to reconnect with and why. Should you be chosen, you and a partner will be treated a guided tour of the incredible Overberg Meander Route on electric bicycles where you go and find your moment. T&Cs apply. Experience a journey of self-discovery. Journey through some of the most beautiful parts of the Cape! An abundance of natural beauty, warm welcomes and epic adventures. Exploring the untouched beauty of the Overberg. Let's see your special #MyMoments. Tag us and share your journey?
Steps required for participant to enter: Platform; Mechanics of promotion;	Simply share your short video (under 50 seconds), or write to us (under 250 words), telling us who you would like to reconnect with and why. Tag us and share your journey?
Opening Date	29 th September 2020
Closing Date	30 th October 2020
Date winner(s) will be published	7 th November 2020
Basis of determining a winner	Names entered into https://commentpicker.com/random-name-picker.php and one winner generated by programme
Medium where results will be made known	Announced on:
	Competition posted on Facebook: https://www.facebook.com/CapeCycleRoutes/
	And on Instagram: https://www.instagram.com/capecycleroutes/

Details from whom / when / where copy of t&c's / rules can be received	Competition posted on Facebook: https://www.facebook.com/CapeCycleRoutes/
	Link on all competition posts
Details of from whom / when / where a winner can receive a	
prize	Prizes eligible only to South African citizens residing in South Africa.
Compliance file completed	