

Frequently Asked Questions



When and where is the event? Thursday 5th November at The Farnborough Business Park (GU14 7JP), with registration opening at 4pm.

What is a firewalk? Firewalking is the act of walking barefoot over a bed of hot coals. A combination of pine, ash and oak is burnt and then broken down into a smooth red-hot path of embers. The lane itself is between 5-6m long and just less than 1m wide.

During the burn down, the temperature of the fire reaches over 660°C and when it comes time to walk on the coals the fire lane between 200°C and 315°C.

Who is running the firewalk? Time4Change are experienced firewalk facilitators and will be running the firewalk on behalf of Phyllis Tuckwell.

There is no illusion or 'trick' to firewalking. No special materials are used and nor are walkers hypnotised or put into any altered state of consciousness. There will be a motivational seminar and safety talk before the firewalk takes place.

What happens on the day? The registration begins at 4pm. The mandatory seminar starts promptly at 4.30pm so please ensure you are there with sufficient time. After the training session, the firewalk will begin at 5.30pm.

An experienced member of the Time4Change team always crosses the lane first to ensure it meets the strict safety criteria. After all the walkers have safely crossed the lane, everyone will go back to the training room for a debrief and presentation of a certificate.

Where can I park my car? There is ample free parking available at Farnborough Business Park.

Can my family/friends watch? Yes, they are welcome to come along and watch. We suggest they arrive no later than 5.15pm. The firewalk will start promptly at 5.30pm.

Is there a minimum age? Yes, the minimum age is 18.

Who will be teaching me firewalking? Cliff Mann (Time4Change) has over 3 decades of firewalking experience and is recognised as one off the most experienced instructors in the UK.

What happens if I stop half way through or fall? At least two members of the Time4Change team will be monitoring the lane at all times, in keeping with strict health and safety guidelines

Has anyone ever been injured walking across hot coals? Firewalking can be dangerous if participants fail to adhere to the exact instructions given to them in the seminar. Time4Change have a 100% safety record and follow strict health and safety guidelines.

Has anyone declined to walk across hot coals? Of the thousands of people trained to firewalk by Cliff Mann (Time4Change), not a single person has declined to walk across fire when given the opportunity to do so. The training is specifically designed to tap into walkers fearlessness, commitment and self-belief and the skills and attitudes one learns in the seminar become tools to last a lifetime.

How much sponsorship is required to take part in the firewalk? There is a registration fee of £175 for a team of 5, or £40 for an individual (early bird price of £150 for a team of 5/£35 for an individual until 1st June), and a minimum individual fundraising target of £200.

What do I wear for the firewalk? No special clothing is required.

My question hasn't been answered here, what do I do?

Please e-mail Eleanor Stanley
(corporate@pth.org.uk) or call 01252 729446.

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Phyllis Tuckwell, Waverley Lane, Farnham, Surrey GU9 8BL. Phyllis Tuckwell Memorial Hospice Ltd. Registered Number 1063033. Registered Charity Number 264501

