



## TERMS & CONDITIONS

Your challenge must be completed between 00:00 on the 11<sup>TH</sup> June 2021 & 23:59:59 on the 13<sup>TH</sup> June 2021. You must run 7 MILES which either include 7 hill reps (up and down the hill) or 7 MILES of COMPLETE hill reps (up and down the hill counts for distance) depending on the challenge that you've entered. However, it is not limited to these distances. If you wish to go further you can, although you will only receive the medal that corresponds with your entry type. You can do the challenge by running/participating in another organised virtual running event/race. This must be a social or training run/challenge for yourself to add to this challenge.

It is encouraged that you do not do the challenge alone or with somebody from your support bubble if you must just to make sure that your challenge is COVID-secure and adheres to the local and national guidelines.

### THIS IS IMPORTANT:

YOU MUST NOT TRY TO RUN ANYWHERE NEAR TO THE G7 SUMMIT AS IT'S TAKING PLACE. SECURITY WILL BE HUGE AND YOU MAY BE SUBJECT TO BEING REMOVED FROM THE COAST PATH/AND OR ASKED TO LEAVE THE AREA.

You will be emailed a link to our virtual Facebook group where you add your own data to from the start date of the challenge. The Facebook page is a great tool to give and gain motivation for other amazing people on the challenge. Your data, images and screenshots that you upload will be subject to usage by us as from the moment you upload them, you are entering into an agreement with us that we can use the info for the purposes of only this event. You can opt out of this at any time by informing us via Facebook messenger, email or writing to us at:

Bys Vyken Events & Cornish Trails

Hayle Terrace

Hayle

Cornwall, UK

TR27 4BT

THERE WILL BE SPOT PRIZES FOR BEST SELFIES. PRIZES WILL BE SENT OUT AFTER THE CHALLENGE IS OVER AND MEDALS SENT OUT AFTER THE CHALLENGE IS OVER, SO LATE JUNE 2021. BESPOKE RUNNING NUMBERS WILL BE EMAILED OUT WHEN YOU ENTER. PLEASE ALLOW UP TO 24 HOURS FOR THESE TO GET TO YOU VIA THE EMAIL ADDRESS THAT YOU ENTERED YOUR CHALLENGE WITH.

IF YOU DRESS UP AS BORIS WHEN YOU RUN, I MIGHT GIVE YOU A FREE RACE ENTRY! LOL

Only uploading data and a photo to prove that you completed your challenge with your e-bib will be accepted as qualification for a bespoke Boris/G7 medal. Data from GPS watch/phone or app will be accepted and you must send this by uploading your journey onto that aforementioned Facebook page.

YOU CAN COMPLETE YOUR CHALLENGE AT HOME, NEAR TO HOME OR ANYWHERE YOU LIKE, AS LONG AS YOU MAINTAIN AND OBSERVE SOCIAL DISTANCING AND FALL WITHIN THE CURRENT GOVERNMENT GUIDELINES DURING THIS GLOBAL PANDEMIC. PLEASE DO NOT CROSS INTO ANY TIER THAT IS ABOVE OR BELOW YOU. PLEASE TRY TO STAY TO THE SAME TIER AND REFRAIN FROM BREAKING THE GUIDELINES.

Head to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) to find out the latest information.

Please send a photo including that of you wearing your printed out bib (you're responsible for bib printing and ink and energy costs). Please note that even though this isn't an actual race, you are advised to still write emergency info and your name on the number in case of an emergency or should the ultimate hazard of dying in the middle of your run occur! You are advised to keep away from built up areas and are advised to maintain 2 metres (6ft) of distance between yourself and anyone else.

If you are taking on technical or long runs then you are advised to wear the correct kit and be responsible for yourself and others whilst doing so. You are advised to use the correct maps and a compass if you know how to use one, particularly if you intend on running on expansive moorland and/or National Parks etc.

TREADMILL RUNNING WILL COUNT. CYCLING WILL NOT! DON'T BE A CYCLE WANKER!

This is not an actual race as such! This is a fun and personal challenge. You will be responsible for picking your own routes/paths/journey and the number of miles on each outing/segment/section of your individual challenge.

You are advised to keep to public rights of way only and are advised to respect the basic environmental codes of closing ALL gates and not littering on your chosen route.

PLEASE PICK UP ANY SHIT THAT YOU DROP AND TAKE IT HOME WITH YOU!!!

Upon signing up for this challenge and adventure, you are agreeing to all the rules and regulations laid out in these terms and conditions and declare yourself fit, capable and healthy. This challenge is open to all those wishing to walk as well as run. It is not eligible for any other method of transportation.

Not everybody will be running the same route and same sections/segments at the same time or even in the same places. Whatever you run is all relative.

Bys Vyken Events & Cornish Trails and their race directors, David Andrewartha & Sally Galsworthy, Bys Vyken Race Team, every landowner, tenant or charity responsible for maintaining the area in which you decide to run are not responsible for the route you take, the gear that you wear whilst doing so, the nutrition and hydration, or lack of that you take with you or indeed your injury or death whilst pursuing this challenge. We will have no marshals or aid stations or maps on your route. This is YOUR route, remember. We have no say over where you go, or how fast you do it in. You assume complete responsibility of yourselves and your own environment. Sticking to public rights of way and taking and reading a map is advised and essential in lots of places. It's recommended that you figure out where you're going before leaving the home. You are responsible for yourself and recommend that challengers under the age of 16 should be accompanied by an adult.

You are ultimately responsible for sticking to the Government guidelines surrounding what you can and cannot do during the Covid-19 pandemic/crisis. Try not to spit or gob at pedestrians and take a mask! Do what you can to make yourself and others as safe as possible.

You are responsible for any and all PPE you may need during your challenges.

You are advised to read the do's and don'ts on the Gov.uk link in your initial email and the one mentioned earlier on. By reading this and entering, you are accepting liability.

ALL PHOTOS/IMAGES THAT ARE POSTED BY YOU ON OUR SOCIAL MEDIA AND/OR EMAILED TO US WILL MEAN YOU GIVE US PERMISSION TO USE THEM FOR PUBLICATION AND PROMOTION OF THIS AND ANY FUTURE EVENTS. YOUR IMAGES MAY BE USED TO ADD TO CERTAIN FACEBOOK ALBUMS, BUT WILL NEVER BE SHARED TO ANY OTHER PAGE THAT'S NOT OWNED BY BYS VYKEN EVENTS & CORNISH TRAILS OR WITH ANY INDIVIDUAL. BY SENDING TO US, POSTING ON OUR PAGES OR TAGGING IN SOCIAL MEDIA POSTS, YOU GIVE US PERMISSION TO USE YOUR IMAGES/LIKENESS'.

There will be a no refund policy in place and you will not be allowed to transfer or defer to any actual physical OR virtual event held by us. IN THE EVENT OF AN EMERGENCY, DIAL 999 where you will be able to contact ambulance, police, fire and coastguard services along with mountain rescue if you should need their assistance. Once again, please respect the environmental code. Close all gates behind you and do not litter the area where you run (as previously stated within these terms).

You must understand that your event fee will be used for the administration of your entry and your medal and posting of said medal before money is declared a profit.

Medals are subject to availability and COVID-19 delays. (THEY HAVE BEEN DESIGNED AND ORDERED AND ARE CURRENTLY IN PRODUCTION, MEANING THEY SHOULD BE WITH US AT THE TIME WE AIM TO POST THEM).

These terms & conditions were assembled by the Governing Event Director of 'Bys Vyken Events & Cornish Trails, David Andrewartha.

You are responsible for any people, animals or dinosaurs you take on your challenge. You should take responsibility for yourselves. We are not responsible for you and for anything you do on this challenge. We thank you for taking the time to read. Enjoy your adventure! X