

1. General

- a. These booking terms and conditions apply to everyone who takes part in St Helena Hospice Hero Run 2026 and those who attend as spectators.
- b. These terms and conditions contain important information regarding participation and upon entry you agree to, and accept these terms and conditions.
- c. Places are limited in the Hero Run event and entries are processed in the order we receive them. The closing date for entries is Wednesday 25th March at Midnight. All participants wishing to take part after this time will need to sign up and pay on the day of the event.
- d. Anyone under the age of 18 confirms that they have sought parent/guardian consent to take part in the event.
- e. Anyone under 16 years must be accompanied to the event by a responsible adult.
- f. Anyone aged 4-15 years can only take part in the run with permission from a parent/guardian, for which at point of registration a parent/guardian should declare if they will be running alongside the child(ren). All participants taking part in the Hero Run do so at their own risk. In no event shall St Helena Hospice be liable for any injuries, loss or damages whatsoever, including indirect, punitive, special, incidental or consequential losses connected with any aspect of this event.
- g. All participants are responsible for their own medical condition/s. Should you have a medical condition or if you are in any doubt about your ability to participate and finish the Hero Run, we advise you to seek medical advice from a general practitioner prior to the event.
- h. Photographs and videos will be taken of participants throughout the event, these will be used on promotional materials to publicise the event and the work of the charity generally. It is the participant's responsibility to let staff know at registration if you do not want to appear in any such materials.
- i. No dogs are permitted within Colchester Sports Park where the Hero Run takes place, therefore please ask any spectators supporting you at the event to leave them at home. Anyone arriving at the event with dogs will be asked to leave the premises.

2. Booking process, prices and payment

- a. The entry fee is non-refundable and non-transferable.
- b. Participants are charged the following:
 - Family 2k - £6 per child with fundraising target of £50.00 (adults run free but must confirm they are running at sign up)
 - 5k - £10 per runner with fundraising target of £50.00
 - 10k - £15 per runner with fundraising target of £50.00

- Adult 5k – £30.00 with no fundraising (on the day ticket the same)
- Adult 10k – £38.00 with no fundraising (on the day ticket the same)
- On the day Child – £12.00

c. Prices on the day are stated as above.

d. The Hero Run event is a St Helena Hospice event to raise money for St Helena Hospice. We ask that all sponsorship raised is for St Helena Hospice, please do not raise money for other charities, trusts or funds.

e. Any carer taking part is able to accompany a participant free of charge. It is recommended anyone in support of a carer runs with a carer at all times.

f. Minimum sponsorship is suggested at £50 per person.

g. All funds raised from taking part in this event, including sponsorship will be allocated to general hospice funds to cover all hospice services.

h. Medals are subject to availability and cannot be guaranteed for people registering on the day.

3. Safety

a. The 10k run is open to adults only (16 years and over).

b. The 5k distance is open to children aged 7 years + and is recommended an adult accompanies a child through the race. Consideration should be given for suitability to complete this distance for a child.

b. Children aged 4-15 years may be accompanied by an adult free of charge. As the event is in a closed area, cycle track and clearly marked along with marshals throughout, they are able to run solo if deemed appropriate by a parent or guardian.

Anyone under 16 years must be accompanied by an adult while attending the event. Anyone under the age of 18 confirms that they have sought parent/guardian consent to take part in the Hero Run. School and youth groups taking part must have adequate supervision.

c. Disabled entrants are welcome to take part. However, consideration should be given to the distance and nature of the event. If any concerns on the cycle track and surrounding areas, these should be directed to the Colchester Sports Park team ahead of the event. All in all, the centre is user friendly and accessible for all.

d. The cycle track which follows 1k laps is considered suitable for wheelchair users with the cycle track accessible.

e. On no account is alcohol to be brought into the event site or consumed during the event. St Helena Hospice reserves the right to refuse entry to anyone under the influence of alcohol.

4. Clothing

- a. Due to the theme of the Hero Run, all participants are encouraged to dress up in their 'Hero'. St Helena Hospice is not responsible for supplying costumes or outfits to participants, nor for any damage, wear or tear to such items.
- b. It is not compulsory to wear such costumes or outfits to take part in the Hero Run.
- c. There will be no changing or bag drop facilities at the event, other than public toilets, therefore items brought along are done so at your own risk.

5. Changes to the event

- a. St Helena Hospice cannot be held liable for any changes made to the event for safety reasons, or as otherwise planned through circumstances beyond their control. Nor can they accept any liability for any changes made to the venue or date of the event.
- b. St Helena Hospice reserves the right to alter the start time of the event at any time.

6. Cancellation

- a. St Helena Hospice reserves the right to cancel this event at any time. In the event of this happening, entry fees and sponsorship will be refunded in full.

7. Data Protection

- a) The information you provide when you register will be shared only within St Helena Hospice and our external marketing agency Ketchup.
- b) Ketchup will not directly contact you on behalf of the hospice and will only have access to details provided via the Enthuse events platform, all of which will be monitored and restricted by St Helena Hospice.
- c) Please refer to Ketchup Privacy Notice - [Privacy Notice | Ketchup Marketing](#)
- d) It will not be shared with any other organisation or third party.
- e) By taking part, you agree to St Helena Hospice contacting you via telephone, letter or email for any matter relating to your participation in this event.
- f) St Helena Hospice may contact you occasionally by post to tell you more about our services and other ways you can help, including opportunities to donate, volunteer or fundraise. You can ask us to stop these communications at any time.
- g) If you'd also like to hear electronically about our services and other ways you can help, including opportunities to donate, volunteer or fundraise for us, please complete the questions on either the online sign-up form or paper sign-up form.

8. Disclaimer

- a. All participants taking part in Hero Run event do so at their own risk. In no event shall St Helena Hospice or Colchester Sports Park be liable for any injuries, loss or damages whatsoever.

b. Children aged 4 years and above can take part and careful consideration should be given for children running unaccompanied during the 2km and 5km distances. All children under the age of 16 must be accompanied to the event and supervised at all times by a responsible adult or carer.

Conditions of entry:

I have read and agree to the terms and conditions above. I/the group understand that I/we take part in this event at my/our own risk and that St Helena Hospice will not be liable for any injury or loss that may occur as a result of my/our participation. I confirm that I am/we are over 18 years of age and that my/our parent/guardian has advised St Helena if I am/we are not. I agree that medical advice should be sought from a General Practitioner if I am/we are in any doubt as to my/our physical ability to participate in the event. I am/we are aware that photographs and videos taken during the event may be used to publicise the event and the work of the charity generally and give permission for this.