

Frequently Asked Questions



How can I register to take part in Run for the Wards 2024

To register, please visit <https://www.pth.org.uk/event/run-for-the-wards> or call 01252 729446.

How much does it cost to register to take part?

Our early bird price is £10 registration if you are getting sponsored, and if you would rather take part and not get sponsored the entry fee will be £20. The registration fee covers the costs involved in organising the event but it is in the sponsorship / donations given that enable us to continue to support our patients and their families. Please set yourself your own target and raise as much as you can. Every pound you raise will make an incredible difference.

If you are not in a position to get sponsored but would like to make a donation, there is an option to do this when you register.

Do I need to register in advance?

It would be a great help if you can register in advance, so we can have an idea of how many people are taking part (and how many ice creams to get). If you are unable to register in advance, you will be able to register on the day but the registration fee will increase. All runners must be registered by 9am ready for a 9.15am start.

Can I Gift Aid my donations?

Please encourage all those who sponsor you to tick the Gift Aid box if they are a UK taxpayer. This enables us to claim the tax back on their donation enlarging it by 25% at no cost to them. Gift Aid is only eligible on personal donations (i.e. not company sponsorship).

If you choose to make a donation instead of raising sponsorship then please do enable us to claim gift aid on your donation if you are eligible.

What is the start time?

The start time for Run for the Wards is 9.15am. We do ask that you don't start before that as we need to ensure all of our marshals are on the route, and all runners must have started before 9.25am so that you are ahead of the participants taking part in Walk for the Wards who start from 9.30am.

What route will the run take?

Both the 5 mile and 10 mile routes will start and finish at Myrtles Courtyard on The Hampton Estate, Seale. We really want you to enjoy your walk as it goes through beautiful woodlands, amazing views and a variety of countryside including Puttenham Common, mostly part of the privately owned Hampton Estate. Whilst some of the route will use public footpaths, it is a unique opportunity to see some of this stunning Estate.

You will be issued with a map on the day and the route will be fully sign posted with marshal points for reassurance too.

Can anyone enter?

Run for the Wards is open to people of all ages and abilities, although we reserve the right to refuse entry to any person we deem unfit to take part. The route is sadly not suitable for wheelchairs.

Is there an age limit?

All participants aged 16 years or under must be accompanied by an adult participant also taking part in the run who has signed a Guardian's Declaration taking responsibility for them. If applicants are 17 or 18 years old, they may run unaccompanied but a guardian must have signed the declaration giving them permission to take part. There is no upper limit. Please note that an adult participant in Walk for the Wards cannot act as a guardian for an U16 participant in Run for the Wards.

Will there be parking facilities?

Parking will be located near Myrtles Courtyard on the Hampton Estate, a short walk from the start point. A postcode and directions will be sent to you 2 weeks before the event.

Will there be First Aid cover at the event?

Yes, Face 2 Face Medical Ltd will be in attendance at the event to deliver First Aid should it be required and will be available on the route if necessary.

Will there be any refreshments available on the day?

Please bring all refreshments with you on the day, this is especially important if it is a hot day as drinks will not be provided. However we aim to have a water refill station at the start/finish and at least two on the route. An ice cream will be provided by Phyllis Tuckwell at the end of the run. If you require further refreshments, please bring these with you.

Is there somewhere to store my possessions?

Unfortunately not, all participants are responsible for all their own possessions and will have to carry any items they bring with them.

Will there be toilets along the route?

There will only be toilets provided at the start and end of the route.

I'm in a wheelchair, can I take part?

The route is sadly unsuitable for wheelchairs.

How long will the run take?

It depends how fast you run! Please note that this is not a timed event. You are running for the Hospice and for fun rather than for speed.

When will I receive my Run for the Wards registration pack?

We will not be sending out the running numbers before the event due to the high costs of postage, so we will ask you to collect them on the day. All information about the event will be emailed to you, so please do look out for our updates, and we will send out the final email with any last minute information, a couple of days before the event.

If I can't make it on the day, can I complete the route on a different day?

As the route this year uses private land and is not all on public footpaths it means that the route can only be completed on the day of the event. We are very grateful to Hampton Estate for hosting Run for the Wards this year and allowing us to design a route across their estate and offer a unique opportunity to complete a route, not open to the public.

Can I hand in my sponsorship money on the day?

Unfortunately we will be unable to accept sponsorship money or forms on the day as there will be nowhere safe to store them. Please send or deliver all sponsorship money and forms directly to: Fundraising Department, Phyllis Tuckwell, Headway House, Farnham, Surrey GU9 7XG. Please ensure all cheques are made payable to Phyllis Tuckwell Hospice Care.

How do I raise sponsorship online?

After you have registered we would love it if you could set up a Just Giving page. This is an easy way to set up an online page and the link can then be shared amongst your friends, family and colleagues.

To set up your own JustGiving page and personalise it to Run for the Wards...

Simply visit www.justgiving.com and follow the instructions to set up your page, choosing Phyllis Tuckwell, Hospice Care as your beneficiary. Fundraising online saves you having to collect the money and send it to the Hospice as it's all done automatically. Also, if your sponsor declares they are a UK tax payer, JustGiving will automatically claim Gift Aid (the tax back) on their donation, enlarging it by 25% at no cost to them, you or us!

- Visit www.justgiving.com
- Click on 'Start fundraising' then follow the simple steps to create your page.
- Entitle your page: Run for the Wards.
- Follow the simple steps on screen, selecting Phyllis Tuckwell Hospice Care as the charity you would like to benefit from the funds you raise and write the title of your event.
- You may like to have a photo to upload.
- We would also encourage you convey on your page why you are taking part and why you would appreciate any sponsorship given.
- Once you have completed all the steps, you will be given a personal link to your page. You can then email this to everyone you know and share it on any social media platforms that you use.

Please contact us if you have any trouble in setting up your online fundraising page – we have lots of top tips to making these pages as successful as possible.

Paper sponsorship forms will also be available to every participant for anyone who signs up and prefers to collect money in person in addition to/instead of online.

Do I need to train for this event?

Run for the Wards is a fun run and is not a race. However the route does include uneven ground and hills. As we also have people taking part in Walk for the Wards using the same route, we are keen that those taking part in Run for the Wards, do run/jog as much as possible. As you will set off first, we are keen that the walkers don't catch you up! Please take this into consideration when deciding which route you would like to attempt.

Can I walk as part of a group?

Yes, please encourage your friends, family and colleagues to register to take part.

Can I bring my dog?

Yes, dogs will be very welcome to accompany you along the run but must be kept on leads.

What do I need to wear?

We recommend that you wear comfortable clothes and running shoes that suit the weather on the day. If we are fortunate to have a hot and sunny day, please bring sun cream, a hat and extra drinks. Please come prepared to run in all weather conditions.

Do I need to bring anything important with me on the day?

You must bring with you:

- Drinks – ideally a bottle that can be refilled as there will only be a water station at the start/finish and at least two places on the route.
- Sun cream and a hat if it is a hot day.
- Waterproofs if rain is forecast.
- Mobile phone, in case of an emergency and you need to request the help of Face 2 Face medical (the number will be provided with the map, on the day).

If you have any further questions about the event, please do contact us on 01252 729446 or email fundraising@pth.org.uk

Phyllis Tuckwell[®] 
Hospice Care

**Run for
the Wards**

