

How do I enter the event? To enter the event, please visit www.maxwell.foundation and select your preferred day. Click on "Enter event," which will redirect you to the event organiser's page (pie events). There, you can complete the event registration form. Upon submission, you will receive an email from pie events confirming your entry for that day. As part of your confirmation email, you will receive instructions on how to set up your fundraising page at. Please note that you will be officially entered into the event only after receiving the confirmation email and creating a fundraising page. Your event T-shirt and replica ball will be provided upon completing your walk on that day.

How do I set up my fundraising page? Please log onto <https://the-maxwell-family-fund.justgiving-sites.com/> and scroll down the page until you come to the section "Our Fundraisers" please click "Sign Up" and create your own fundraising sub page, please feel free to use any copy or images from the website to support your PAGE. Please then use this page to direct push out for your fundraising. Any problems please email Menna Thomas (Velindre - Digital Fundraising and Engagement Officer) Menna.Thomas@wales.nhs.uk

Will Craig be walking every day? Craig's intention is to walk each day. However, due to his medical condition and ongoing treatment, there may be instances where he cannot start or complete the event or a section. Each walk day will happen regardless and will be led by the Celebrity from that day. Craig's ability to participate will be continuously assessed by his oncology team. However, if you ask him he will say he intends to walk every step of the way!

What happens if I have entered but can't attend the event? If you have entered but are unable to attend the event, you can transfer your place to another participant, up to two weeks before your event date. Please send an email to info@pieevents.co.uk to confirm the change. The new event participant will need to re-register, and the pie events team will guide you through this process.

Am I insured for the walk? We recommend that all walkers purchase their own insurance for the event, in the case of injury or withdrawal from the event.

What is the minimum fundraising amount? We kindly request that each of the 30 participants each day aim to raise a minimum of £500 each.

Where is the fundraising money going? A portion of the funds will cover the event's expenses, and the majority will be directed to the Maxwell Genomics Fund, a dedicated fund within Velindre Cancer Centre. The Maxwell Genomics Fund objectives are:

1. Support the development of improved testing for all cancer types in Wales.
2. Foster innovation in the field of Genomics to create new and innovative treatments for all cancer patients in Wales.
3. Provide capital or operational investments in Genomics to enhance the Cancer Pathway in Wales.

Can I donate offline? Yes, if you have offline donations to allocate to your fundraising page, please contact a member of the Velindre Cancer Fundraising team.

What happens if the weather is bad? The event will proceed as planned. Details regarding weather conditions will be provided by pie events ahead of each day. Weather forecasts will be monitored daily throughout the event. In the event of severe weather warnings being issued pie events may look to shorten the route on the day, transferring walkers further along the route. Walkers will be advised of this.

What time will the event start and finish each day? Each day, the event aims to commence at 7:00 am. Participants are requested to arrive at the designated start line 30 minutes before the start for registration. Please be aware that parking at some locations is limited, so plan your journey accordingly. The walking pace is targeted at 3 miles per hour, with planned breaks, resulting in approximately 8 to 10 hours of walking per day. Exact start and finish locations will be advertised before the start of the event.

What happens if I can't complete the distance or need to withdraw? You will have three guides accompanying you throughout the walk. If you become injured or feel fatigued, please contact one of the guides. They will arrange transportation, either to the end or the start of the day's walk. Due to the remote locations, this may take some time. The guides will strive to keep the 30 walkers together, so if you are significantly slower, you may be asked to leave the supported walk or conclude your walk at one of the stops. If this occurs, you will not receive further support for the remaining walk, and the decision to complete the challenge will be up to you.

Can I walk if the event places are full? You are welcome to walk with us even if the event is at full capacity. However, you will not receive event essentials such as the event T-shirt, replica ball, access to shuttles at the finish, or access to food and drink

stations. If you choose to walk, we still encourage you to fundraise by becoming a fundraiser at <https://the-maxwell-family-fund.justgiving-sites.com/>

I see there is a £500 minimum raise. What if I want to walk multiple days? If you wish to walk multiple days, you can certainly do so. Register for the specific days you'd like to walk, and then contact the pie events team at info@pieevents.co.uk to indicate which days you've selected. Your minimum fundraising requirement will be adjusted to £1,000 for each 4 days. We've implemented this change because it costs approximately £125 per walker each day to cover expenses like transportation, guides, food, and beverages. You can choose to walk for 8 days, but the minimum requirement will increase to £2,000. Alternatively, you can join the supported walk for a few days and self-support on other days.

How do I return to the starting point after finishing? At the end of each day, two 8-seater vehicles will be available for the 30 event walkers (drivers will be volunteers) to shuttle back to the starting point. However, depending on the finishing times, there may be some waiting for the shuttle to depart and return. While this service is provided, it's advisable to arrange your own transportation to avoid potential waits in cold and wet conditions after walking for up to 10 hours. I would recommend you consider the shuttle service as a back up if alternate plans cannot be arranged.

Which celebrity will be on my walk? We will have 26 celebrities walking with us. A full list will be updated on the website as each celebrity signs up. The days each celebrity will walk will be allocated by the in early January. Unfortunately, we will not be able to accommodate changes or swaps at this stage if a participant wishes to change days.

What happens if I don't reach the £500 minimum raise? If you don't reach the £500 minimum fundraising target, then no worries, thank you for trying and supporting us. While there are event costs to consider, we simply ask you to do your best to support this worthwhile cause.

What happens if I am slower than everyone else? The guides aim to keep the 30 walkers together as much as possible. Therefore, if you are significantly slower, a guide may request that you step out of the supported walk or finish at one of the designated stops, as keeping the group together is a priority.* If this occurs, you will not receive further support for the remainder of the walk, and it will be your decision whether to complete the challenge. Every effort will be made to support all

participants, but the guides are primarily equipped to assist the majority of the group.

*If this occurs, we may look to transfer you to the next stop location further along the route, or to the finish where the 8-seater vehicle will be waiting for the rest of the walkers.

Will food and drinks be provided along the route? Yes, there will be three stations along the route, approximately every 7 miles (subject to facility availability), where snacks and water will be supplied. However, it's advisable to bring your own food to supplement these stations.

What equipment do I need?

- Ankle high walking boots (**that you have been worn in**)
- Walking socks and a spare pair to carry
- Wicking base layer (avoid cotton as it absorbs sweat and will make you cold)
- Insulating mid-layer (warm long-sleeved layer)
- Waterproof windproof jacket (good quality Gore-Tex)
- Winter hiking trousers
- Waterproof trousers
- Gaiters (to protect your feet from moisture or debris)
- Hat or winter woolly hat
- Gloves
- Sunglasses
- Walking poles (recommended)
- Lip balm
- Compeed blister plasters
- Head torch
- Small comfortable day bag to carry any water bottles/camelback
- Waterproof rucksack cover
- Dry sac / zip lock sandwich bag (for keeping kit dry in case of rain)
- Whistle (for safety reasons if you become separated)
- Cash
- Mobile phone & charger (with zip lock bag to put it in in case of rain)
- Snacks to eat on the go between the refreshment stops
- Personal medication & pain relief (painkillers, anti-histamines, rehydration sachets)
- Talcum powder/Vaseline (can help with blister prevention)



How many places are available each day? There are 30 supported places available each day. If you wish to walk outside of this supported group, you are free to do so. However, please note that you will not receive the event essentials like T-shirts, replica balls, shuttle access at the finish, or access to food and drink stations (unless excess supplies remain after event participants have been served).

What is the minimum age to take part?

You need to be a minimum of 18 years old to take part in the event. 16 - 17 years may also participate in the event but must be accompanied by an adult throughout.