

Cookie Policy

This Website may place and access certain Cookies on your computer. Liz Weeks Running Specialist uses Cookies to improve the experience of using the Website and to improve our range of services. Liz Weeks Running Specialist has carefully chosen these Cookies and has taken steps to ensure that your privacy is protected and respected at all times.

- All Cookies used by this Website are used in accordance with current UK and EU Cookies Law.
- Before the Website places Cookies on your computer, you will be presented with a message bar requesting your consent to set those Cookies. By giving your consent to the placing of Cookies, you are enabling Liz Weeks Running Specialist to provide a better experience and service to you. You may, if you wish, deny consent to the placing of Cookies, however certain features of the Website may not function fully or as intended.
- The Website may place the following Cookies:

Type of Cookie	Purpose
Strictly necessary cookies	These are cookies that are required for the operation of our Website. They include, for example, cookies that enable you to log into secure areas of our Website, use a shopping cart or make use of e-billing services.
Analytical performance cookies	They allow us to recognise and count the number of visitors and to see how visitors move around our website when they are using it. This helps us to improve the way our website works, for example, by ensuring that users are finding what they are looking for easily.
Functionality cookies	These are used to recognise you when you return to our website. This enables us to personalise our content for you, greet you by name and remember your preferences (for example, your choice of language or region)

- You can choose to enable or disable Cookies in your Internet browser. By default, most internet browsers accept Cookies but this can be changed. For further details, please consult the help menu in your internet browser.
- You can choose to delete Cookies at any time; however, you may lose any information that enables you to access the Website more quickly and efficiently including, but not limited to, personalisation settings.
- It is recommended that you ensure that your internet browser is up to date and that you consult the help and guidance provided by the developer of your internet browser if you are unsure about adjusting your privacy settings.
- For more information generally on cookies, including how to disable them, please refer to aboutcookies.org. You will find details on how to delete cookies from your computer.