

Exercise 35 Minutes a Day in January Promotion - Terms and Conditions

1. The Charity is offering a Macmillan branded technical t-shirt or Macmillan branded technical vest ("**Reward**") to individuals who meet the criteria noted in clause 3 below as part of a promotional campaign ("**Promotion**").

Eligibility

2. To receive the Reward, an Eligible Individual must sign up for the Exercise 35 Minutes a Day in January ("**Event**") and complete the sign-up process. As part of the sign-up process, the Eligible Individual will be asked to provide a postal address (including a postcode) in Great Britain ("**Valid Address**") that the Reward can be sent to. Postage and packaging shall be provided for free. There is no requirement, or obligation, on Eligible Individuals to support the Charity financially, or raise any funds for the Charity as part of the Event to receive the Reward.
3. The Promotion is only open to individuals who are:
 1. aged 18 years or over;
 2. residents of Great Britain (which comprises England, Scotland and Wales, and excludes Northern Ireland, the Channel Islands and the Isle of Man);
 3. not employees of the Charity, their families, agents or any third party directly associated with the administration of the Promotion.

("Eligible Individual/s").

Promotion details

4. The Promotion will commence on 25 November 2025 and end on 8 January 2026 or earlier if all Rewards available for the duration of the Promotion, as laid out in clause 6 below, have been allotted. The Promotion will end on 8 January 2026 even if all Rewards have not been allotted.
5. Eligible Individuals will not be able to request more than 1 Reward as part of this Promotion. If an individual applies to the Event more than once, they will only receive 1 Reward.
6. A total of 3349 Rewards are available for the duration of the Promotion.

Unisex Vest - S	40
Unisex Vest - M	66
Unisex Vest - L	64
Unisex Vest - XL	42
Unisex Vest - 2XL	16
Unisex Vest - 3XL	11
Unisex Vest - 4XL	11
Unisex Vest - 5XL	12
Womens Vest - Size 8	21
Womens Vest - Size 10	29
Womens Vest - Size 12	26
Womens Vest - Size 14	29
Womens Vest - Size 16	12
Womens Vest - Size 18	16
Womens Vest - Size 20	13
Womens Vest - Size 22	14
Womens Vest - Size 24	80
Unisex t-shirt - XS	249
Unisex t-shirt - S	445
Unisex t-shirt - M	633

Unisex t-shirt - L	444
Unisex t-shirt - XL	206
Unisex t-shirt - 2XL	86
Unisex t-shirt - 3XL	57
Unisex t-shirt - 4XL	20
Unisex t-shirt - 5XL	152
Womens t-shirt - Size 8	167
Womens t-shirt - Size 10	153
Womens t-shirt - Size 12	112
Womens t-shirt - Size 14	73
Womens t-shirt - Size 16	15
Womens t-shirt - Size 18	8
Womens t-shirt - Size 20	7
Womens t-shirt - Size 22	10
Womens t-shirt - Size 24	10

The Reward is non-exchangeable, non-transferable and no cash alternatives are available.

7. No responsibility is taken for requests which are incomplete from which the Eligible Individual cannot be identified or for any technical failure or event, beyond the Charity's reasonable control, which may cause the request to be disrupted or corrupted.
8. Your Reward will be dispatched to the Valid Address within 1 weeks of sign up. If you do not receive your Reward within 2 weeks of signing up for the Event, you can contact fundraising@macmillan.org.uk to check the status of your delivery. No responsibility is taken for items which are lost or damaged in transit.
9. Eligible Individuals are deemed to have accepted, and agreed to be bound by, these Terms and Conditions upon entry. The Charity reserves the right to refuse to award the Reward to anyone in breach of these Terms and Conditions.
10. The Charity reserves the right to hold void, cancel, suspend or amend the Promotion where it becomes necessary to do so.
11. Insofar as is permitted by law, the Charity, its agents or distributors will not, in any circumstances, be responsible or liable to compensate any individual, or accept any liability for any loss, or damage, as a result of accepting the Reward except where it is caused by the negligence of the Charity, its agents or distributors or that of their employees. Your statutory rights are not affected. For the avoidance of doubt, nothing in these Terms and Conditions seeks to limit or exclude the Charity, its agents or distributors (or their employees) liability for personal injury or death that is, after investigation, attributable to one or all of them.
12. The Promotion will be governed by English law, and the parties to these Terms and Conditions irrevocably submit to the jurisdiction of the English Courts.
13. Personal data supplied during the course of this Promotion may be passed on to third party suppliers only insofar as required for fulfilment/delivery/arrangement of the Reward and shall be processed by the Charity in accordance with its privacy policy (<https://www.macmillan.org.uk/privacy-policy>).
14. The promoter is Macmillan Cancer Support registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604), a company limited by guarantee, registered in England and Wales company number 2400969, Isle of Man company number 4694F, with its registered office at 3rd Floor, Bronze Building, The Forge, 105 Sumner Street, London, SE1 9HZ (the "Charity").

Macmillan Confidential
For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk)

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. A company limited by guarantee, registered in England and Wales company number 2400969. Isle of Man company number 4694F. Registered office: 3rd Floor, Bronze Building, The Forge, 105 Sumner Street, London, SE1 9HZ. VAT no: 668265007