



Participant FAQ's – Walk 4 Wards 2025

About the event

Date: Sunday 21st September

Timings: Start at 9:30am & arrive from 8:30am **PLEASE REMEMBER TO SIGN IN AND OUT!**

Entry Prices: Adult Walk/Run Entry £16 | Child Entry (ages 7-17) £11 | Group of 4 Adults Walk/Run £50 | Group of 4 Family (2 Adults & 2 Children) £40 | Charity Place Entry FREE (subject to reaching £50.00 sponsorship pledge) | Children under the age of 7 go FREE.

Route Distance & Type: 5-mile Mixed-Terrain Trail Walk or Run

Event Location: Stokes Farm Barn, Binfield Road, Wokingham, RG40 5PR ([W3W:///icons.parks.bunch](https://www.w3w.co.uk/icons/parks/bunch))

When should I arrive?

Please ensure you arrive at least 30 minutes before the 9:30am start. This is to ensure we can check you in and hand out your participant number before the event begins. This also allows you enough time to park and use the toilet facilities onsite before you set off promptly at 9:30am.

Do I need to sign in & out?

You **MUST sign in and collect your participant number**, which should be displayed on your t-shirt before you head out on the route. You also need to **sign out when you return, before collecting your refreshment voucher**.

This is REALLY important for the paramount health and safety of you, our participants. If you do not sign in or out, we will not know that you attending our event will not know to look out for you should you become injured.

You will only receive your refreshment voucher once you have signed out.

Is there a cut off time?

Please note, you **MUST** be able to complete the walk and run in under 3.5 hours. On average we expect a 5-mile walk to take around 2 - 2.5 hours and a 5-mile run to take around 1.5 hours.

Can I fundraise even if I don't have a Charity Place?

Most definitely! Should you purchase an **'Individual Entry'** ticket, this only covers the cost of staging the event.

Therefore, where possible, we kindly ask you to use this opportunity to raise extra funds for your chosen hospital/ward within the Trust from family, friends, colleagues, and neighbours. We understand that fundraising can be challenging in present times, however if you are able to, this would make a huge difference to our patients, their families, and our amazing staff! We also have **'Charity Place Entry'** tickets, where your entry to the event is **FREE** if you reach the **£50 minimum fundraising pledge!** (Reach £100 and receive a FREE FHC t-shirt)!

What's the route type and accessibility?

Please note, at the beginning and towards the end, **the route will involve moving along a country road in single file to allow vehicles to pass by - this will be marshalled but please obey the Highway Code at all times.**

Additionally, please make sure **children are supervised at ALL times**. The route contains gravelled paths and grasslands. **Due to the nature of the multi-terrain surfaces and unpredictability of the weather, we feel this**

route is NOT pushchair & wheelchair friendly. However, children being carried in a carrier may go free! If you would like to get in touch to find out more, please email fhft.events@nhs.net.

Do I need a water bottle?

Please bring a **FULL water bottle and snacks** with you, as there are no water stops out on the route. There will however be water and delicious refreshments available at the start/finish.

What is the event's emergency contact number?

Please call **07341 884086** in case of emergency or if you require any assistance on the day out on the course. This number will also be shown on your participant numbers. St John Ambulance will be providing medical assistance. Marshals will also be present to help you should you need it.

What 3 Words (W3W)

Please download the app 'what3words' prior to the event, as this will enable us to get to you quicker by knowing your exact location if you require any medical assistance during the event.

Where can I park?

You will have access to free car parking onsite, which will be clearly signposted. The car park is a short 1-minute walk away from the start/finish next to Stokes Farm Barn.

Is there an age limit?

Children (under the age of 16) **MUST be accompanied by an adult aged 18 or over AT ALL TIMES.** Due to the route being 5 miles, we suggest children no younger than aged 5 years old take part, unless they are able to go in carriers.

What should I wear?

Please ensure you are wearing appropriate clothing suitable for participating, which is also weather appropriate, as you can never rely on the British weather! In addition, please make sure you are wearing appropriate footwear as the ground may be uneven, slippery, and muddy at times. Sunscreen and a hat are also advised should it be sunny.

What facilities will there be? (and are there toilets?)

At the Registration / Sign In & Sign Out area, we will have a water refill station, toilets, refreshments, parking and more. Please note, **there will NOT be a bag drop at this event**, so please limit where possible the items you carry around with you on the route, so that the event is comfortable and enjoyable for you. There are NO toilets available whilst you are out on the route, only at the beginning/end.

Will there be refreshments?

As part of your entry, you will be given a FREE refreshment voucher for a drink and delicious sweet treat kindly donated by Stokes Farm Barn, to be used at Stokes Farm Barn on the event day only. **Please note, you will only receive this voucher once you have signed back in.**

Can I bring my dog?

Absolutely! All we ask is that you **keep your dog(s) on a lead at ALL times**, as you will have to cross country roads. Please also bring water for your dog and collect any dog waste into a disposal bag, which you will need to provide. **It is essential that your dog is fit, friendly and healthy before commencing the route.**

If you have any further questions, please call **07341 884086** or email fhft.events@nhs.net

On behalf of all our patients, their families, and the dedicated staff, thank you for taking part and choosing to support Frimley Health Charity!