

# Walk and Talk for NABS FAQ's

**DATE:** Thursday 19 September 2024

## **WHAT TIME WILL I NEED TO GET THERE?**

**Registration:** 9:00am

**Briefing:** 9:40am

**Start:** 10:00am

**WHAT TIME WILL THE EVENT FINISH?** This is dependent on your pace, but between 12 and 1:30pm.

**WILL THERE BE A BREAK?** Yes, there is a rest stop midway through, dependant again on your pace, you should get there between 11:15am and 12:30pm

## **THE START LOCATION:**

**Richmond Athletics Club, Murray Judd Room, Twickenham Rd, Richmond TW9 2SF**

### **Nearest Tube is a 7-min walk**

- Richmond Station – District Line, Overground and South West Rail

### **Driving & Parking**

- As we will be finishing at a different place to where we start, we don't recommend driving to the event.
- If you do, you can park at the [Richmond Athletic Association Car Park](#)

## **REST STOP LOCATION:**

**Barnes Bridge Sports Club, The Club House, 261 Lonsdale Rd, London SW13 9QL**

### **Nearest Train Station a 10-min walk**

- Barnes Bridge Station – South Western Railway

## **THE FINISHING LOCATION:**

**The Boathouse Pub, 32 Brewhouse Ln, London SW15 2JX**

### **Nearest Train Stations**

- Putney Bridge – District Line – 8 min walk
- Putney Station – South Western Rail – 8 min walk

## **HOW LONG IS THE ROUTE?** 15KM

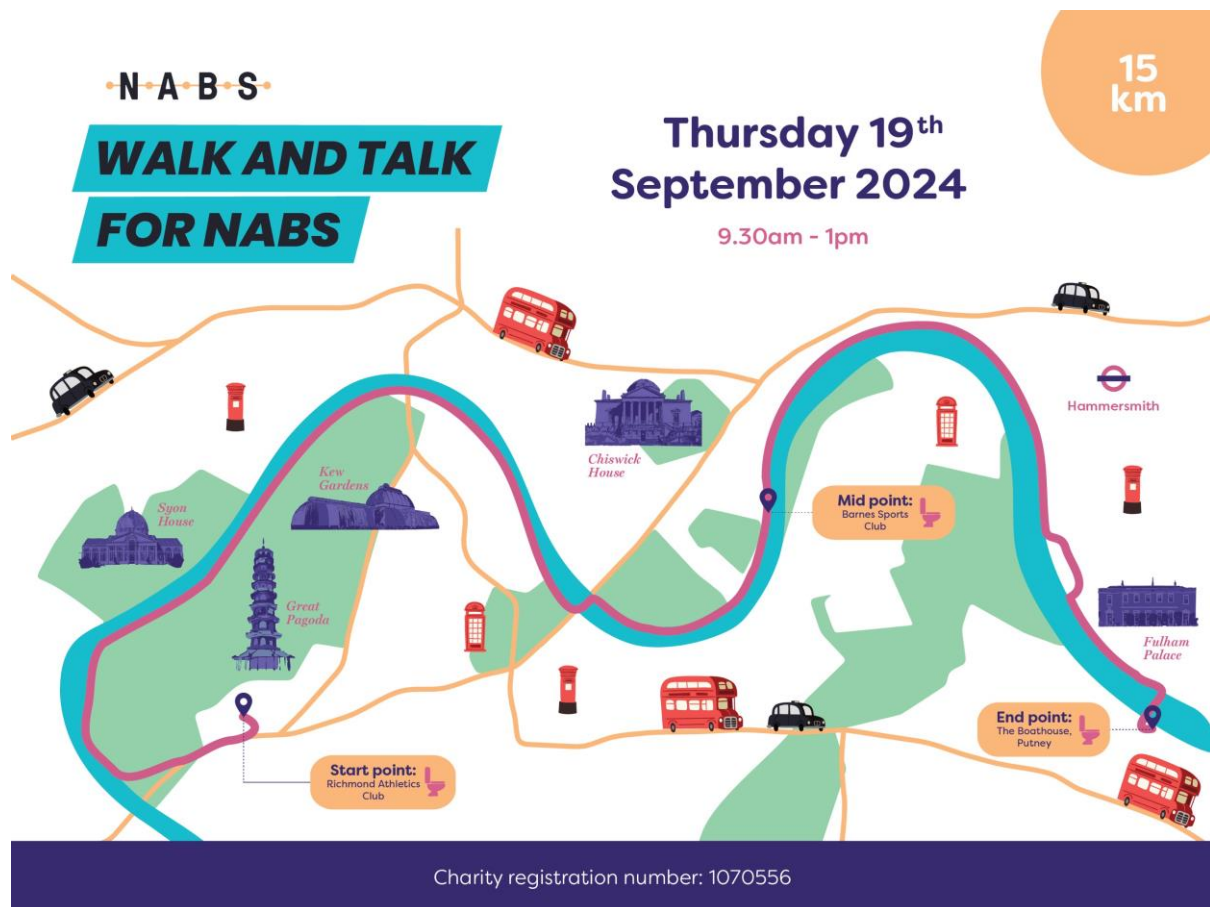
**IS THE ROUTE ACCESSIBLE?** Yes, the route is accessible but please let a member of the NABS Events Team know of any accessibility requirements before the event.

**DO I HAVE TO TRAVEL THE FULL 15KM?** No, you are welcome to join us for part of the route. Please speak to the NABS Events Team who will be able to advise the best place to start or finish your journey.

**HOW DO I NAVIGATE THE ROUTE?** Route maps will be provided prior to your departure on .gpx and .kml formats which can be opened in Google Maps or Maps.Me (a free map APP). Visible route

Marshalls will be leading the way, cycling along the pathways to check up on participants along with following behind the group.

## ROUTE MAP



**WHAT DO I DO IF I GET LOST?** All participants will be given a card on registration with an emergency contact number to call if you are lost or have any other concerns.

**CAN I LEAVE THE WALK?** You are more than welcome to leave the walk at any point, but please let a member of the team know by texting/WhatsApp 07917154167 or calling the number on your emergency card.

## I WANT TO FUNDRAISE DURING THIS EVENT HOW DO I DO THAT.

**If you wish to fundraise during your walk the easiest way is to set up a Just Giving page.**

For individuals, go to our [event page](#) and select 'Start fundraising', alternatively follow the instructions on the [JustGiving website](#). Go through the step-by-step instructions, when it asks '**Are you taking part in an activity?**' select the option, 'I'm taking part in an event' and search '**Walk and Talk for NABS**' to link to the event page. If you are a group of individuals who would like to set up your own team, you can do so using the additional instructions below.

For teams, follow the instructions above to set up an individual fundraising page (nominate someone to be team captain, as only one person can set up a team fundraising page) and then follow the instructions on how to create and join a team on the [JustGiving website](#).

Please share the link with family, friends and colleagues.

#### WHAT SHOULD I WEAR?

- Comfortable Clothing
- Bring layers to accommodate for changing weather
- Walking shoes

#### Dependant on weather:

- Raincoat
- Hat or Cap
- Sunglasses

#### WHAT SHOULD I BRING?

- Water bottle
- Fully charged mobile phone
- Phone charger
- Spare pair of socks
- Compeed blister plasters
- Personal medication & pain relief

#### Dependant on weather:

- Sun cream
- Lip Balm
- Umbrella

**WHAT NOT TO BRING:** Do not bring any luggage/bags that you cannot carry throughout your journey. A limited amount of space will be available on the organisers van to take some bags from the start of the route to the finish. **Please advise the NABS Events Team if you wish to use this before the event, so we can allocate space.**

#### FOOD AND DRINK

**Richmond Athletics Club:** A selection of breakfast baps (bacon and vegetarian), teas, coffee and water will be available.

**Barnes Bridge Sports Club:** Tea, coffee, water and snacks will be served.

**The Boathouse Putney:** A celebratory drink of your choice, and light refreshments served.

#### PHOTO AND VIDEO DISCLAIMER:

There will be photos and films taken throughout the day which will be used by NABS for the purpose of promoting the event and its activities and will be published on our website, social media channels, and circulated to the press and other media organisations for publication, transmission or broadcast. If you do not wish to appear in the photographs or films, please let a member of the NABS team know, or email [comms@nabs.org.uk](mailto:comms@nabs.org.uk).