

Terms and Conditions

- Participants agree to pay Dolen Cymru a £50 non-refundable registration fee to guarantee their entry.
- Participants agree to target raising £1500 in sponsorship excluding registration fee.
- All funds raised in the name of Dolen Cymru must be paid to Dolen Cymru You have a legal responsibility to ensure that all sponsorship monies/donations received by you for the Event are paid to Dolen Cymru Wales Lesotho Link promptly after the Event takes place (preferably within four weeks of the Event taking place and by end of June of the year of the event at the latest.).
- A place will be reserved if a place is offered and the registration fee is paid.
- Should you have to withdraw, for whatever reason, please let us know as soon as possible in writing, as this may help to mitigate any costs incurred by the charity. Payments or donations made by you or through your online fundraising page will be returned should you or your sponsors wish. All sponsorship forms must be returned to Dolen Cymru, and we suggest that you ask any sponsors whose donations have already been collected whether they are happy for their donation to remain with the charity. Should any of your sponsors not wish their donation to remain with the charity, you must return that donation to them if you have not passed this onto the charity. If the charity is in possession of the donation you should inform us so that the donation can be refunded.
- All participants enter the Event entirely at their own risk and the organisers shall not be liable for any injury or loss that participants suffer as a result of taking part in the event, except where an injury or loss results from the negligence or omissions of the organisers.
- By entering the Event you confirm that you are aware of the risks involved and the degree of fitness required to take part and agree that you are physically capable of competing in the Event. You are advised to consult your doctor if in any doubt prior to undertaking any exercise programme or running event. You undertake and agree to inform Dolen Cymru and/or the Organiser of any change in your medical condition from the date of registration up to and until the start of the Event. Participants aged 65 years or over, or who have a pre-existing medical condition, may be required to provide a doctor's certificate stating they have a suitable level of fitness to participate in the Event.
- All training plans, hints and tips information are provided in good faith and it is recommended that all participants consult a doctor before embarking on any program of physical activity.
- Personal liability, medical, belongings/equipment or personal accident insurance is not provided by Dolen Cymru. You are advised to obtain such insurance yourself if required.
- All participants are expected to conduct themselves in a professional and courteous manner during their participation in the event.
- If at any time it is discovered that any participant should have been ineligible to participate in the Event (or if participation in the Event should have been refused for any reason whatsoever) the Organisers reserve the right to disqualify from/refuse entry to such participant to the Event.
- Itineraries, schedule and other arrangement changes may occur, which are beyond the control of Dolen Cymru or the Organisers.

- During the course of the Event you must fully comply with the instructions of the Organisers, safety teams, guides, emergency services and/or marshals.
- By taking part in an event, you confirm that you are happy for your name and any footage or photographs taken during your participation in the Event to be used by the organisers and/or Dolen Cymru to publicise and organise events, and by Dolen Cymru generally in promoting the work of the charity. This may include brochures, posters, leaflets, display boards, website and any other such appropriate materials.
- If your personal details (address, contact number etc.) change after you have submitted your application you must notify us immediately. All personal information will be held in accordance with the Data Protection Act 1998.
- By participating in the Event you agree to the terms and conditions above and the following disclaimer 'I declare I will abide by the age limits set for the event and will abide by all rules and instructions. I declare that I will not compete in the event unless I am medically fit to do so and that, in any event, I will compete at my own risk. I accept that the organisers, sponsors, partners, marshals will not be liable for any loss, damage, action, claim, costs or expenses, which may arise in consequence of my participation of the event, unless caused by their negligence or omission.