

To participate in the Virtual Event, you acknowledge, you accept, you agree, and where relevant you authorise, the following:

- Participants must adhere to fair play principles. Cheating, including but not limited to, manipulating data, is strictly prohibited. Violation of this rule may result in disqualification from the event with no refund due.
- The event must be completed on foot. Any participant found to be taking part by any other means will be disqualified, have their registration removed and no refunds will be issued.
- You will receive a confirmation email once you have successfully registered on to the Event. Please keep this as your proof of purchase.
- You participate within the Event entirely at your own risk, and you understand and accept that participation within outdoor events involves inherent risks of injury, accidents, trips, slips, exhaustion, dehydration, variable weather, exposure to inclement weather conditions, and potentially getting lost.
- The Organiser will contact you by email at certain times leading up to the Event with more details, instructions, or advice – and it is your responsibility to ensure that the Organiser has your latest and current email address, and that emails sent by the Organiser are not being channelled to your spam / junk inbox.
- There are no refunds available for cancellations. Furthermore, if you cancel your place any 'optional extras' (eg neck buff, medal) will be non- refundable.
- Any change that you are requesting must be notified to the Organiser via the mechanism set out on the Event Website, or as specifically advised.
- The Organiser will endeavour to accommodate all reasonable requests; however, changes will incur an administration fee of £2.50, and no changes will be made after 16th June 2024.
- Event Entry will close on 31st May.
- Please allow time for any optional extras purchased to get delivered to you. The delivery of event medals will be initiated within a specified timeframe after the conclusion of the event. Participants are advised that actual delivery times may vary based on location, logistical constraints, or other unforeseen circumstances. The organisers will make reasonable efforts to ensure timely delivery, but they are not liable for any delays.
- The organisers are not responsible for the functionality, accuracy, or any issues arising from the use of third-party platforms such as Strava, Garmin, Fitbit or any other external services utilised during the event. Participants are advised to familiarise themselves with the terms and conditions of these platforms and address any concerns directly with the respective service providers.
- Participants are prohibited from sharing, selling, or otherwise distributing their personal data, performance metrics, or any information related to the event with third parties without explicit consent. The organisers respect user privacy and are committed to protecting participant data within the boundaries of applicable laws and regulations.

Safety Advice:

- Only take part in this challenge if you believe you are fit enough to do so. If you have any doubts, please visit your doctor.
- Whenever you walk or run let someone know where you are going and take a mobile phone.
- If walking or running in the dark wear bright clothing in towns and have a head torch.
- Look at the weather before heading out. If not sure about the safety of the conditions do not go.
- Wear appropriate shoes and clothing for the conditions when you start and during the time you are out. Especially waterproofs, warm hat or buff, and gloves
- If you're running or walking a long distance (whatever that may be for you), carry a minimum recommended 1 ltr of water (and know where you can refill), some snacks and energy bars to fuel enroute.
- We recommend carrying a small silver blanket in case of an accident as well as a small first aid kit.
- Take emergency money with you in case you need a coffee or a taxi.
- If at any point you feel unwell, slow down or walk, take on water. If it does not get better, find somewhere warm to stop. If you feel better carry on, if not make your way home.