

ST LUKE'S MEN'S DAY OUT



ESSENTIAL GUIDE

WHEN IS THE MEN'S DAY OUT?

The walk is on Saturday 14th March 2026.

WHERE IS PLYMOUTH ALBION RUGBY FOOTBALL CLUB?

Brickfields Recreation Ground, 25 Damerel Close, Plymouth, PL1 4NE.

WHERE IS REGISTRATION/ DEREGRIGATION?

The registration/deregistration site is at Albion Rugby Football Club. Entry to the grounds will only be permitted through Gate A (this is the same gate as previous years).

WHO CAN TAKE PART IN THE WALK?

Entrants must be male, aged 11 years and above. All entrants aged 11 to 16 must always be accompanied by a male parent or guardian. The parent or guardian must have already registered for the event. 17-year-olds must have signed consent to take part but can walk the route without being accompanied by a male adult. A signed parental consent form must be completed.

WHY IS IT ONLY OPEN TO MEN?

This event is for men only because it creates a unique space where men can come together to support one another and open up about issues that often go unspoken - particularly around men's mental health and wellbeing. Men's Day Out provides them with a crucial platform to walk, talk, and support each other, helping to break down stigmas and build genuine connections. Feedback from participants shows that this sense of camaraderie is one of the

most valued parts of the event. While this event is exclusively for men, our Midnight Walk and Tour de Moor events are open to everyone - so no one is left out!

I DO NOT WANT TO/CANNOT TAKE PART IN THE WALK BUT I WOULD LIKE TO VOLUNTEER. IS THIS POSSIBLE?

Yes, we would love to hear from you. Without volunteers, events like this would not happen. We need over 90 volunteers to make the event happen, so if you would like to help, please email events@stlukes-hospice.org.uk or contact us on 01752 492626 to discuss our opportunities. Volunteering is open to everyone aged 18+.

CAN I BRING SPECTATORS ON THE DAY?

Spectators will not be allowed entry to Plymouth Albion Rugby Football Club for the match without purchasing a ticket. To do this, visit the club's website: www.plymouthalbion.com

WHERE DO I PARK?

Parking is not available, so we recommend that you make alternative arrangements. Stay safe when using public transport or sharing a lift. If needed, there is limited availability to park in close by areas where there is suitable street parking.

WHAT SHOULD I WEAR?

We recommend:

- Good, supportive footwear and socks to help cushion your feet and prevent blisters. We cannot stress this enough; your footwear is particularly important, and 12km is a long walk.

- Wear sensible warm and waterproof clothes. (We hope it will be a warm day but be prepared just in case). It is recommended you wear layers, which can be taken off easily.

- Your official Men's Day Out t-shirt and bib, which will be sent to you a couple of days before the event.

WHEN WILL I RECEIVE MY EVENT PACK?

Your event pack will be sent via an external company in the post, and you should receive it a few days before the event. If you have not received your pack by Thursday 12th March 2026, please call our Fundraising Team on 01752 492626.

However, if you signed up on or after 3rd March 2026 you would need to collect it on the day of the event. Your event pack includes your t-shirt, and bib number with barcode.

MY T-SHIRT IS TOO SMALL OR TOO BIG

Your t-shirt has been allocated depending on which size you have ordered at the time of registration and dependant on stock. If on the day you require a different size, you will need to take it to the dedicated t-shirt swap area where we will have a small supply and will change it if stock allows but this is not guaranteed.

CAN I CHANGE MY T-SHIRT IN ADVANCE?

Unfortunately, our t-shirts are not held in stock in Plymouth until the event day. Therefore, we are unable to swap t-shirts in advance of the event.

DO I NEED TO BRING MONEY?

Some change would be useful - you might want to buy merchandise, raffle tickets and additional refreshments. There will also be a card machine available on the day for donations and the facility to hand in your sponsorship.

I CANNOT DO THE WALK ANYMORE; CAN I PASS MY PLACE TO A FRIEND?

You are not permitted to 'give' your place to anyone else. If you are unable to walk on the day, please contact the Fundraising Team ASAP on 01752 492626. If you can no longer attend Men's Day Out 2026, please contact us.

WHAT TIME DO I NEED TO ARRIVE?

Registration at Albion will be open from 9am. Once registered you will have access to the rest of the grounds, where the bar will be open, and you will have the opportunity to buy some breakfast. You will depart for your walk from Plymouth Albion at 10am onwards.

WHAT IS THE ROUTE?

This year, the route will be going back to the original route and is a 12km walk around the city centre. The map is available to download from the website.

WILL THE ROUTE BE SIGNPOSTED?

Yes, the route will be signposted with our St Luke's bright orange arrows. It is advised though that you study the route in advance in case of any tampered signs.

WHAT TIME DOES THE WALK BEGIN AND HOW LONG DOES IT TAKE?

Start time is 10am and the finish time is expected to be between 11.30am and 3pm, depending on how many stop-offs you make on route. We encourage all participants to make it back for the rugby match kick-off at 3pm. Once you have completed your charity walk and returned to Albion, please ensure you deregister at the gate (Gate A).

CAN I CHANGE MY START TIME?

The start time is the official time we set you off, which is 10am. Men will be set off in waves of approximately 100 to help manage the flow out on the public highways as no roads will be closed. Please note that due to this your actual start time could be closer to 11am. If you are late on the day, you will potentially miss out, although we will try to accommodate you where possible.

WILL THERE BE TOILETS ON THE ROUTE?

There will be toilets at the start and finish, based at Plymouth Albion. During the route we would encourage you use public toilets where possible.

IS THE ROUTE SUITABLE FOR WHEELCHAIRS?

Please contact us, if required, to ensure we can support and facilitate your needs as much as possible.

WILL THE ROUTE BE MARSHALLED?

Both the event venue and route will be marshalled. Please note, the marshals will step down on route at 3pm, as this is when we expect you to have returned

to Plymouth Albion for kick-off.

CAN I DRINK ALCOHOL ON THE WALK?

We do not advise you to drink alcohol on route as your health and safety is our priority, and it is important you stay well hydrated while exercising.

CAN I BRING MY DOG?

Unfortunately, we cannot accommodate dogs on the walk, except assistance dogs.

WHAT HAPPENS IF I CANNOT OR DO NOT WANT TO FINISH THE WALK?

This is not a problem; we have our vehicle sweepers and marshals to look after you should you need collecting and returning to Plymouth Albion. Please let a marshal know if you are dropping out, it is really important that you give the marshal your full name and bib number and they can inform the events team to deregister your number.

Please bear in mind that you will be representing St Luke's Hospice Plymouth by wearing your t-shirt and therefore we encourage you to behave in an appropriate manner.

IMPORTANT You are not permitted to use a Beryl bike as part of the event, especially after consumption of your free beer. If you are noted on a Beryl bike you will be removed from participating for the remainder of the event.

WHAT HAPPENS IF THE WEATHER IS BAD ON THE DAY?

If the weather is bad on the day and it could be considered dangerous for the event to go ahead, a decision will be made as early as possible on the morning of the event. Announcements will be made on St Luke's website and on our social media pages, and we will attempt to text all participants who have provided a valid mobile number. So do keep your eyes and ears open if the weather is extremely bad!

WHAT REFRESHMENTS WILL I RECEIVE?

You will have a tick box on your numbered bib, to redeem your free pastry and beer. You will need to show Age Verification ID, if you appear under 25. Under-18s will receive a soft drink with their pastry. Please note you have until 5pm on the day to redeem your pastry and beer, at the St Luke's stands in Plymouth Albion.

CAN WE RAISE MONEY AS A TEAM?

Absolutely! This is not a problem at all, as long as you highlight on your sponsorship forms the names of the walkers who raised the money, so that everyone's efforts can be recognised, and we can send an official thank you.

IS THERE A MINIMUM AMOUNT OF SPONSORSHIP THAT I HAVE TO RAISE?

No. We never ask for a minimum amount of sponsorship for Men's Day Out but remember your registration fee only covers the cost of putting on the event. This includes event logistics, your match ticket, t-shirt, refreshments,

and overall experience. It is the donations and sponsorship that you raise that enables care for people in your community. Please consider raising sponsorship for St Luke's, as part of your Men's Day Out experience.

HOW DOES GIFT-AID WORK?

Gift Aid allows charities to reclaim tax on a donation made by a UK taxpayer, which means your donations will be worth 25% more to us at no extra cost to you. REMEMBER: Full Name + Postcode + Full Address + Tick is needed for every gift-aided donation. Please visit <https://www.stlukes-hospice.org.uk/gift-aid/> to learn more about the power of gift-aid and FAQs.

WHEN DO I HAVE TO HAND IN MY SPONSORSHIP?

Ideally, all sponsorship money should be submitted either on or shortly after the event.

If you have raised over £100 and bring your sponsorship (or proof of online donations) on the day, you will receive an additional free beer!

HOW DO I SET-UP A JUSTGIVING PAGE?

1. Head to www.justgiving.com/campaign/mensdayout2026
2. Click 'Start Fundraising'
3. Sign-Up or Log-in if you are already registered
4. Finalise the settings and consent
5. Click 'Create your page'

And it's done! We recommend you personalise your page cover photo and story (talk about why you are raising

funds for St Luke's Hospice Plymouth and why you are taking part!) – you can also set a target for how much you would like to raise! Post updates to your page so your supporters can track your progress and have FUN!

HOW DO I PAY IN MY SPONSORSHIP MONEY?

Paying in your sponsorship money is easy, by simply choosing one of the following options:

- Your online fundraising page
- Via our website at www.stlukes-hospice.org.uk/mensdayout
- On the day and handed to the team at the St Luke's Information Point
- Returned via our freepost address – Freepost RTKE-ESRG-CABY, St Luke's Hospice Plymouth, Stamford Road, Plymouth, PL9 9XA. Please do not send cash in the post

If you are sending in combined sponsorship money for more than one person, it is important that you let us know the names of those who have raised the money via a covering letter.

If you have any other questions or need to get in touch, send us an email at events@stlukes-hospice.org.uk or give us a call on 01752 492626.