

Run for the Wards 2024

Terms & Conditions of event registration

Thank you for your interest in our first Run for the Wards. Please read the terms and conditions below before registering. For further, more detailed information, please also read the FAQs.



- Run for the Wards 2024 is a 5 or 10 mile run, starting and ending at Myrtles Courtyard on the Hampton Estate, nr Seale/Puttenham.
- All participants aged 16 or under must be accompanied by an adult participant 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 an adult must have signed the declaration giving them permission to take part. 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.
- 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.
- The closing date for online registration is Friday 14th June at noon. Anyone who registers in the last week will have their details emailed to them and all running numbers will be handed out on the day.
- Think carefully about which route distance you feel able to complete. Please be aware that both routes contain uneven ground, heathland and gentle 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.
- In warm weather you may be lucky enough to see an adder in the heathland areas, do not touch by hand or sticks. Please be vigilant and ensure you keep to the paths. Dogs should be kept on a lead to protect the local wildlife. In the unlikely event of a snake bite, please report immediately to your nearest marshal. First Aid cover will be present at this event. Please also be aware that the routes meet and cross a few roads and it is the participant's own responsibility to decide when it is safe to cross the road. Please take water so you can hydrate during the run.
- Once registered, you will be emailed your registration letter within 10 days of registration.
- The starting 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.

- 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.
- Please note that this is not a timed event. You are running for the Hospice and for fun rather than for speed.
- By completing the online registration, this automatically confirms you have read these terms and conditions and accept them in their entirety.
- Participants agree that you enter this event at your own risk and you will not hold Phyllis Tuckwell Hospice (the charity and limited company) responsible. Please bring and wear suitable clothing and footwear and follow the directions at all times – we will have signage and marshals marking the route. Please also bring sufficient drink and refreshments with you.
- Phyllis Tuckwell Hospice (the charity and limited company) reserves the right to cancel the event at any time.
- Phyllis Tuckwell Hospice (the charity and limited company) reserves the right to refuse entry to any person we deem unfit to take part in the run.
- The route is sadly unsuitable for wheelchairs.
- Dogs are welcome on the run but must be kept on a lead to protect the local wildlife, and it is your responsibility to clear up after your dog.
- By taking part, you understand that photographs of runners may be taken and you consent to their use for publicity purposes to promote Phyllis Tuckwell Hospice.

If you have any further questions about the event, please do
contact us on 01252 729446

Phyllis Tuckwell[®]
Hospice Care
...because every day is precious

