• To win entrants must like Walk the Walk’s Facebook post and comment with their favourite fruit or veg to add to a smoothie.

•Open to UK residents aged 18 or over, except employees of Abel &amp; Cole, and their immediate

families, or anyone professionally associated with this promotion.

• Abel & Cole reserve the right to substitute the prize with prizes of equal or greater value at any

time and cannot guarantee that the prizes will be free from all disruptions, failings and/or errors.

• Abel & Cole reserve the right to end the competition at any time.

• The prize to be won is: 4 x Seasonal Smoothie Recipe Boxes.

• No cash alternative to stated prize.

• There is no entry fee and no purchase necessary to enter this competition.

• Entrants must live within an Abel & Cole delivery area – please check your postcode at:

https://www.abelandcole.co.uk/help/faq.

• One 1st prize winner to be picked at random from all valid entries notified via Walk the Walk Social Media.

• The winner must claim the prize within 3 days of notification, after which time an alternative

winner will be selected. By entering the giveaway you are accepting these terms and

conditions https://www.abelandcole.co.uk/terms-conditions.

• Only one entry per person will be counted.

• Entry closes at 22:00 (10:00PM) on Sunday 29th September.

• The winner will be selected by 12:00 (12:00PM) on Monday 30th September.

• The winner will need to provide Walk the Walk with their full name, email address, postal

address and phone number to pass to Abel & Cole (for prize delivery purposes only).

• Entries which are not in accordance with the terms and conditions will be invalid. The promoter’s

decision in respect of all matters to do with the competition will be final and no correspondence

will be entered into.

• The prize draw will be governed by English law and is subject to the exclusive jurisdiction of

the English courts. Abel &amp; Cole is a limited company whose registered office is at The Riverside

Building, Livingstone Road, Hessle, HU13 0DZ (registered with company number 3926343) and

registered for VAT purposes with number 918 0962 09.