

Terms and Conditions

- Participants must be male, aged 11 years old and above. All entrants aged 11 to 16 must be accompanied by a male parent or guardian, at all times. Entrants who are 17 can go unaccompanied if they have parental permission.
- All entrants must register in advance via the registration website. All entries will be processed in the order we receive them. Closing date for entries will be 9am on Wednesday 11th March 2026 or when the event has sold out.
- It is crucial when registering a team, you specify all entrants' individual details including postal and email addresses. This is to ensure all correct correspondence will go to the right entrant.
- Please note places are limited and you cannot register on the day. We advise getting your registration in early to avoid disappointment.
- The registration fee of £35 covers the cost of your participation at the event and is non-refundable.
- A payment must be received with each entry. If paying by cheque, please put your name and address on the reverse. Please do not send cash in the post. A credit/debit card facility is available by calling 01752 492626.
- We reserve the right to cancel or postpone the event due to any restrictions or concerns or force-majeure events.
- We reserve the right to change fees, event details, prizes, and any aspect of the event management organisations.
- The charity and respectively, the organisations and/or volunteers, working on behalf of the charity on event day, reserve the right to withdraw any participant from continuing the event. Withdrawal can be insisted for any practical reason, including, without limitation, medical issues, risk to safety, and/or unacceptable behaviour. In the event of a participant being withdrawn from the event, the participant shall not be entitled to any refund.
- Please note you are not permitted to use a Beryl bike as part of the event, especially after consumption of your free beer. If you are noted on a Beryl bike you will be removed from participating for the remainder of the event.
- Your first event pack which will be sent via email will include confirmation of your place, a link to download your sponsorship form, and an essential guide containing all FAQs, including a route map.
- Your second event pack includes a t-shirt and numbered bib. This will be posted to you and should be received a few days before the event. There will be spares available at the Information Point at the event, if needed.
- You are expected to fill out the appropriate fields on the reverse side of your allocated numbered bib. This should include your full name, emergency contact details and medical history. The safe keeping of the bib will be your responsibility throughout the event.
- Ideally you will wear the t-shirt provided in your pack in the size you have ordered. However, there will be a small number of extras, so a swap is available, stock permitting, if needed on the day.
- You are not permitted to use any of the sponsorship money you raise to pay for expenses. All sponsorship money given to you must be sent directly to St Luke's Hospice Plymouth.
- You are not permitted to 'give' your place to anyone else. If you're unable to take part in the event, please email St Luke's ASAP on funadmin@stlukes-hospice.org.uk.
- Unfortunately, we cannot accommodate dogs on the walk – assistance dogs only.
- By taking part in this event, you implicitly authorise the future use of your photograph or video for publicity purposes.
- The event requires a good standard of fitness, and it is the participants responsibility to ensure they have the appropriate level of fitness to participate on the day. Men's Day Out is not a race and therefore participants are not allowed to run or jog.
- Participants are expected to return to Albion to de-register in advance of match kick-off. The scheduled match is Plymouth Albion vs. Rams (St Luke's is not liable for any changes)
- Alcohol is not advised when walking the route. When visiting any 3rd party or unaffiliated locations, entrants must respect the rules of the premises and consider all other users.
- Please remember to behave in a respectable manner, considering residents, fellow walkers, and volunteers.
- Food & drink is included as part of the registration fee, please note this is subject to availability and restricted times on the day of the event. We cannot guarantee to meet all dietary requirements but will fulfil these wherever possible.
- All entrants must acknowledge that there are risks inherent in the event and each participant voluntarily agrees to assume (for themselves and their next of kin) all such risks and hereby release St Luke's Hospice Plymouth from any liability.