Cycle4Cynthia Terms and Conditions 2026

These terms and conditions apply to Cycle4Cynthia 2026. They are here to help everyone have a safe and enjoyable event. By registering for or taking part in the event, you agree to these terms and conditions.

Registration and entry

1. To take part, you must complete a registration form or register online**.** Your entry fee helps us cover the cost of running the event and supporting the work of Cynthia Spencer Hospice.
2. This event is not a race.
3. If you can no longer take part because of injury, illness, or another reason, you may transfer your place to someone else up to one week before the event. To do this, contact the fundraising office on 01604 973340 or email events@cynthiaspencer.co.uk with the new cyclist's details.
4. Registration fees are non-refundable except where required by law.

Children and young riders

1. Children taking part must be aged 5 to 15 on the day of the event.
2. Children aged 5 to 15 must be registered by a parent or legal guardian and accompanied throughout the event by a responsible adult aged 18 or over.
3. If the accompanying adult is not the child's parent or legal guardian, written permission from the child's parent or legal guardian must be provided before the event.
4. Adults may bring children under 5 on the ride only if the child is safely secured in a suitable child seat or trailer and it is used in line with the manufacturer's instructions.
5. One adult may not accompany more than four children. The accompanying adult is responsible for those children throughout the event.

Your responsibilities

1. By registering, you confirm that your bike is safe, roadworthy, and suitable for riding on public roads.
2. By registering, you confirm that you are fit enough, appropriately prepared, and capable of completing your chosen distance.
3. We strongly advise all riders to wear a cycle helmet. If you choose not to wear one, you do so at your own risk.
4. We will provide marshals, first aid, and food and drink stops along the routes. Please bring any extra food, drinks, medication, or other items you may need to stay comfortable and safe during the ride.
5. We may refuse entry if your equipment is unsafe or your clothing is offensive, inappropriate, or unsafe.
6. There may be warning signs along the route, but not every hazard will have a sign. You are responsible for judging whether it is safe to ride each part of the route.
7. Routes will be marked using coloured arrows and signs for each distance, but you remain responsible for following the route information provided.
8. You must follow all instructions given by marshals during the event.
9. If you change your route or distance during the event, you do so at your own risk.

10. If you cannot complete the route, you must contact the Head Marshal using the number in your ride guide and follow the instructions given.
11. Please ride single file when needed and never more than two abreast. Be aware of other cyclists, road users, and traffic, and always signal clearly when stopping or turning.
12. You must follow the Highway Code and all relevant laws and local by-laws in England.
13. Please respect the roads, villages, and countryside along the route. If you need a comfort break, please do so discreetly and without causing offence or inconvenience to others.
14. If you are in an accident and cannot call the emergency services yourself, you agree that someone from our team or a member of the public may call 999 for you.

Event changes and cancellation

1. We may make reasonable changes to the event where necessary for health, safety, legal, or operational reasons. This may include changes to start times, route distances, route layouts, support stops, or other event arrangements.
2. We may change or shorten any route if needed, for example because of safety concerns, road works, weather conditions, or other unexpected issues. If this happens, entry fees will not be refunded.
3. We may cancel the event because of extreme weather, unsafe route conditions, public health concerns, or other safety or operational reasons.

Photography and personal information

1. An official photographer may take photos at the event so that we can celebrate the day and share it in future promotional material and on social media.
2. If you have any concerns about the use of your image, please contact the fundraising office on 01604 973340 or email events@cynthiaspencer.co.uk before the event. We will always try to respect requests where reasonably possible, although it may not always be possible to avoid incidental inclusion in event photography.
3. We will only use your personal information in line with our privacy policy, which is available on our website, including to administer the event and communicate important event information to you.

Liability and risk

1. You are responsible for your own conduct and decisions during the event, including while riding.
2. Taking part in this event involves risks, including the risk of serious injury or death.
3. You take part in this event at your own risk. Cynthia Spencer Hospice Cycle4Cynthia is not responsible for any injury, accident, loss, or damage unless the law says we must be.