

COMPETITION TERMS AND CONDITIONS

1. THE PROMOTER of the prize draw is Upton Tri Plus Limited Liability Partnership, Ryalls Court, Upton upon Severn, Worcester WR8 0PF ("Upton Tri").

ENTRY PROCESS

2. Entry is made by
 1. liking and commenting on the prize draw post on the Upton Tri Facebook page at <https://www.facebook.com/uptontriathlon/> .
- OR
2. by following, liking and tagging 3 friends on the prize draw post on the Upton Tri Instagram page at <https://www.instagram.com/uptontri/>
3. Entry opens as soon as the prize draw post is posted on Upton Tri's Facebook and Instagram pages at <https://www.facebook.com/uptontriathlon/> and <https://www.instagram.com/uptontri/> and closes at 23.59 GMT on the day stated in the the prize draw post (the "Live Period").

ELIGIBILITY OF ENTRIES

4. You may only enter this prize draw if you:
 1. reside in the United Kingdom; and
 2. are at least 18 years of age or older; and
 3. have access to the internet; and
 4. have a valid and active Facebook account for Facebook entries
 5. have a valid and active Instagram account for Instagram entries
5. Only entries that follow the required entry process will be considered. The Promoter accepts no responsibility for late, lost, delayed, incomplete or damaged entries and cannot be held responsible for any inability to submit entries as a result of computer service, systems and/or server failure, error, interruption, defect or delay or any other technical malfunction.
6. To be considered a valid entry the entry must have been posted within the Live Period.
7. No bulk, software-generated, automatic, or third-party entries shall be accepted. If a false name is used, that Entry will be disqualified.
8. The prize draw is not open to: Upton Tri employees and their immediate family, their agents or anyone else in any way professionally connected with this prize draw.
9. Entry is limited to one post by you on Facebook (however many Facebook accounts you have) in response to our post and one post by you on Instagram (however many Instagram accounts you have) in response to our post.
10. No purchase is necessary to enter or to win the prize draw and any purchase made will not increase the chance of winning

THE WINNING ENTRIES

11. The winner will win the item specified within our post. The winner will be selected by randomised electronic selection from all of the valid entries posted during the Live Period.
12. The winner will be announced within 48 hours of the Live Period ending via a comment by the Promoter on the prize draw post.
13. By entering this prize draw you consent that, if you win, your name will be published within a Facebook and Instagram post.
14. The winner will be required to "private message" the Upton Tri Facebook or Instagram account using the account with which they entered the prize draw, within 72 hours of the winner being announced in order to confirm acceptance and arrange receipt of their prize.
15. The Promoter's decision is final and no correspondence will be entered into.

THE PRIZE

16. The prize is non-transferable unless stated otherwise on the prize draw post and no cash or other alternatives will be offered. The prize is only redeemable by the named winner and it must not be sold on.
17. When the prize is entry to the triathlon or duathlon or party and camping tickets, it is only redeemable via the Upton Tri website and by entering the winner agrees to the event terms and conditions.

DISCLAIMER

18. Upton Tri reserves the right to (i) withdraw, change or cancel the prize draw at any time, (ii) cancel or refuse any individual's entry and (iii) amend these terms and conditions (and will use reasonable endeavours to notify changes to entrants and potential entrants).
19. This prize draw is in no way sponsored, endorsed or administered by, or associated with, Facebook or Instagram and neither Facebook nor Instagram shall be liable for any losses whatsoever arising from this prize draw and/or the prize. You are providing your information to Upton Tri and not to Facebook or Instagram. By entering the prize draw, you agree that you will make no claim against Facebook or Instagram in respect of it.
20. Upton Tri, including its officers, directors, employees or agents, excludes all liability for any losses and/or damages of whatever nature and howsoever arising to the fullest extent permitted by applicable laws.
21. In consideration of being awarded the prize, if you are the winner, you may be required by Upton Tri to take part in publicity related to the subject of the prize draw, and you now confirm that if you are the winner, you will take part in such publicity. Such publicity may include, without limitation, use of your name, photograph (to be provided on request) and statements made you concerning the prize draw and/or the prize. You now provide the Promoter with a right and licence to use the entry on the Promoter's website, and throughout the Promoter's social media channels.
22. For Upton Tri's privacy policy, visit: <https://www.uptontriathlon.com/privacy-policy>.
23. These terms and conditions are subject to the laws of England and Wales. Any dispute shall be subject to the exclusive jurisdiction of the English courts.