

Run 30 Miles in November Terms and Conditions

1. General

These terms and conditions may vary from time to time and the latest version will be available at www.mssociety.org.uk/run30miles

2. Participant registration

Persons aged 18 years or above as of time of the challenge may register for the challenge. Children under the age of 18 must be accompanied by an adult and has the permission of the participant's parent or legal guardian.

It's essential that all those wanting to take part register individually.

Only registered participants are eligible to take part in the challenge.

3. Fundraising

To help us stop MS, we ask each MS Walk participant to try and raise at least £150 for MS research.

All participants have a legal responsibility to ensure that all sponsorship monies/donations received in connection with the challenge are paid to the MS Society. We ask that you do this as soon as possible after the challenge. You can:

Add the donation to your Facebook Fundraiser. The money will be sent directly to us.

Add the donation to your JustGiving page. The money will be sent directly to us.

Via our website using a credit or debit card at donate.mssociety.org.uk;

Send a cheque, made payable to the MS Society and sponsorship forms to MS Society, Carriage House, 8 City North Place, London N4 3FU; or

Make a card payment over the phone by calling us on 0300 500 8084.

Please ensure that all donations and/or sponsorship forms are returned to us to enable us to claim Gift Aid where possible.

4. Use of images and social media content

By sharing images and social media content in the Facebook Group or with the MS Society by tagging MS Society or using the event hashtag or by posting in the Facebook Group you understand that MS Society may share or repost this content.

5. T-shirt and medal

If you provide your t-shirt size when registering, we'll use your postal address to send you a t-shirt (within 10 working days of registering) and a medal if you raise £150 or more (within 10 working days of raising £150 or more). Should you change your mind at any time regarding receiving these please email events@mssociety.org.uk

6. Liability

All participants join the challenge entirely at their own risk. We shall not be liable for any injury that might occur as a result of participating in our challenge.

You must obey all Highway Code rules where applicable and extend all reasonable courtesy to other road and off-road users. Please be aware of any fellow pedestrians and traffic.

7. Health and safety

You need to be physically fit enough to complete the challenge you have chosen and accept that you do so entirely at your own risk and that it is your responsibility to ensure that you are fit and able to take part in the challenge.

We strongly recommend you seek advice from your GP before embarking on a new exercise programme or if you have an existing medical condition and this challenge could increase your level of physical activity.

You must not take part if you have been advised not to due to health reasons by a member of the medical profession.

You are responsible for ensuring that you are wearing appropriate attire when taking part in our challenge, taking into account the nature of the challenge, the weather forecast, and the terrain involved.

8. Privacy

To find out more about how the MS Society use and manage your personal data and your rights, you can read our privacy notice at www.mssociety.org.uk/privacy. You can also update your details or change the way we contact you by emailing supportercare@mssociety.org.uk or calling 0300 500 8084.

Or please contact us via events@mssociety.org.uk for any other query.