

THE
Tom Youngs
FOUNDATION

PARTICIPANT PACK

A WALK FOR TOM

Thank you so much for participating in **A Walk for Tom**.

This event is more than a walk - it's a celebration of Tom's spirit, his kindness, and his belief in supporting others.

By taking part, and getting sponsorship for your efforts, you're helping us raise vital funds for families facing complex challenges, and we're so grateful to have you with us.

DATE: FRIDAY 3 APRIL 2026

DEPART MILDENHALL TOWN FC AT 6:00AM

ARRIVE CAMBRIDGE UNITED FC APPROX 2:30PM



www.thetomyoungsfoundation.org

THE TOMYOUNGS FOUNDATION

PRESENTS



Where every step will make a difference

MILDENHALL
TOWN F.C.

FRI 3
APRIL
2026

CAMBRIDGE
UNITED F.C.

St Edmundsbury
Wealth Management Ltd

PRINCIPAL SPONSOR

www.thetomyoungsfoundation.org

info@thetomyoungsfoundation.org

WHAT'S INCLUDED

All walkers will receive:

- Water Bottle
- T-Shirt (please refer to size guide before choosing which size you require)
- Refreshments throughout the walk
- Route map - with marked rest stops
- Complimentary ticket from Cambridge United for the Swindon match

If you'd like to contribute towards the cost, we suggest a donation of £10 for a T-shirt and £5 for a water bottle.



WHAT TO BRING

- Comfortable walking shoes
- Weather-proof clothing
- Snacks
- Fully charged phone/portable charger
- Any required medication
- Plasters

SCHEDULE FOR THE DAY

- 6am Registration at Recreation Way
 - consider getting dropped off to avoid leaving a car all day
- Welcome and set off promptly
- Rest stops marked on route map
- Arrive at The Abbey Stadium approx. 2:30pm
- Group photo
- Cambridge vs Swindon - 3pm kick off
- Half time celebration - willing participants welcome on pitch
- Final whistle - Home time or pub!
 - Let us know if you need a lift share to get back to Mildenhall

THE ROUTE

Start at Mildenhall Town FC on Recreation Way.

Head south to join B1102

Stay on B1102 Worlington and Freckenham.

Keep following B1102 through Fordham.

Continue on B1102 towards Soham.

Stay on B1102 as it heads south out of Soham.

Follow B1102 all the way to Stow Cum Quy.

At Stow Cum Quy, continue straight onto Newmarket Road (still B1102).

Follow Newmarket Road into Cambridge.

Arrive at The Abbey Stadium

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SAFETY INFORMATION

- Walk at your own pace
- Keep hydrated
- Stay on the marked route
- Walk on footpaths where possible
- Use crossings where indicated
- Walk in pairs or groups
- Report any issues to event team
- Emergency contact for the walk -
07732354153



FUNDRAISING GUIDANCE

We would love for you to fundraise as part of **A Walk for Tom**, and there are two simple ways to do it:

- Option 1: Collect donations from your supporters and make a single payment through our website via the [Donate](#) button.
- Option 2: Ask friends and family to visit our website and donate directly using the [Donate](#) button. Please remind them to add your name as a reference so we can keep track of the total you've raised.

Sponsorship forms are available to download on our website if you'd like to record your donations as you go. Gift Aid information will be available on our website.

We do ask that walkers commit to fundraising £100 for their endeavours to make the event truly worthwhile.

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OUR SPONSORS

A heartfelt thank you to all our sponsors for their incredible support. Their generosity helps us create a meaningful event and ensures we can raise funds in Tom's memory. We're truly grateful for every organisation that has chosen to stand with us.



Plus an enormous thank you to Cambridge United for their generous hospitality for the match and for their support of this event.

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THANK YOU

If you have any questions please get in touch via email: info@thetomyoungsfoundation.org

More information available on our website: www.thetomyoungsfoundation.org

Please follow and support our social media accounts to boost fundraising



See you on Friday 3rd April at 6am!

