

1. Entry into the free prize draw will be automatic when you obtain a Police Mutual Car or Home Insurance quote or supply your car or home insurance renewal date by telephone (0800 917 7050). Entry into the prize draw can also be made by supplying your car or home insurance renewal date at www.mpfs.org.uk/metinsurance
2. One entry per person.
3. The winner will receive one year's free Police Mutual Car or Home Insurance from the date their policy commences up to a maximum cost of £350.
4. The winner must commence a Police Mutual Car or Home Insurance policy within the month that their existing car or home insurance policy is next due for renewal.
5. Car Insurance promotion open only to persons who are aged 17 or over and those Police Officers or Staff who work in London or a member of their family. Home Insurance promotion open only to persons who are aged 16 or over and those Police Officers or Staff who work in London or a member of their family.
6. Employees of Police Mutual, Roland Smith, Metropolitan Police Friendly Society their printers and agents or anyone connected with the promotion and their families or employees are not eligible to take part.
7. There will be one prize draw to win either your home or your car insurance free for one year held on the 4 January 2010.
8. The winner of the draw will be the entry that is independently drawn at random.
9. Roland Smith reserves the right to give a cash alternative prize up to a maximum of £350.
10. By taking part in this competition the winner agrees to take part in any reasonable publicity organised in connection with this promotion.
11. Illegible, incomplete, damaged and defaced entries will be void.
12. The promoter's decision is final.
13. All entries received from the 1 June 2009 will be entered. The closing date for entries is 31 December 2009.
14. The winner will be notified by telephone or post within 28 days of the draw taking place.
15. To request the name of the winner, please send a stamped addressed envelope to Police Mutual General Insurance Free prize Draw, Alexandra House, Queen Street, Lichfield, WS13 6QS by 31 January 2010. No other correspondence will be entered into regarding this prize draw.
16. Promoter – Police Mutual Assurance Society Limited. Police Mutual Assurance Society Limited is an incorporated friendly society authorised and regulated by the Financial Services Authority. Registered Office: Alexandra House, Queen Street, Lichfield, Staffordshire, WS13 6QS. Roland Smith Insurance is a trading name of Roland Smith Limited. Roland Smith Limited is a wholly owned subsidiary of PMAS authorised and regulated by the Financial Services Authority and is registered in England & Wales No 1073408. Registered Office: 1st Floor India Buildings, Brunswick Street, Liverpool, L2 0XH.