

**MUSCULAR
DYSTROPHY**
UK | OUR MUSCLES
MATTER



Bidwells

Cambridge 10k

Town and Gown

Race guide

Sunday 4 October 2026





Welcome

Your Bidwells Cambridge 10k is getting closer and we're excited to welcome you to the event in just a few weeks' time. As you prepare for the race, we hope this guide will provide you with some useful information.

Good luck from all of us at the charity - have a great race!

Jessie, Town and Gown Event Series Manager

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[@TownandGown10k](#)

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www.muscular dystrophyuk.org

Registered charity in England and Wales (205395) and Scotland (SC039445)



Registered with
**FUNDRAISING
REGULATOR**



General information

Schedule

8am	Event Village opens
9am	Junior 3k warm-up
9.15am	3k Junior Race starts
9.40am	10k warm-up
10am	10k Race starts
11am	Trophy and prize presentation
1pm	Event Village closes

Race numbers

Race numbers will be sent to you roughly two weeks before the event. For numbers not received or lost, you will need to head to the registration marquee which will be open between 2pm to 4pm on Saturday 3 October, and 8am to 9am on Sunday 4 October. **If you have your race number, you do not need to visit the registration marquee.**

Event Village

You'll find our Event Village on **Midsummer Common, Victoria Avenue, Cambridge CB5**. The race starts on Victoria Avenue, adjacent to the Event Village, and finishes on Midsummer Common. Where there will be:

- A registration marquee for lost or undelivered race numbers.
- Toilets.
- Supervised baggage area, where you can leave one bag per person – tear strip from bottom of race number and attach to bag.
- Information Marquee for everything you need to know about the event and the charity.

Bag collection can only be made with an official race number.

Travel advice

Local buses

There will be some disruption to local bus services. If you're travelling via bus, we recommend you check the following links to help plan your journey:

transport.cambridgeshirepeterborough-ca.gov.uk/buses/bus-timetables/

stagecoachbus.com/regional-service-updates/east/cambridgeshire

The start and the Event Village are a 10-minute walk from the city centre. You'll be fine catching any bus that goes into or near the centre.

Trains

The start and the Event Village are a 30-minute walk from the main railway station, and a 40-minute walk from Cambridge North.

Parking

There is no parking at the Event Village. We recommend travelling by public transport where possible and using either local Park and Ride Services or local car parks.

To book for Park and Ride visit cambridgепarkandride.info/

The closest stops to the Event Village are those in the city centre – Emmanuel Street, Drummer Street or Downing Street, depending on which service you get. The city centre is a short walk from Midsummer Common.

Pay and display car parks in walking distance from the Event Village include:

- **Grafton East car park**
- **Grafton West car park**
- **Grand Arcade car park**
- **Queen Anne Terrace car park**

General information

Road closure information

Roads will be closed from 8am until 12 noon (Apart from Victoria Avenue which closes at 5:30am). Most of the affected roads will be closed on a rolling closure system, and will re-open as soon as the last runner has passed and it's safe to do so. Park Road to Victoria Avenue will remain closed for the whole event.

Closed roads:

- **Victoria Avenue**
- **Chesterton Road**
- **Northampton Street**
- **Queens Road**
- **Silver Street**
- **Trumpington Street**
- **Kings Parade**
- **Senate House**
- **Trinity Street**
- **St Johns Street**
- **Bridge Street**
- **Jesus Lane**
- **Park Parade**
- **Maids Causeway**

- **Market Street**
- **Newmarket Road**
- **Walnut Tree Avenue**
- **River Side**
- **Footpaths 11**

To coincide with these closures, parking in certain residential parking bays will also be suspended.

Parking bays suspended from midnight until 12.30pm on Sunday 4 October:

- **Northampton Street**
- **Queens Road**
- **Kings Parade**
- **Jesus Lane**
- **Maids Causeway**
- **Newmarket Road**
- **Footpath 11**

Contact us if you require further information.





The race

Refreshments and suppliers

- Hedges Catering – breakfast baps and hot drinks.
- Retro Coffee Company – here for the first time serving delicious coffee.
- Papas Locas – Poutine and Loaded Fries, serving authentic Canadian poutine and the best fried chicken.

All vendors are generously donating 10 percent of their takings to the charity, so do enjoy the great refreshments on offer.



Important race information

Your race number has your chip attached. You'll need to pin this to the front of your t-shirt with safety pins. The chip-timing system will record your time both from when the gun goes off to the finish, and from when you cross the start line to the finish. Please note the transfer deadline has now passed. For reasons of health and safety you may not transfer your number to another person. If you do so without the permission of the event organisers you will be disqualified.

Your personal and medical details

You're required to complete your personal details on the back of your race number. If you have an existing medical condition that may need special attention, such as epilepsy, diabetes or a history of heart problems, mark a large cross in black felt-tip pen on the front of your race number.

Race safety

We ask all runners NOT to wear headphones while you race. This is for your own safety and that of your fellow runners, marshals and officials. The only acceptable headphones are bone conductor headphones. Please follow marshalling instructions at all times.

The start

The start is on Victoria Avenue, adjacent to Midsummer Common, a short distance from the Event Village. This is where you should stand at the start. Please adhere to these positions.

Our brilliant pacers are back again for 2026, pacing times between 45–70 minutes. Look out for them, so you can get that Personal Best (PB)!

What's on?

Photography

There will be professional photographers, Sublime Photography, along the course and at the finish. To access the event photographs, visit [SublimeTiming.com](https://www.sublimetiming.com) and select PHOTOS from the menu.

Social media

Do shout about your achievement at the race. When you do, our hashtag is [#TownAndGown10k](#) or [#TownandGown3k](#) and our charity hashtag is [#MusclesMatter](#).

Follow us

Facebook: [facebook.com/townandgown10k](https://www.facebook.com/townandgown10k)

Instagram: [@musculardystrophyuk](https://www.instagram.com/musculardystrophyuk)

Bespoke event t-shirts

These are available to buy and order at the event for £20. Limited stock available.



David Lloyds Club

David Lloyds club is delighted to be putting runners through their early paces in leading the event warm-up. Participants can expect a dynamic and fun pulse raiser, designed to gradually prepare joint mobility and cardiovascular systems, and to warm essential muscles through movement and stretching.



Massage from Injury Active

The Injury Active team of physios and sports therapists are available to help with injury advice, treatment and sports massage, pre and post-race.

We'll be there to help with any niggles you may have before and after your race and to help start your recovery.

About us

Don't forget we fully fund and organise our event and therefore ask our runners to make a small donation to help change the future of muscle wasting conditions. If you bought a fundraiser ticket, you'll have agreed to fundraise £75 to help us support people in the UK living with a muscle wasting condition. If you haven't done so already, share your Just Giving page (set up on entry) with your friends and family. If you don't have a fundraising page, we can help you activate your Just Giving page; get in touch on townandgown10k@musculardystrophuk.org

For more information on our work and how by taking part in this event you're helping to fund groundbreaking research and life-changing support, visit www.musculardystrophyuk.org.

To make a donation to our work visit www.justgiving.com/campaign/bidwells-cambridge-10k

Volunteer with us

We're always looking for volunteers to help on the day. Encourage your friends and family to have a look at the range of roles on offer and get involved.

www.musculardystrophyuk.org/get-involved/volunteering/detail/bidwells-cambridge-10k-2026-volunteer/

10k route



Water stations

In our aim to remove plastic from the event we'll be providing all water in recyclable and compostable paper cups.

There will be one water station on route in Midsummer Common which runners pass at 5.5k.

Each runner will receive a bottle of Actiph Water as they cross the line courtesy of our official hydration sponsor. Water will also be available from water tanks at the finish and Event Village. Please use these to refill your own bottle or the plastic water bottle provided.

The finish

All finishers will receive a medal and some freebies at the finish line.

Please note: the finish area will be cordoned off, and spectators will not be allowed to enter. Please leave the area as soon as possible, and re-join your friends and family in the Event Village.

Results

Results will be available on the results page on our website a few hours after the event.

www.muscular dystrophyuk.org/get-involved/events/bidwells-cambridge-10k-2026/

If you supplied your mobile number on entry, you'll receive a text with your time within minutes of crossing the finish line.

Prizes

We'll award trophies by chip-time on the day. We'll present them in the following categories:

- First, second and third male and female.
- First male and female in age groups.

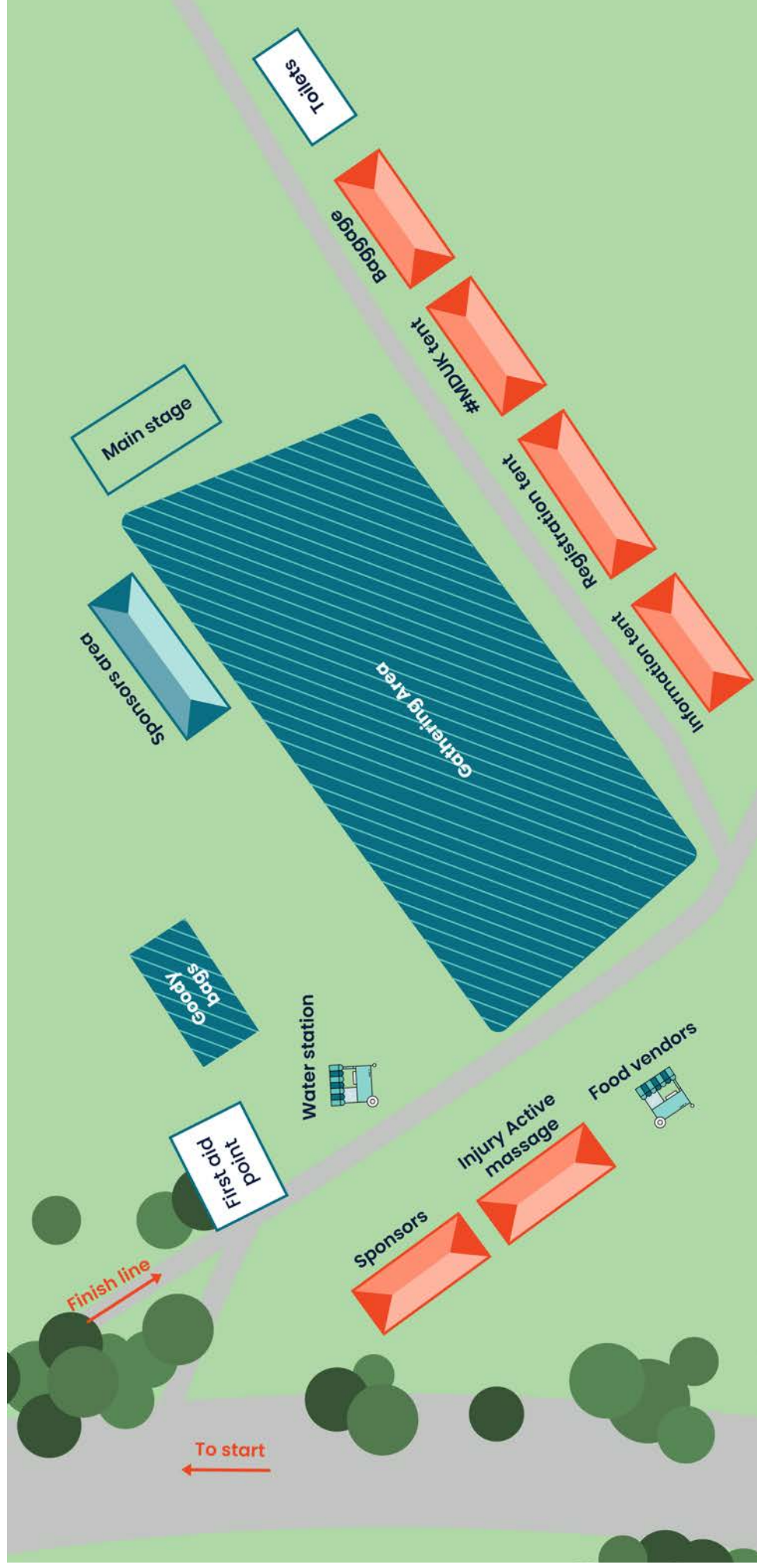
Should a runner qualify for an overall winner prize and an age group prize, they'll get the overall prize, and the next finisher will get the age group prize.





BIDWELLS

Event Village site plan



Your hosts for the day



Julian Clover

Event compere



Jay Kumar

Event compere



Meet your race starters: The Johnston Sisters

Three sisters, Coady, Frankie and Cerys, will open this year's Bidwells Cambridge 10k. Eldest sister Coady explains what it's like for her younger sisters living with myotonic dystrophy and the importance of starting this year's race together.

Frankie and Cerys both live with myotonic dystrophy, a genetic condition that causes progressive muscle weakness, fatigue and other symptoms that can make everyday tasks harder than they should be.

It's more than tired legs or sore muscles. It can impact grip, mobility, vision, heart rhythm and energy levels. Despite them both having the same condition, it affects them in different ways.

Frankie's symptoms were subtle at the beginning after she noticed that she couldn't smile and didn't know the reason why. She was 12 when she was diagnosed with myotonic dystrophy. It was hard to process that life-changing news as a teenager and, while we've done a lot of learning

since then, none of us knew anything about the condition at the time. As time has gone on, things are slowly getting worse for Frankie, as she struggles with reaching around things and her grip strength.

A decade after Frankie was diagnosed, we found out through genetic testing last year that Cerys also has the condition. She currently has minimal symptoms, but we don't know what the future holds. Whatever happens, we've got each other and will navigate our journeys together.

We're honoured to officially start this year's race. Cerys and I are also taking part, and Frankie will be cheering on from the sidelines. It will be a special moment seeing the community in Cambridge come together to support Muscular Dystrophy UK.

2026 race partners



On behalf of Bidwells, I want to extend a warm welcome to each and every one of you participating in this year's Bidwells Oxford 10k race. As the title sponsor, we are thrilled to be part of this incredible event and to support the vital work of Muscular Dystrophy UK (MDUK).

At Bidwells, we have been advising on land and property matters in the Oxford-Cambridge Arc for over 185 years. With offices in Oxford, Cambridge, and Milton Keynes, we are deeply committed to the communities we serve.

We are inspired by the dedication and resilience of all the participants, and we want to wish you the very best of luck on race day. Whether you're running for a personal challenge, in memory of a loved one, or to support MDUK's mission, know that your efforts are making a real difference.

As you make your way through the course, keep an eye out for our team cheering you on. We'll be there to support you every step of the way. If you have any questions or just want to say hello, please don't hesitate to stop by our tent at the race village.

Thank you for being part of this special event. Your participation is helping to fund groundbreaking research and support for those affected by muscle wasting conditions. Together, we can make a positive impact on the lives of so many.

Nick Pettit, Senior Partner, Bidwells



2026 race partners



Actiph

The team at Actiph Water is incredibly proud to be the official water sponsor for the Muscular Dystrophy UK Bidwells Town and Gown 10K. Supporting an event like this is truly special to us— not only does it bring communities together through the power of sport, but it also raises vital awareness and funds for the incredible work of Muscular Dystrophy UK.

We're honoured to play our part in keeping runners refreshed and energised throughout the course, and to stand alongside such an inspiring group of participants, organisers, and supporters.

Wishing everyone taking part the very best of luck—we'll be cheering you on every step of the way!



Cambridge Independent

Cambridge Independent have been the official media partners for Bidwells Cambridge 10k since 2017. They offer a high quality, trustworthy, useful and entertaining service to the community of Cambridge and its surrounding region.



Injury Active

We are a Physiotherapy and Sports Therapy clinic based in Cambridge, Essex and Hertfordshire, here to give you advice around injury rehabilitation and prevention and get you back to doing what you love. Injury active will be on hand for your pre and post event massage, as well as providing advice around injuries.



Up & Running

Whether you're chasing a PB or taking on your first race, visit your local Up & Running store for FREE gait analysis, advice from our friendly team, the right gear, and support tailored to you. Use your exclusive race discount code: T&G15% in-store and online and get race-day ready. Visit our website:

www.upandrunning.co.uk/



Wilmott Dixon

Wilmott Dixon is the UK's leading independent construction and property services company and are proud to be sponsoring the Bidwells Cambridge 10k
<https://www.willmottdixon.co.uk/>