

Brought to you by



Cambridge

Biomedical Campus

Thank you for entering the ATW Cambridge Biomedical Campus 10k, 5k, and Fun Run.

Sponsored by Cambridge Biomedical Campus Limited and Prologis.

This information pack contains everything you need to know ahead of your event on Sunday 19th April. Please have a read through so you can be fully prepared!

We can't wait to see you on the start line.



Follow us on socials @eventsatw



KEY DETAILS:

Sunday 19th April

Address:

Cambridge Biomedical
Campus
Francis Crick Avenue
Trumpington
Cambridge
CB2 0SL

Registration:

Registration will be open
from 08.30am for all
races

Charities:

This event isn't just about
races: it's about rallying
together to support the
amazing Addenbrooke's
Charitable Trust, Maggie's
and Royal Papworth
Charity.

We are also thrilled to be
supporting The British
Heart Foundation and
Cambridge Global Health
Partnerships (CGHP).

Timings:

8:30am

Registration opens

9.45am

Childrens 1 mile Fun Run

10.30am

5k Run/Walk Start

10:30am

10K Run Start

Parking:

We encourage visitors to the Cambridge Biomedical Campus to consider doing so via public transport, walking or cycling as parking is limited. Find your way to the start line on [Google maps](#) here or [What3Words](#) here.

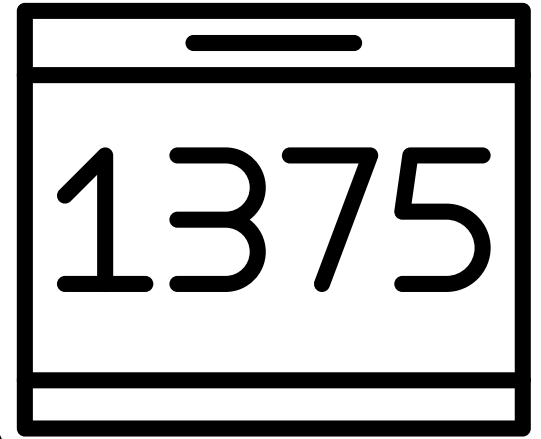
The Campus is served by both the Trumpington or Babraham Road Park and Ride services, as well as guided and on-road buses. Find the best bus journey for you with the [Cambridgeshire and Peterborough Combined Authorities journey planner](#).

For those who wish to drive, the closest car park is [Car Park 2](#), which you will have to pay for. Find it [here on What3Words](#).

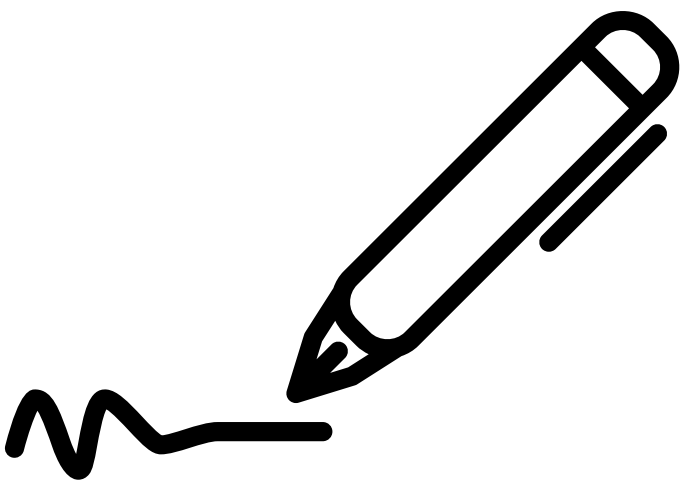
You can also use [Voi e-scooters](#) to travel to the Campus, where there are numerous areas to park your scooter.

When you arrive:

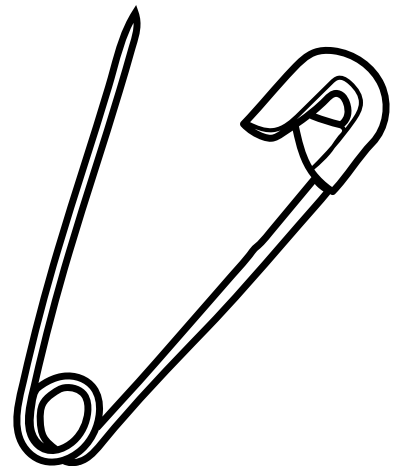
Head over to registration to collect your race number – all you need is the name you signed up with



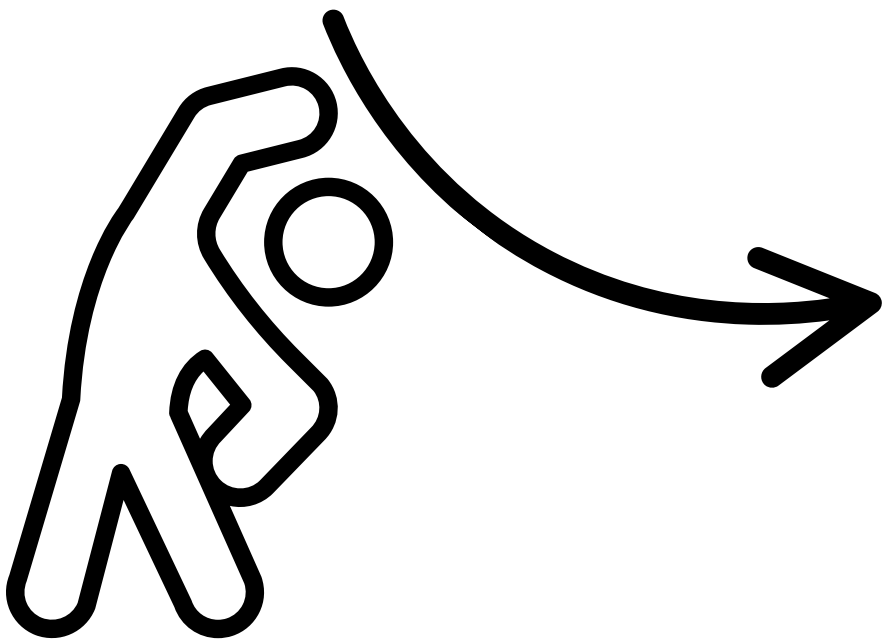
Fill out your information on the back, this helps us identify you quickly if something happens on course



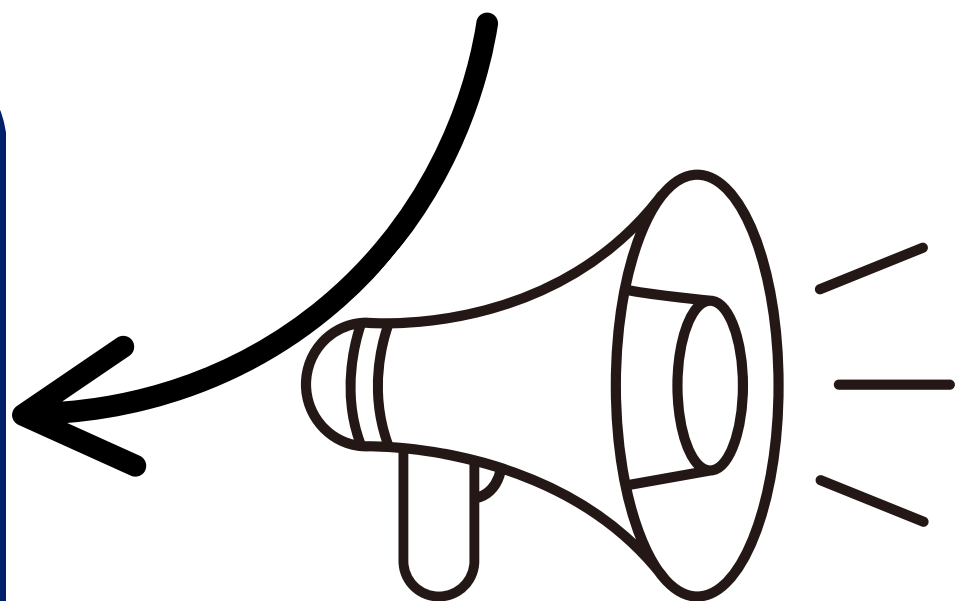
Pin your number to the FRONT of your t-shirt- do not remove the foam strip – safety pins can be found on HQ tables



Explore HQ, warm up and get ready for your race start



Join the start funnel- 10 mins before the start the commentator will announce pace groups, slot in at your target pace. Have fun!

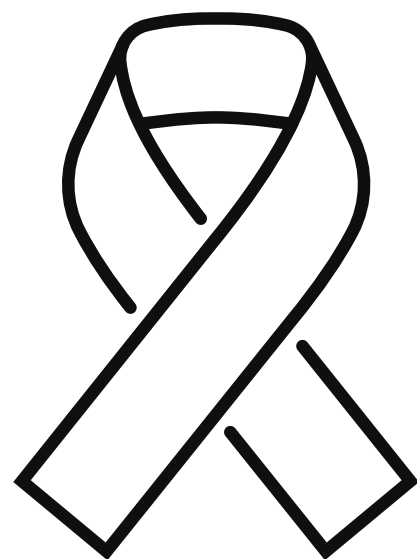


Bag Drop:



Tear off the baggage label from the bottom of your race bib

Loop your baggage tag to your bag or jumper and push the end through the slit to secure



Hand over your bag to one of our marshals at the bag drop area.



Go and enjoy the event!



Bring your race number back to the bag drop area to collect your belongings

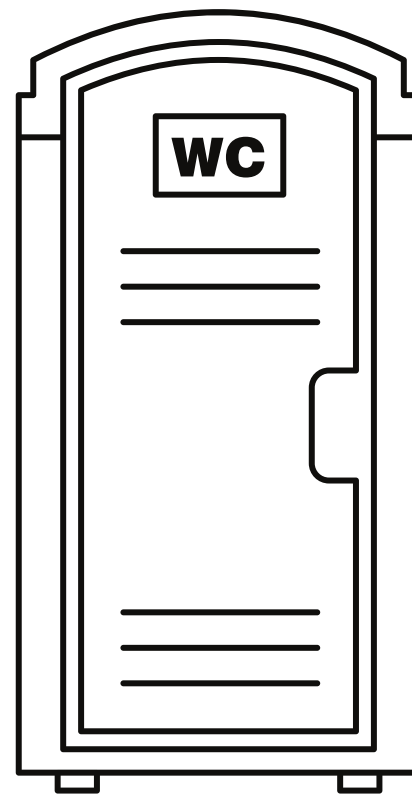


Some Key Info:

Toilets & Changing:

Toilet facilities are on site in the form of portable toilets. Free sanitary products will be available in the portable toilets.

There are no changing facilities on site, please come ready to race.

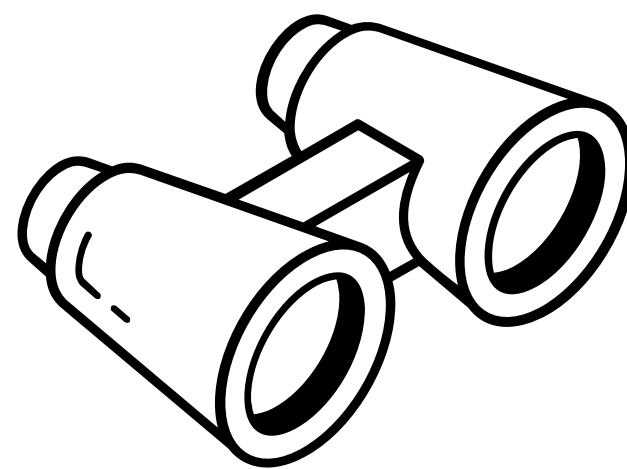


A coffee van will be serving food and drink at event HQ.

Friends or family coming to support?

Help us build the magic of event day and celebrate every runner over the line.

Cheer runners on at the finish funnel!



This event is UKA affiliated and therefore the wearing of in-ear and over-ear headphones are banned. Only Bone conduction headphones are permitted

1 Mile Children's Fun Run (2 laps)



The 1-mile Children's Fun Run will run down Francis Crick Avenue to a turn around point, before returning to the start. You will complete 2 laps before returning to the finish line under the ATW arch. NOTE: Children under 8 must be accompanied by an adult.

5km & 10k Route:



The 5k and 10km will also start on Francis Crick Avenue, before turning at the end of the road onto a public footpath. You will then continue straight ahead along Hobson's Park, before entering Hobson's Park at the tail end of the lap. When exiting Hobson's Park 5k and 10k runners will turn left back towards Francis Crick Avenue and the finish line. 10k runners will do a U-turn next to the finish line and complete the same lap for a 2nd time.

ATW accessibility

For this event, we are pleased to offer a designated quiet area just outside the event village for any athletes who may benefit from a low-stimulus environment.

This calm space is intended for those who experience sensory overload, pre-race nerves, migraines, or anyone who simply needs a peaceful moment to regroup before or after running. Some athletes prefer a quieter area to mentally prepare, manage anxiety, or steady their breathing after finishing, and this space is designed with all of them in mind.

We ask everyone to respect the purpose of this area and only use it if you genuinely need a quieter environment, so it remains available for those who rely on it.

The quiet zone is a large black gazebo with a sign clearly indicating it is a quiet area. If you need to use this space, you will also be able to pick up your race number from there.

We ask that this space is used respectfully

We pride ourselves on being inclusive and accessible and we know this looks different for everyone!

Pre-event, if you have any questions please email access@atwevents.co.uk

On event day Claire can be found in the event village and is the friendly face aiming to make the event accessible for all; with bundles of experience, she will do everything she can to help :)

Crossing the finish line

ATW HUB:

The place for all of your pre and post race needs and all things ATW.

Download the ATW hub app from your app store now to see your results, photos and more!

THE HUB



EVENTS



RESULTS



PHOTOS



FAQ'S



PARTNERS



COACHING



SOCIALS & PODCASTS



EVENTMAKERS



TRAINING CAMPS



ATW RACE SERIES



FUNDRAISING



MEET-UPS



OWS & TRAINING VENUES



VIDEO LIBRARY

[Download on the AppStore](#)

[Download on Google Play](#)

Brought to you by



Cambridge
Biomedical Campus



PROLOGIS

Brought to you by Cambridge Biomedical Campus Limited, a non-profit partnership of the health, research, life science and education organisations on the Campus, which is the largest centre of medical research and health science in Europe.

Sponsored by Prologis.

Our partners:

The logo for Revive Active, featuring the word "revive" in a bold, lowercase sans-serif font and "active" in a smaller, lowercase sans-serif font below it, with a registered trademark symbol. To the right of the text is a small icon of a person with arms raised, all contained within a green rounded square.

OUR SUPPLEMENT
SPONSOR!

Revive Active is more than just a multivitamin... It's a SUPER Supplement. Why is it Super? Ingredients, Power, Convenience, Taste and Effectiveness to achieve a SUPER YOU no matter what stage of life you're at!

[CHECK OUT THEIR STORE](#)



**SKECHERS
PERFORMANCE**

OUR ALL NEW RUN SPONSOR!

Lifestyle and athletic footwear and apparel for men, women, and kids filled with innovative comfort technologies.

YellowJersey
Insurance for cycling

Bike insurance

Travel insurance

For more than ten years, their specialist bicycle insurance has been covering equipment for theft and crash damage

Our partners:

ALZHEIMER'S RESEARCH UK **FOR A CURE**

Alzheimer's Research UK is the UK's leading charity for dementia research, aiming to find a cure for Alzheimer's disease and other forms of dementia.

When you sign up for an ATW event, you will have 2 options to help Alzheimer's research UK:

1. Donate
2. Share your interest in supporting Alzheimer's research – including event sponsorships

[FIND OUT MORE](#)

YOU HAVE THE MOTIVATION, WE HAVE WHAT IT TAKES

DEXTRO ENERGY

LOVE, CORN

ATW POWERED BY RED BULL

SAVE 50%*



amazon.co.uk



BOKA

NATURE VALLEY

*Scan QR code above. Add to basket. At Amazon checkout type in 'DextroSave50'. Whilst stocks last.

ZONE3 

CONFIDENCE STARTS IN THE WATER.



**Every race starts with the swim.
Confidence in open water comes
from wearing the right wetsuit.**

ZONE3 wetsuits are developed, refined and proven through real world testing, with a focus on efficiency, comfort and control when it matters most.

For ATW events, athletes can access ZONE3's season wetsuit rental programme, making ZONE3 wetsuit performance available without the commitment of purchasing.

PREPARING FOR RACE DAY?

Use the [ZONE3 Race Day Kit List Checker](#) to make sure nothing is left to chance, from wetsuit choice to final swim essentials.

Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



ATHLETE APPROVED. PERFORMANCE PROVEN.