

HAMILTON'S HONOUR LTD – COOKIES POLICY

Who we are

This website is operated by **Hamilton's Honour Limited**. We are a health and fitness organisation and for more information please visit our website.

Our website

This cookie policy only relates to your use of our website www.hamiltonshonour.co.uk

Cookies

A cookie is a small text file which is placed onto your device (eg computer, smartphone or other electronic device) when you use our website. We use cookies on our website. These help us recognise you and your device and store some information about your preferences or past actions.

For example, we may monitor how many times you visit the website, which pages you go to, traffic data, location data and the originating domain name of your internet service provider. This information helps us to build a profile of our users. Some of this data will be aggregated or statistical, which means that we will not be able to identify you individually.

For further information on our use of cookies, including a detailed list of your information which we and others may collect through cookies, please see below.

For further information on cookies generally, including how to control and manage them, visit the [guidance on cookies](#) published by the UK Information Commissioner's Office, www.aboutcookies.org or www.allaboutcookies.org.

Consent to use cookies and changing settings

We will ask for your permission (**Consent**) to place cookies or other similar technologies on your device, except where they are essential for us to provide you with a service that you have requested (eg to enable you to put items in your shopping basket and use our check-out process).

You can withdraw any consent to the use of cookies or manage any other cookie preferences by, eg using our privacy dashboard by clicking on the "I do not accept icon" at the bottom of any page on our site.. It may be necessary to refresh the page for the updated settings to take effect.

Our use of cookies

The table below provides more information about the cookies we use and why:

The cookies we use	Name	Purpose	Whether cookie is essential for us to provide you with a service that you have requested and whether we will seek your consent before we place the cookie
Google Analytics Unique Identifier	_ga	<p>This is a web analytics service provided by Google Analytics which uses cookies to show us how visitors found and explored our site, and how we can enhance their experience. It provides us with information about the behaviour of our visitors (eg how long they stayed on the site, the average number of pages viewed) and also tells us how many visitors we have had.</p> <p>This cookie collects information in an anonymous form including personal information.</p> <p>Expiry: 2 years</p>	Essential and we will seek your consent.
Google Analytics request rate	_gat	<p>This is a web analytics service provided by Google Analytics which uses cookies to show us how visitors found and explored our site, and how we can enhance their experience. It provides us with information about the behaviour of our visitors (eg how long they stayed on the site, the average number of pages viewed) and also tells us how many visitors we have had.</p> <p>This cookie collects information in an anonymous form including personal information.</p> <p>Expiry:1 minute</p>	Essential and we will seek your consent

Third party access to the cookies

The cookies we use will only be accessed by us and those third parties named in the table above for the purposes referred to in this cookie policy. Those cookies will not be accessed by any other third party.

How to turn off all cookies and consequences of doing so

If you do not want to accept any cookies, you may be able to change your browser settings so that cookies (including those which are essential to the services requested) are not accepted. If you do this, please be aware that you may lose some of the functionality of our website.

For further information about cookies and how to disable them please go to the [guidance on cookies](#) published by the UK Information Commissioner's Office, www.aboutcookies.org or www.allaboutcookies.org.

