



**St Luke's**  
Hospice Plymouth



**MICHAEL SPIERS**



# ST LUKE'S MIDNIGHT WALK

**SHINE A LIGHT ON HOSPICE CARE**  
**FRIDAY 10 JULY**  
**4 ROUTES TO CHOOSE FROM**

**SHINING FOR ONE NIGHT ONLY**  
**EXPERIENCE OUR ILLUMINATED**  
**LIGHTHOUSE TRAIL ON THE 5-MILE**  
**MIDNIGHT WALK ROUTE**



Registered with  
**FR FUNDRAISING REGULATOR**  
Reg Charity No. 280681





### **WHEN IS THE MIDNIGHT WALK 2026?**

The walk is on Friday 10 July.

### **WHO CAN ENTER THE WALK?**

Registration is open to ALL ages. Entrants who will walk the event will receive the same experience, regardless of their age (t-shirt, bibtag, medal etc.) and they must be registered online. For younger children and babies who will not walk the event (i.e. they will be carried or pushed in a pram), they do not need to be registered online, you simply need to email [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk) to let us know of their attendance. Please note, this means they will not receive an event pack.

All entrants aged up to and including 16 must always be accompanied by a parent or guardian. The parent or guardian must register for the event. 17-year-olds must have a signed consent form to take part but can walk the route without being accompanied by an adult.

Please note, places are limited, and you cannot register on the night of the event.

### **CAN MEN REGISTER FOR THE EVENT?**

Yes, following participant surveys, our Midnight Walk event is a family friendly event and is open to all! Please note, the majority of our audience still remains female, and we use supporter feedback to determine event details, such as t-shirt colour etc.

### **HOW MUCH DOES IT COST TO ENTER?**

The registration fee is £24 or for those 10 years old and under, there is a reduced fee of £12 - this only covers the cost of participation at the event and is non-refundable. All entrants must enter in advance either via the registration website or over the phone. All entries will be processed in the order we receive them.

### **WHEN IS THE LATEST I CAN REGISTER?**

We will be taking registrations up until 9am on Wednesday 8 July. This will allow us enough time to create your event pack and assign your kit. Unfortunately, we cannot take any registrations after this date. Please note, this year we have limited capacity, and last year we did sell-out; we recommend booking early to avoid disappointment.

### **WHERE IS HOME PARK, PLYMOUTH ARGYLE, PLYMOUTH?**

Home Park stadium is the football ground of Plymouth Argyle Football Club. It is near Plymouth Life Centre and on Outland Road. There is a park and ride service (Milehouse Park & Ride). For sat nav, please use address: Plymouth Argyle Football Club, Home Park, Plymouth, PL2 3DQ.

### **WHERE DO I PARK?**

Home Park is next to a large Park and Ride car park which offers suitable parking facilities. Be extra aware of parking restrictions in the Life Centre next to the ground, as there are frequently enforcement officers patrolling this area.

Please allow plenty of time to park and make your way to the event, as spaces are limited. We recommend that, if possible, car share, get dropped off or use the Park & Ride bus service from the City Centre or Derriford ensuring you have alternative arrangements to travel home when the bus services have stopped. Please remember it is a public car park, and all vehicles are left at your own risk, so please ensure that you leave no valuables in your vehicle.

### **WHAT HAPPENS IF THE WEATHER IS BAD ON THE NIGHT?**

If the weather on the day of the event means it could be dangerous to continue with the walk, a decision will be made by 2pm on Friday 10 July. Announcements will be made on the St Luke's website, and our Instagram and Facebook 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! Last year at our Midnight Walk event, we experienced the hottest day of the year, so please bring plenty of water with you.

### **WHAT SHOULD I WEAR?**

We recommend:

- You wear good, supportive footwear and socks to help cushion your feet and prevent blisters.
- We cannot stress this enough; your footwear is very important.
- Wear sensible warm and waterproof clothes. (We hope it will be a warm summer's night but be prepared just in case). It is recommended you wear layers, which can be taken off easily.
- Some participants like to wear fancy dress – go wild and have fun! There will be merchandise available to purchase on the night.

You may wish to bring along a small bag for any essentials such as water, small change, a fully charged mobile phone, a torch and a camera to capture the memories – we encourage selfies, lots of them!

### **WILL I BE ABLE TO PURCHASE MIDNIGHT WALK MERCHANDISE?**

There will be goodies for purchase on the evening of the event, simply visit our merchandise tent in the event village to make your selections. We will have payment machines handy but advise you to bring cash to limit queue times – every penny comes to St Luke's!

### **DO I NEED TO BRING MONEY?**

Some small change would be useful - you might want to buy merchandise or additional refreshments. There will be exhibitors' onsite where you may wish to spend some money. There will also be a card machine available on the night for donations.

### **WHEN WILL I RECEIVE MY EVENT PACK?**

If you have registered on or before 28 June 2026, 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 registered on or after 29 June 2026, you will need to collect your pack on the night from the St Luke's Information Point situated in the Fanzone at Home Park stadium. If you did register on or before the 28 June 2026 and have not received your pack by Thursday 9 July 2026, please call our Fundraising Team on 01752 492626. Your event pack includes your t-shirt, bib number (with timing tag attached) and instructions.

### **WILL THE ROUTE BE SIGNPOSTED?**

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

### **WHAT TIME DO I NEED TO ARRIVE?**

There are two ARRIVAL times this year: 19:00 (13.5 and 7.5 miles) and 20:00 (5 and 2.5 miles) (The 7.5 milers will follow as a group behind the last wave of 13.5-mile participants and the 2.5 milers will follow as a group behind the last wave of 5-mile participants).

The Event Village, therefore, will not open until 19:00.

### **WHAT TIME DO THE ROUTES BEGIN AND HOW LONG DO THEY TAKE?**

Start: 20:00 – 13.5 milers - between 3hrs and 6hrs

Start: 20:00 – 7.5 milers – (after 13.5 milers have left) – Between 1.75hrs - 3hrs

Start: 21:00 – 5 milers - between 1hr - 3hrs

Start: 21:00 – 2.5 milers (after 5 milers have left) - between 0.75hrs and 2hrs

Please arrive at least 45 minutes before your allocated start time at the arrival times above (also included in your letter). The entertainment will begin as you arrive, and warm-ups will commence at approx. 19:35 and 20:35.

PLEASE NOTE: We are continuing with a return cut-off time for 2026 of 4:30am – this is for the health and safety of participants and for volunteers and staff. Anyone who is walking at a pace which might mean them missing this cut-off time, will be supported by our marshals and vehicle teams to ensure they finish the route safely.



### **NEW FOR 2026 - OUR GUIDING LIGHTS ART TRAIL**

The 5-mile route will be extra magical in 2026, as participants follow our illuminated Guiding Lights art trail - a stunning series of lighthouse sculptures lighting up Plymouth's streets and waterfront, for one night only. Each lighthouse has been beautifully designed by local and regional artists and proudly sponsored by local businesses, creating a truly unforgettable experience that you won't want to miss.

### **CAN I CHANGE MY START TIME?**

We will only be able to change your start time under special circumstances as each time slot is specific to the route you have chosen at time of registration. We allocate sweeper marshals to go behind the groups of ladies walking. If you're late on the night, you will potentially miss your turn. You will be given the option to join the other walkers at the next allocated time slot. This could result in walking less miles.

### **CAN I CHANGE MY ROUTE CHOICE?**

If you no longer want to walk your selected route and wish to change, this can be done by letting us know in advance on 01752 492626 or if last minute it is doable on the night at the Information Point, but you will need to arrive no less than 45 minutes before your new route start time. (Please refer to start times on the previous page.)

### **MY T-SHIRT HASN'T ARRIVED?**

An external company will be distributing your pack, which will arrive a few days before the event. If you registered on or before 28 June 2026 and your pack has not arrived by Thursday 9 July 2026, please contact us on 01752 492626 or email [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk). Spare packs will be available on the night.

### **MY BIB/TIMING TAG HASN'T ARRIVED?**

If your bib/timing tag hasn't arrived or you've lost it, we can replace it for you on the night if you go to the St Luke's Information Point. It is extremely important that you wear this on the night! If you require more information, please contact us on 01752 492626 or email [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk).

### **WHY IS THERE A TIMING TAG WHEN IT ISN'T A RACE?**

We use this system as a safety measure. The timing tag is electronically activated as you cross the start line and deactivates when you cross the finish line. This enables us to know how many participants start the walk and that they return safely. Please note the timing tags are now attached to your provided bib. It is vital that you wear the bib on your outermost layer of clothing, to ensure this is detected at the start/finish line.

### **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 night you must contact the Fundraising Team ASAP on 01752 492626. In the case that the event has sold out, we will have a waiting list, so it is important that you do let us know.

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

Yes, we'd love to hear from you! Without volunteers, events like this would not happen. We are always in need of volunteers so if you'd like to help, please email [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk) or contact us on 01752 492626 to discuss our opportunities. Volunteering is open to everyone aged 18 and over.

### **CAN I BRING MY DOG?**

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

### **CAN I PUSH A PRAM?**

You are now able to bring children to the event and can push them in a pram for the duration of the route, if required. However, for children who will not walk the event, please do email us at [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk) to let us know of their attendance and your requirements to bring a pram, as we will need to ensure we have allocated sufficient space for this, in the event village.

### **DO I NEED TO REGISTER ONCE I GET THERE ON THE NIGHT?**

No, your timing tag will do everything for you! You are simply free to soak up the atmosphere. When you pass through the start line it will check you in and will mark you back in when you return.

In all weathers, please wear your bib on your outermost layer of clothing.

### **WILL THERE BE TOILETS ON THE ROUTE?**

Toilets will be open at The Fanzone, Home Park before you start, and when you finish back onsite. In addition, there will also be toilets available at certain points along each route.

### **IS THE ROUTE SUITABLE FOR WHEELCHAIRS?**

Please contact us prior to registering to ensure we can support and facilitate your needs as much as possible.

### **CAN I RUN THE ROUTE?**

No, the event is not a race and therefore you cannot run. We do allow you to power walk, but we sincerely ask that you do not overtake the volunteer lead walkers.

### **CAN I BRING ALCOHOL ON THE WALK?**

We do not advise you to drink alcohol on route as your health and safety is our priority. Also, it is important that you are well hydrated while doing exercise. 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.

### **WHAT HAPPENS IF I CANNOT FINISH THE WALK ON THE NIGHT?**

This is not a problem, as we have a medical team on route if any problems should arise. We also have our vehicle sweepers and marshals to look after you should you need collecting and returning to The Fanzone at Home Park stadium.

### **WHAT HAPPENS WHEN I FINISH THE WALK?**

When you complete the walk you will receive your well-deserved medal, finishing drink and snacks!

### **CAN WE WALK AS A TEAM?**

You certainly can walk as a team, providing you are walking the same length route - in fact, we encourage it! You register as individuals and then visit [justgiving.com/campaign/stlukesmidnightwalk2026](http://justgiving.com/campaign/stlukesmidnightwalk2026) and follow the instructions to create your team's online fundraising page.

### **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. Or visit [justgiving.com/campaign/stlukesmidnightwalk2026](http://justgiving.com/campaign/stlukesmidnightwalk2026) follow the instructions to create your team's online fundraising page.

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

No. We do not ask for a minimum amount of sponsorship for the Midnight Walk but remember your registration fee covers your participation in the event and it is every pound you raise that enables care for people in your community.

### **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. There will be a designated sponsorship drop area at the event, so please bring it along! Every pound raised will go direct to end-of-life patient care.

### **HOW DO I PAY IN MY SPONSORSHIP MONEY?**

Paying in your sponsorship money is easy – simply choose one of the following options:

- Your online fundraising page
- Online at [www.stlukes-hospice.org.uk/midnight-walk](http://www.stlukes-hospice.org.uk/midnight-walk)
- On the night and handed to the team at the St Luke's Sponsorship Drop
- 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
- Drop into St Luke's at Turnchapel, Stamford Road, Turnchapel, Plymouth, PL9 9XA

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.

### **HAVE YOU GOT ANY TIPS FOR TRAINING?**

Try to start training 8 to 12 weeks before the date of your walk. Start small and easy, and work yourself up to your chosen distance.

Walk parts of the route as part of your training to ensure that you are fully prepared for the big day.

Drink plenty of water.

Swing your arms as you walk; this increases the intensity of your walking.

Practise breathing – this may sound silly, but it is extremely important. If walking with a friend, talk to each other whilst training as this also helps with your breathing and that you are walking at a steady pace, and not pushing yourself too far.

If you're walking in memory of a loved one - why not keep a photo in a place you see every day to inspire you to keep motivated?

Start and finish with a few minutes of gentle stretching.

Walk so that the heel of your foot touches the ground first and then roll your weight forward.

Train in suitable comfortable shoes, the ones you will wear on the night helps as your feet will be eased in. Cushioned socks are also extremely helpful for comfort and there are various other supportive walking wear items available.

**WHERE CAN I KEEP POSTED ABOUT ALL THE LATEST NEWS FOR WHAT'S HAPPENING THIS YEAR?**

Keep up to date on all the latest gossip and news, whilst being part of Team Midnight Walk on our Facebook group, which can be accessed via our main Facebook page or Website.

**IF WE HAVE NOT ANSWERED YOUR QUERY HERE, PLEASE CONTACT US:**

Telephone: 01752 492626 | email: [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk)





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