

Bidwells



Oxford 10k

Town and Gown

Race Guide

Sunday 12 May 2024





Welcome

Your Bidwells Oxford 10k is drawing near, and we look forward to counting down the days to the race with you.

Good luck from us all – have a great race!

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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 with Buzz Gym on stage
9.15am	3k Junior Race starts
9.40am	10k warm-up with Buzz Gym on stage
10am	10k Race starts
11am	Prize presentation for all races
1pm	Event Village closes

Buzz Gym will be providing a warm-up ahead of the race. Do take part – it'll be fun, and helpful!

Event Village

You'll find our Event Village on **University Parks, OX1 3RF**, near the cricket pavillion.

Where there will be:

- A registration marquee for on-the-day race pack collection
- Toilets
- A supervised baggage area, where you can leave one bag per person. You'll need to write your race number on your baggage tag and attach it to your bag.

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

Travel advice

Local buses

Please visit the [Oxford Bus Company](#) and [Stagecoach](#) websites for up-to-date travel and bus routes to Oxford city centre.

The start and the Event Village are a 10-minute walk from the city centre, so you'll be able to catch any bus that goes into or near the centre.

Trains

The start and the Event Village are a 20-minute walk from Oxford's train station. Please factor this in if you're travelling into Oxford by train. You'll find up-to-date train information on the National Rail website.

Parking

Parking in the centre of Oxford is extremely limited and there are no parking facilities in the Event Village. Please visit the Oxford City Council website for a list of car parks within the city centre.

Road closure information

Roads will be closed from 8am until 12 noon. 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. Parks Road, will remain closed for the whole event.

Further Information

For further information, including road closures on the day, refer to our FAQ website section: www.townandgown10k.com/oxford/





The race

Catering

- **The Coffee Box.** Serving delicious coffee and cakes.
- **Pat's Baps.** Back serving burgers due to popular demand.
- **The Crepe Stop.** New for this year, serving delicious sweet and savoury crepes.
- **Ice cream vans.** A nice treat after the race, or while you're cheering runners on.



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

Important race information

Your race number has the chip attached. You'll need to pin this to the front of your t-shirt. The chip-timing system will record your time 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 this without the consent 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 require 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

This is on South Parks road, close to the Event Village.

Our wonderful pacers are back again for 2024, 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 along the course and at the finish. You'll be able to buy photographs after the event from <https://marathonphotos.live>

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

Twitter: [@TownandGown10k](https://twitter.com/TownandGown10k)

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.



Muscular Dystrophy UK (MDUK)

We fund Bidwells 10K Town & Gown series and encourage all 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 fund groundbreaking research and life-changing support for people living with a muscle wasting condition. If you haven't done so already, share your Sports Giving page (set up on your entry) with your friends and family. If you don't have a fundraising page, we can help you activate your Sports Giving page. Get in touch with us on townandgown10k@musculardystrophuk.org.

For more information on the work of our charity and how, by taking part in this event, you're helping visit www.musculardystrophyuk.org.

To make a donation to our work visit <https://sportsgiving.co.uk/sponsorship/race/2272>.



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.townandgown10k.com/volunteer

3k 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 the route just before the 5k mark on the corner of Norham Gardens and Fyfield Road.

Water will also be available at the finish and Event Village from water tanks. This will be provided in cups or you can refill your own bottle.

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.townandgown10k.com/Oxford

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:

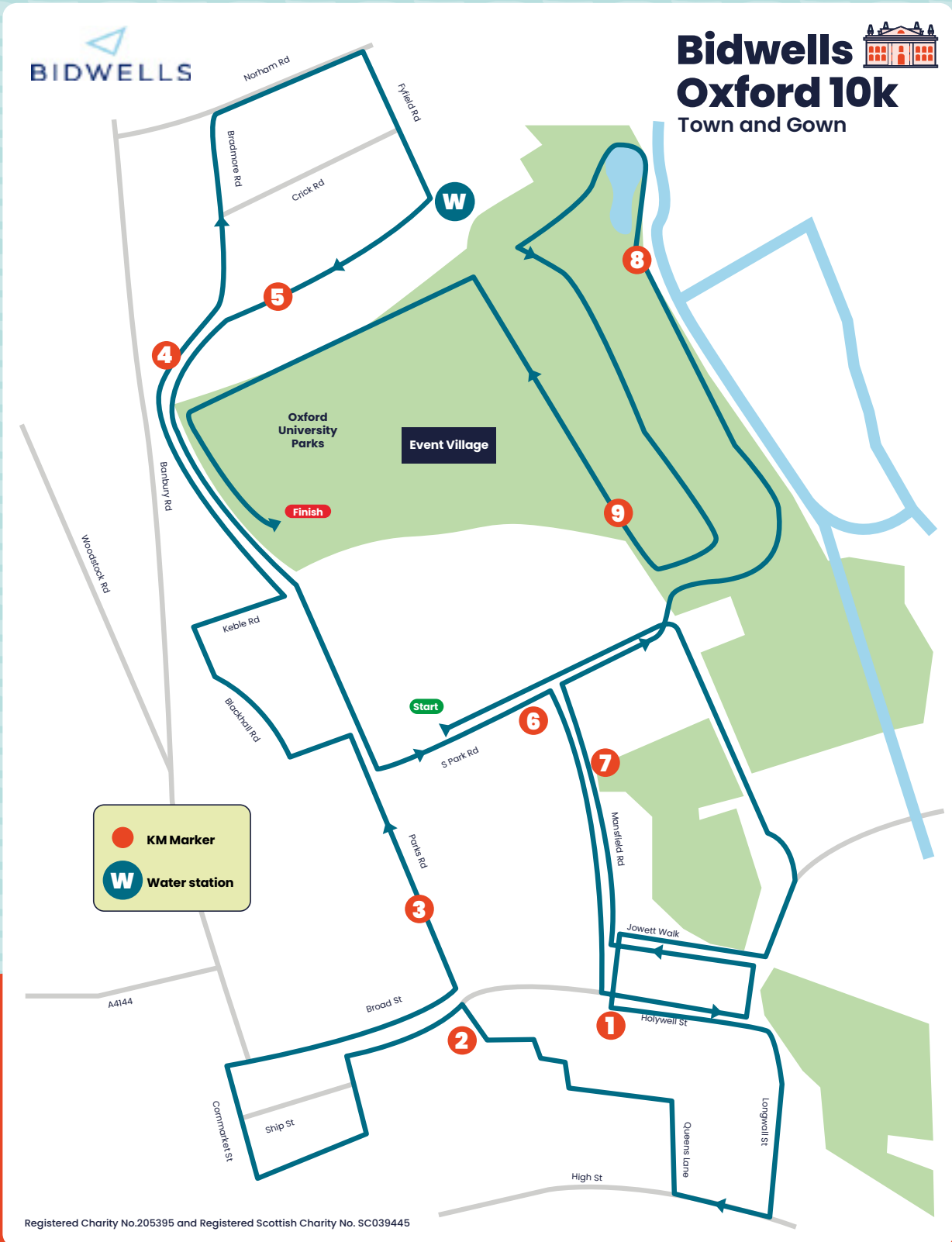
- First, second and third male and female.
- First male and female in age groups.

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.

10k route

**MUSCULAR
DYSTROPHY
UK** | OUR MUSCLES
MATTER

Bidwells Oxford 10k | route map



Event Village in Oxford University Parks



Keble Gate

Runner entrance and exit to the Start

South Lodge Gate

Supplier entrance/exit



Meet your race starters

Ian and Mavis Hale have a long history with Bidwells Oxford 10k. After volunteering nearly every year since it began, this year, the couple will be the official race starters. Ian tells us how they first got involved.

I worked with Mike Cleaver, the race founder, in the early 1980s and remember him coming into work and asking if we'd help with a 10k run he was organising to raise money for Muscular Dystrophy UK.

I knew Mike's son, Daniel, was living with muscular dystrophy and my wife Mavis and I wanted to help. In the first year, we handed out programmes, then became race marshals in year two, before joining the race committee.

Mike stood down from the committee after Daniel died in 1990, but it was a popular run, and it was raising a lot of money for a worthwhile

cause, so we didn't want it to stop. We formed a new race committee and took on a lot of the organisation, from contacting runners and sending out race packs to collecting the sponsorship money for the charity.

A lot has changed over the last four decades, but the friendly, community atmosphere at the run remains the same. We still feel a real connection to Mike, Daniel and others who are living with muscular dystrophy and know that it's making a difference.

We're honoured to start the race this year. Hard to believe it is 42 years since the first one!

2024 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



2024 race partners



Diligencia

Since 2008, we've been providing legal entity data and corporate intelligence services for emerging markets in the Middle East and Africa, to financial institutions, law firms, risk advisory organisations and multinational corporates.



Pennington Manches Cooper

Penningtons Manches Cooper is a leading UK and international law firm providing full-service support to businesses and individuals. Our multi-disciplinary Oxford team focus on a variety of the region's core industry sectors, including technology, life sciences and education. We also provide a comprehensive service to entrepreneurs, professionals and other private clients.

We are delighted to be supporting the Bidwells 10K Town & Gown and wish all the participants a great run today!



Oxford Mail