100km Your Way Terms and Conditions

By registering for and participating in the St Margarets Hospice "100km Your Way" challenge, participants agree to the following terms and conditions:

1. **Participation**
    a. Participants take part in the challenge entirely at their own risk.
    b. It is the responsibility of each participant to ensure they are medically fit and able to safely undertake their chosen activity.
    c. Participants under the age of 18 must have permission from a parent or guardian.

2. **Personal Responsibility**
    a. Participants are responsible for planning and completing their chosen 100km challenge safely and appropriately.
    b. Participants should follow all relevant safety guidance, road rules, local laws, and weather warnings applicable to their activity.

3. **Equipment**
    a. Any equipment used during the challenge, including but not limited to bicycles, scooters, wheelchairs, fitness equipment, footwear, trackers, or other accessories, is used entirely at the participant's own risk.
    b. St Margarets Hospice accepts no responsibility for any loss, theft, malfunction, or damage to personal equipment during the challenge.

4. **Injury and Liability**
    a. St Margarets Hospice shall not be held liable for any injury, accident, illness, loss, or damage sustained as a result of participation in the challenge, except where caused by proven negligence of the hospice.
    b. Participants are encouraged to exercise within their own capabilities and seek medical advice if they have any concerns before taking part.

5. **Fundraising**
    a. Participants are encouraged to raise a minimum sponsorship amount of £50 in support of St Margarets Hospice.
    b. All funds raised through the challenge are non-refundable and will be treated as donations to the hospice.

6. **Event Changes**

a. St Margarets Hospice reserves the right to amend, postpone, or cancel any aspect of the event where necessary due to circumstances beyond control.

7. **Photography and Media**
    a. By taking part, participants consent to photographs or videos shared with the hospice being used for promotional and marketing purposes unless otherwise stated.

8. **Final Group Event**
    a. Participation in the final kilometre event on Monday 31st August is voluntary, and participants attend at their own risk.