

Midnight Walk 2019 Frequently Asked Questions

Date: Saturday 8 June 2019.

Venue: Broadbridge Heath Leisure Centre, Wickhurst Lane, Broadbridge Lane, Broadbridge Heath, RH12 3YS

Where is the registration point? Registration is at Broadbridge Heath Leisure Centre, which will be well lit and clearly sign posted from the main reception.

What time do I need to register?

2, 7 and 13 mile registration will take place from 8.45pm to 9.30pm at Broadbridge Heath Leisure Centre. The walk will start from 10.00pm.

20 mile registration will take place from 7.00pm to 7.45pm at Broadbridge Heath Leisure Centre. The walk will start at 8.00pm to ensure you finish with all the other walkers.

What if I have signed up as a team? If you have signed up as a team then your team captain will need to sign everyone in on the night. The Team Registration desk will be clearly sign posted and separate to the main registration desks.

How old do I have to be to take part? This year, walkers of all ages are welcome to take part. We have introduced a two mile route and we advise that all children under the age of 10 take on this distance. All children under the age of 18 must be accompanied by an adult.

How do I collect my t-shirt? You will be able to collect your t-shirt and other merchandise on one of our t-shirt collection dates, provided in your walker pack. If for any reason you are unable to make these you will be able to collect them on the night.

Can I collect a friend's t-shirt? Yes of course, just bring a copy of their confirmation email along with you too.

How long is the route? You can choose between a 2, 7, 13 or 20 mile route.

Will there be first aid facilities? Yes, qualified first aiders will be at the event.

Where does the route go? The Midnight Walk is a walk through the streets of Horsham. The route maps can be found on our website from May 2019. Some of the route can be quite dark, so please bring a torch with you on the night. The route is fully marshalled.

Will it be safe? Your safety is of the utmost importance to us. The event has been organised in conjunction with local authorities and the route will be well marshalled by volunteers. An end walker will also follow the last walkers to ensure that nobody is left behind. All walkers will sign in and out on the night and confirm their contact number on the night to make sure everyone is safe. Please ensure your phone is fully charged on the night.

How long will it take? People of all fitness levels take part in this event. For those opting for the two mile walkers, walkers can expect to finish in 45 minutes. For those taking on the seven mile route, fit walkers can expect to finish in one and a half hours. For those taking on 13 miles, it will take approximately three and a half hours for a fit walker. If you decide to take on the 20 mile route, a fit walker will complete it in around five hours. There is no rush and we encourage walkers to go at their own pace. There will be lead walkers, as well as people at the rear of the walk to ensure the last participants return safely.

Will there be toilets on the night? Yes! There will be plenty of toilets at the registration point – you can use these before the start and at the end of the walk. There will be additional stops on the route.

Do I need to be fit? You can walk at your own pace, whatever your fitness level, but we do recommend that you should train before taking part in the walk, especially if you're taking on the longer route.

Will there be any refreshments? Once you have completed this amazing challenge, you will be greeted with breakfast and a glass of fizz! Refreshments will also be available to purchase before the walk starts and on the route to keep your energy levels up. If you do have a specific dietary requirements please let us know on events@stch.org.uk.

Can I bring my dog? For safety reasons no dogs or other pets are permitted at the Midnight Walk or on the event route, except for guide dogs.

Do I need special footwear or clothing? We recommend that you wear comfortable clothing and well-fitting footwear such as trainers or walking boots.

Will there be parking on the night? Yes, car parking is available near the start of the route. There is parking available at Broadbridge Heath Leisure Centre and at Horsham Bowls Club. Parking is also available at Tesco Broadbridge Heath.

Will there be lockers/ storage facilities to leave things? Unfortunately there are no lockers or storage facilities available for this event, so we'd advice that you don't bring anything more than you can comfortably carry.

Will it go ahead if it's raining? Yes! As the British weather is notoriously unpredictable please do keep an eye on the weather forecast and come dressed in suitable clothing. The walk will only be cancelled if we think it will be too dangerous for you to take part. In the rare occurrence that this is the case we will contact you by phone and email as soon as we know the event is cancelled.

Can I drop out? If you can't take part in the walk, please call the Events Team as soon as you can. **Please don't give your place away to anybody else.** If you need to drop out on the night, please make your way to the nearest Route Guide so they can arrange transport back to Broadbridge Heath Leisure Centre

Do I have to raise sponsorship money? Although there is no minimum sponsorship we do encourage you to raise as much as you can, as the registration fee only covers the cost of putting the event on.

All walkers who raise £350 or more by Friday 28 June 2019 will receive an exclusive Midnight Walk hoody and a special VIP invite for you and a friend to join us for a champagne celebration event to say thank you on Thursday 9 August 2019

The walk relies on your sponsorship to be successful. Each entrant is asked to raise sponsorship in addition to their entry fee for St Catherine's Hospice. At the registration point you will be asked how much you expect to raise from sponsorship.

You can also send a cheque directly to: Midnight Walk, St Catherine's Hospice, Malthouse Road, Crawley, West Sussex. RH10 6BH. Please make cheques payable to: St Catherine's Hospice.

Money must be received by St Catherine's Hospice by Friday 30 August 2019

Can I Gift Aid my donation? You can ask each person that sponsors you to Gift Aid their donation by ticking the Gift Aid box on your sponsor form, if they are a UK taxpayer or pay Capital Gains Tax. For every £1 they donate, we receive an extra 25p

When can I collect my hoody? We will contact all walkers who have raised £350 approximately two weeks after the deadline on Friday 12 July 2019. You will then be invited for a champagne thank you evening in August where you will be able to collect your hoody.

I can't find the answer to my question? If your question has not been answered, you can email us at events@stch.org.uk or call on 01293 447355

We look forward to seeing you at **Midnight Walk 2019!**