

# DEBDEN

5K

10K



Thank you for entering the ATW Debden 10k and 5k.

This information pack contains everything you need to know ahead of your event on Sunday 15th March. 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](https://www.instagram.com/eventsatw)

# KEY DETAILS:

## 15th March 2026

### Address:

Debden Airfield, Carver  
Barracks, Water Ln,  
Wimbish, Saffron Walden  
CB10 2YA

### Parking:

Ample Parking is available for £3 per car. Please follow the car park marshal instructions. We strongly promote car sharing where possible. The parking fee will be collected on exit from the venue to avoid queues on arrival. Please provide cash where possible.

### Timings:

8:00am

Registration opens

9.00am

Fun run start

9:30am

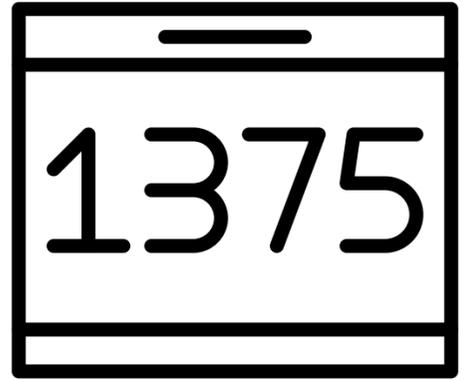
20 mile start

10.00am

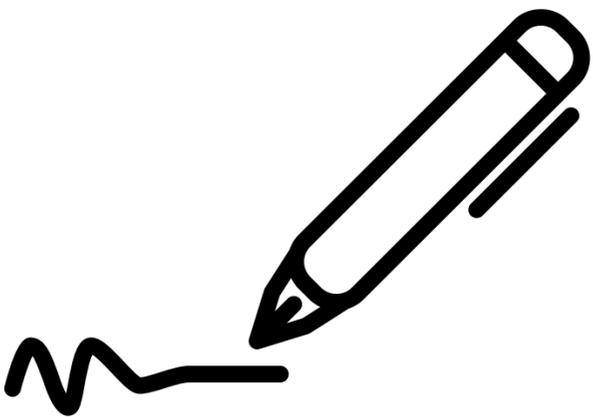
10k and 5k start

# When you arrive:

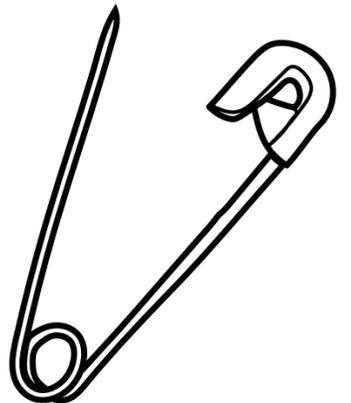
Head over to registration to collect your race number – all you need is the name you signed up with



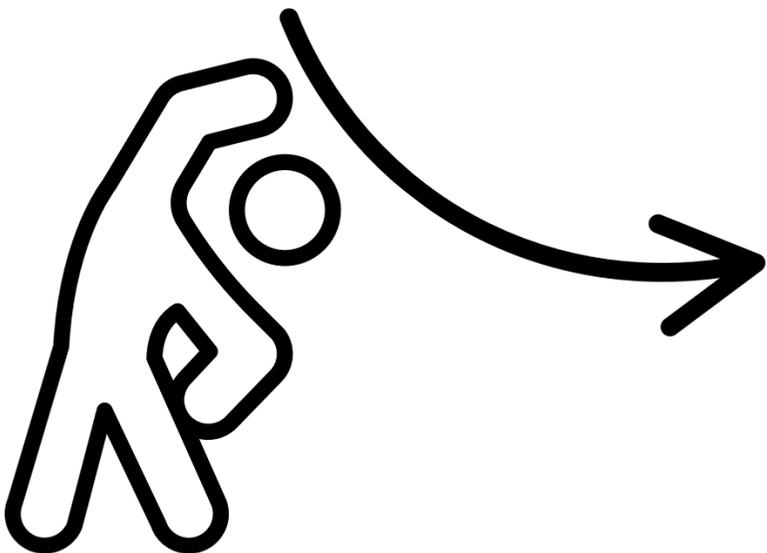
Fill out your information on the back, this helps us identify you quickly if something happens on course



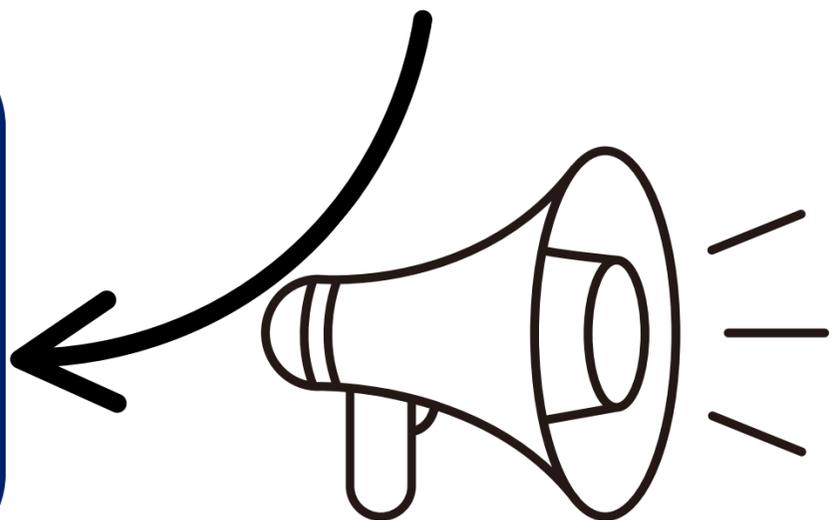
Pin your number to the FRONT of your t-shirt- do not remove the foam strip – safety pins can be found on HQ tables



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



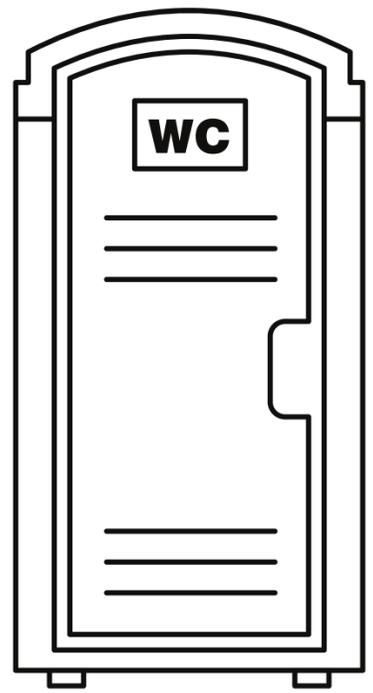
Join the start funnel- 5 mins before the start. The commentator will announce this. Have fun!



# Some Key Info:

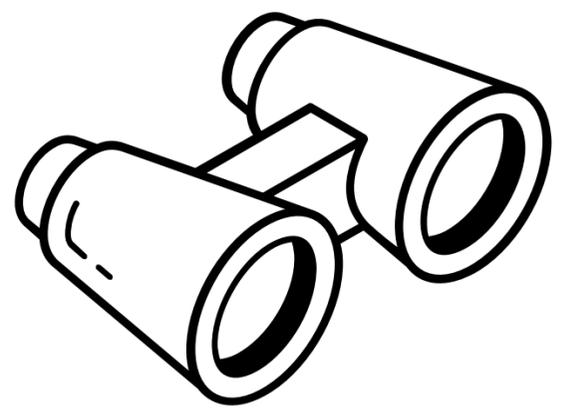
## Toilets & Changing:

Toilets are on site in race HQ  
There will be free sanitary  
products available in the toilets.



A caterer will be serving food  
and drink inside the 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!



As per UK Athletics rules, over-ear headphones or  
earpods will not be permitted at this event.

Bone conductor headphones are allowed;  
however, we would encourage you to run without  
them where possible or at the very least to keep  
the volume low.

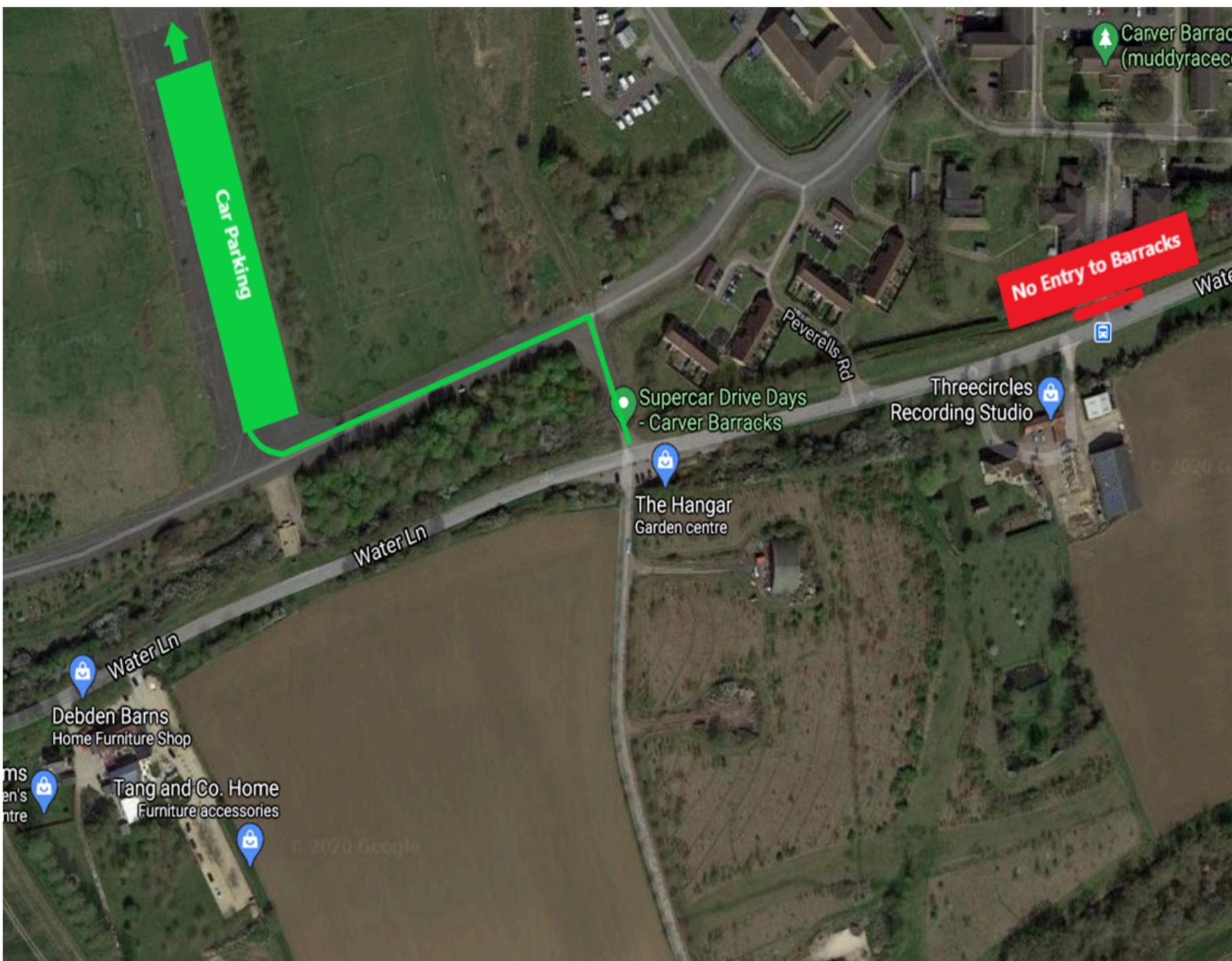
Make sure you are able to hear and understand  
marshal instructions.

## Parking:

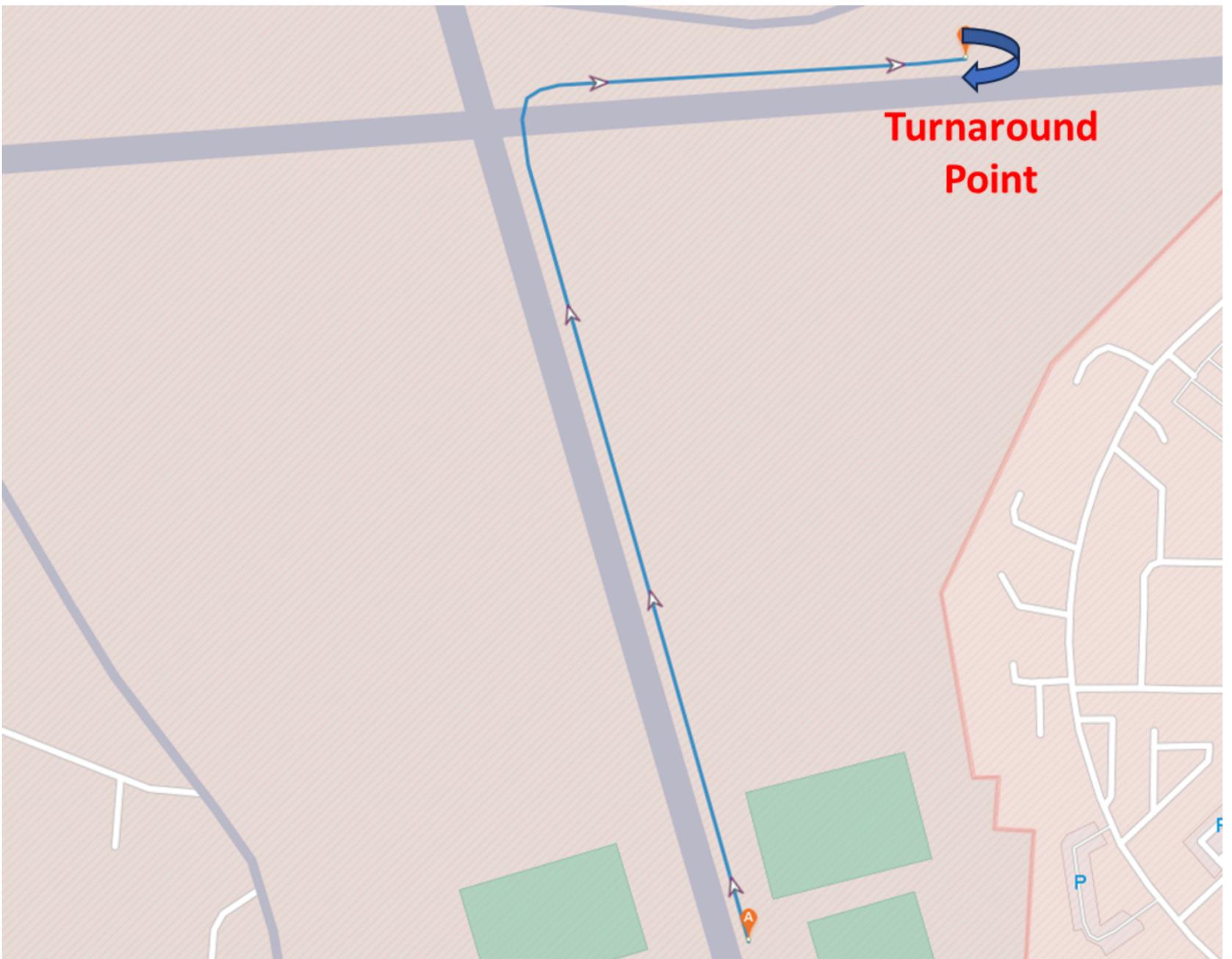
See below image for entrance to the event and parking location.

£3 per car will be collected on exit as a parking fee. Please bring cash if possible

Use W3W location for event entrance  
///spouting.flames.different



# 1 Mile Fun Run Course



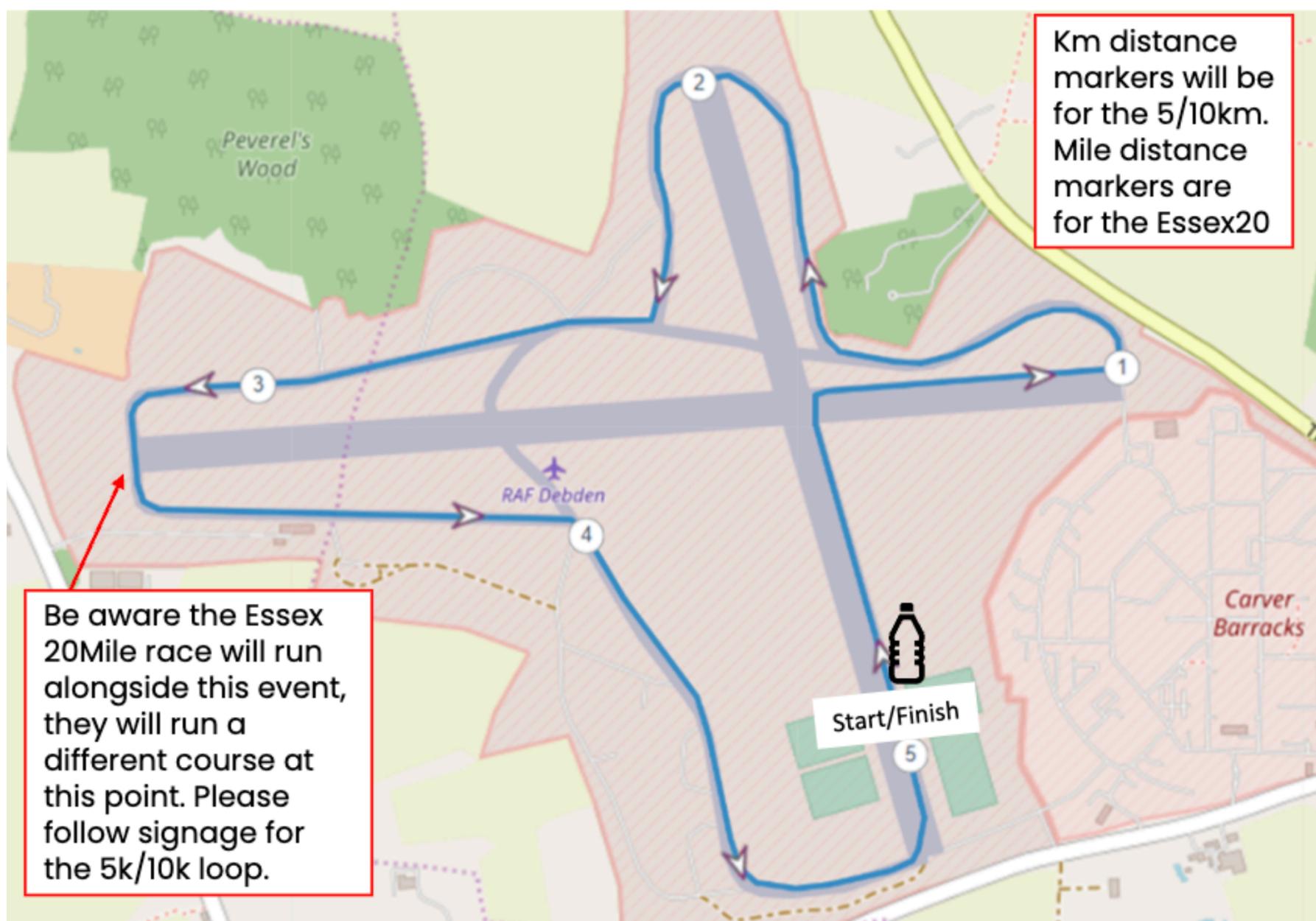
**For the 1 mile run the course is as shown above. You will run out for 0.5 miles then at the turnaround point return back through the finish arch.**

# 10k and 5k course

For the 5k and 10k runs the course consists of a 5km anticlockwise lap that follows around the perimeter loop of the airfield

5km- 1 lap

10km- 2laps



This course has been officially measured and has an AUKCM of course accuracy.

# 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



Holly

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](mailto:access@atwevents.co.uk)

On event day Holly 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

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[Download on Google Play](#)

All that's left to say is...

# GOOD LUCK

# AND

# HAVE FUN!!

# 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.

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](#)



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# Our partners:

## ALZHEIMER'S RESEARCH UK

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](#)

