



Thank you for
entering the ATW
Colchester Friday
Night Races.

This information
pack contains
everything you need
to know ahead of
your event on Friday
7th August. 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:

7th August 2026

Address:

Colchester Sports Park,
Cuckoo Farm Way,
Colchester, CO4 5YX

What3Words:

[///singles.campsites.career](https://www.singles.campsites.career)

Parking:

Plenty of car parking is available at the venue. Please make sure that you enter your car registration on the iPad in the café for free parking.

Timings:

4:30pm

Registration opens (stays open until final race starts)

5.30pm

1 mile start

6.00pm

5k start – Male/Female over 23 mins

7.00pm

5k start – Male/Female 20–23 mins

7.30pm

5k start – Male 18–20 mins

8.00pm

5k start – Male 16–18 mins

8.30pm

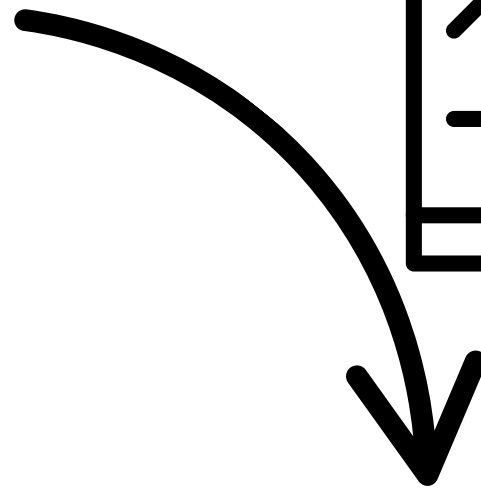
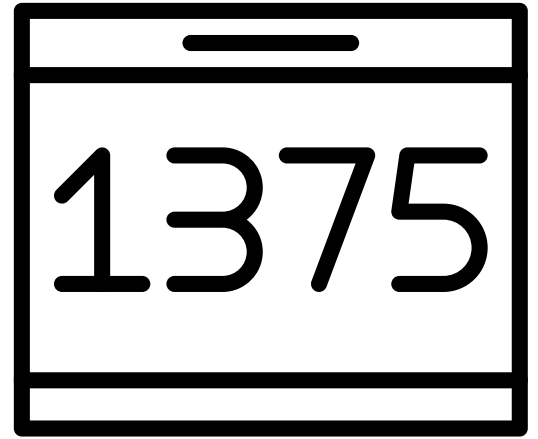
5k start – Comms Express Elite Woman's Race (sub 20 mins)

9.00pm

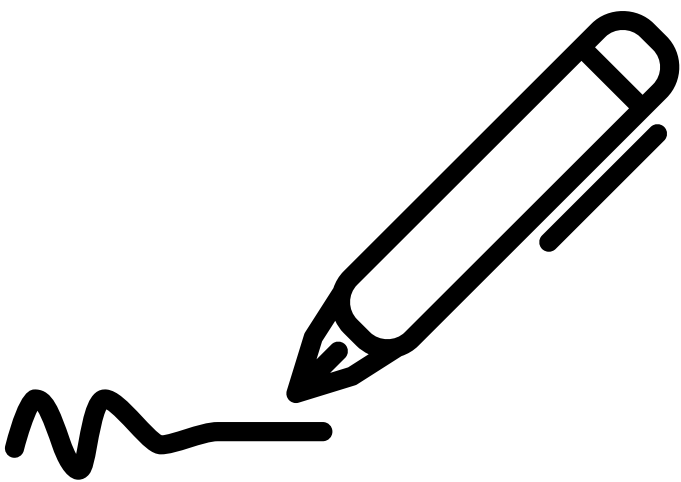
5k start – Comms Express Elite Men's Race (sun 16 mins)

When you arrive:

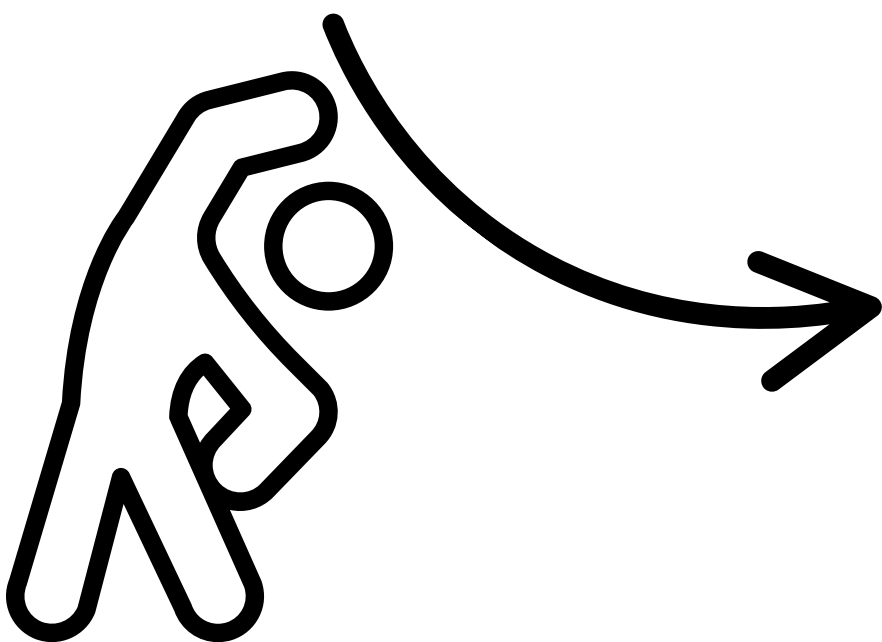
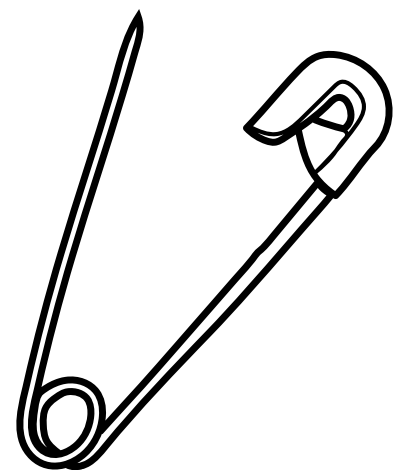
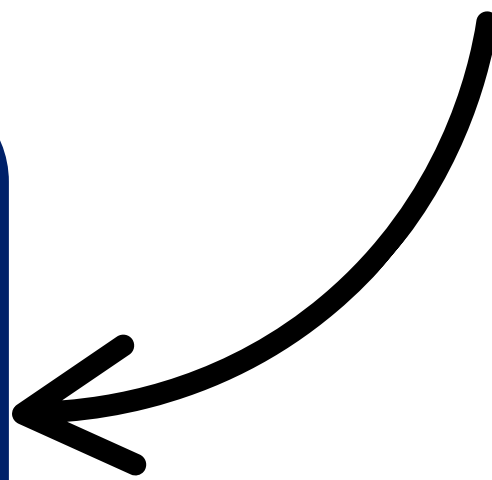
Head over to registration to collect your race number – all you need is the name you signed up with.



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

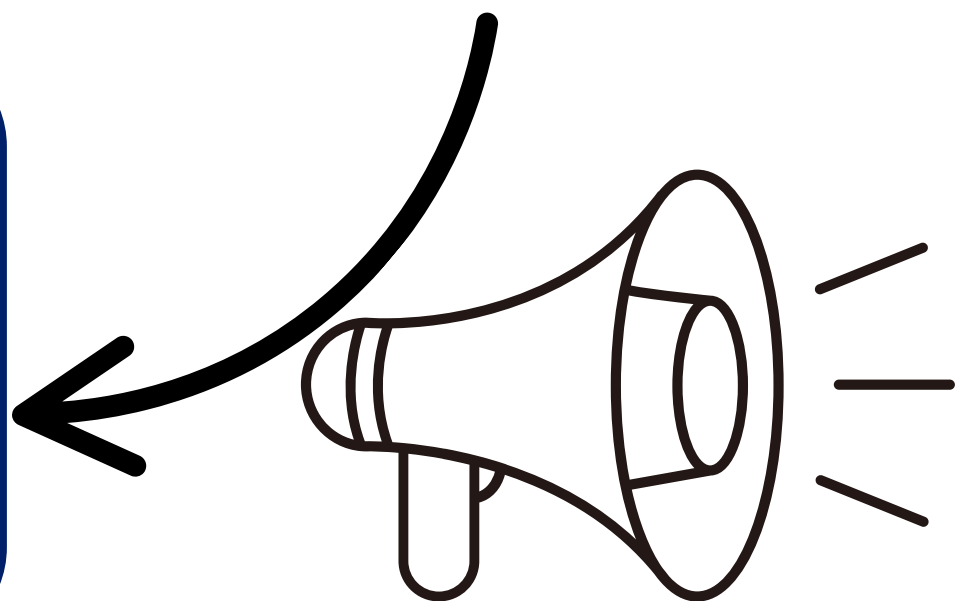


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables.



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

Join the start funnel– 5 mins before the start. The commentator will call you in. Have fun!



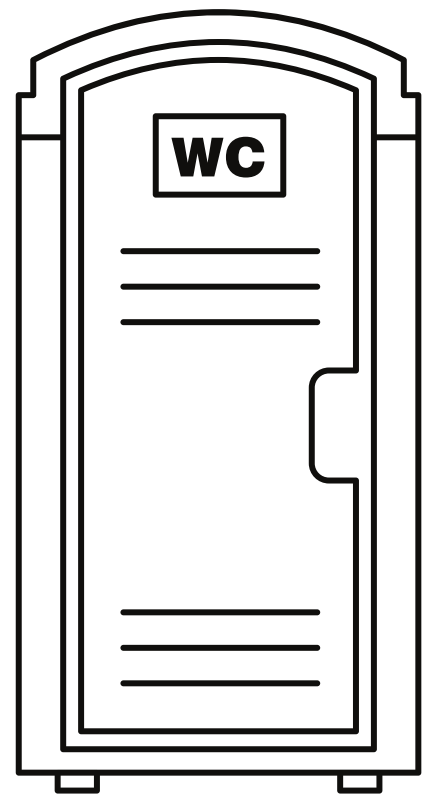
Some Key Info:

Toilets & Changing:

No changing facilities on site.

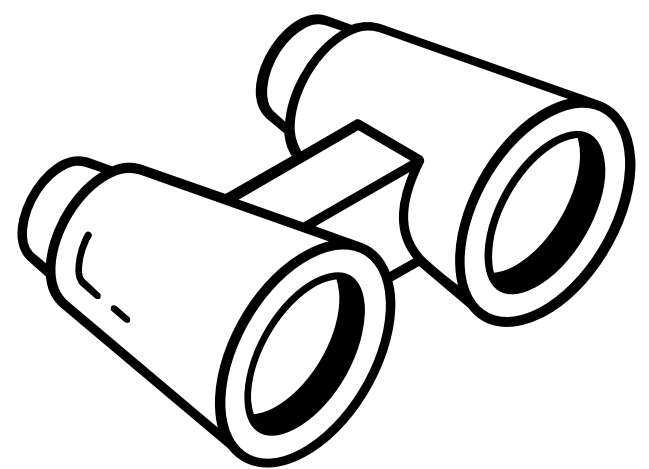
Portable toilets at event HQ.

Free female sanitary products available in portable toilet.



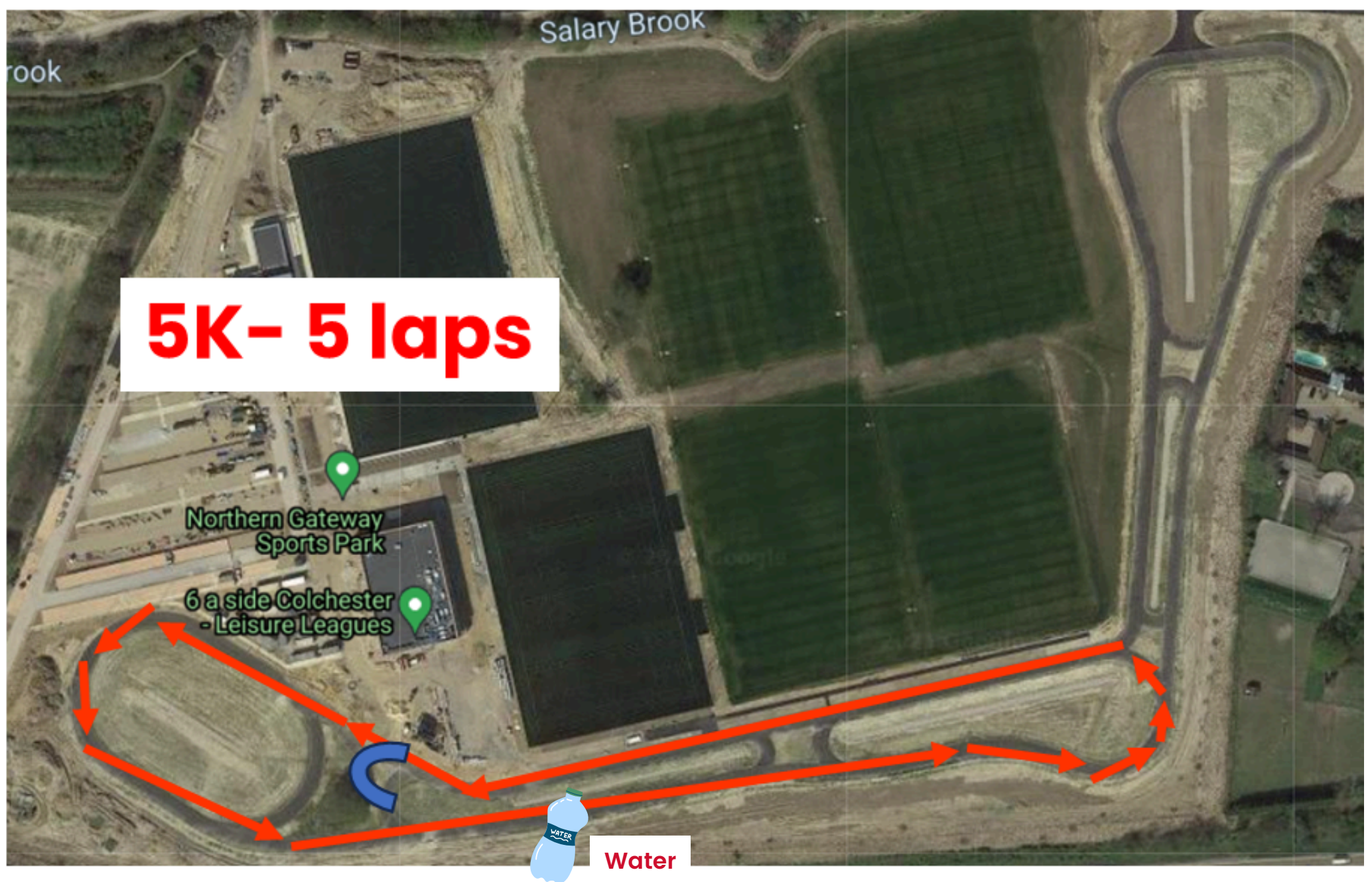
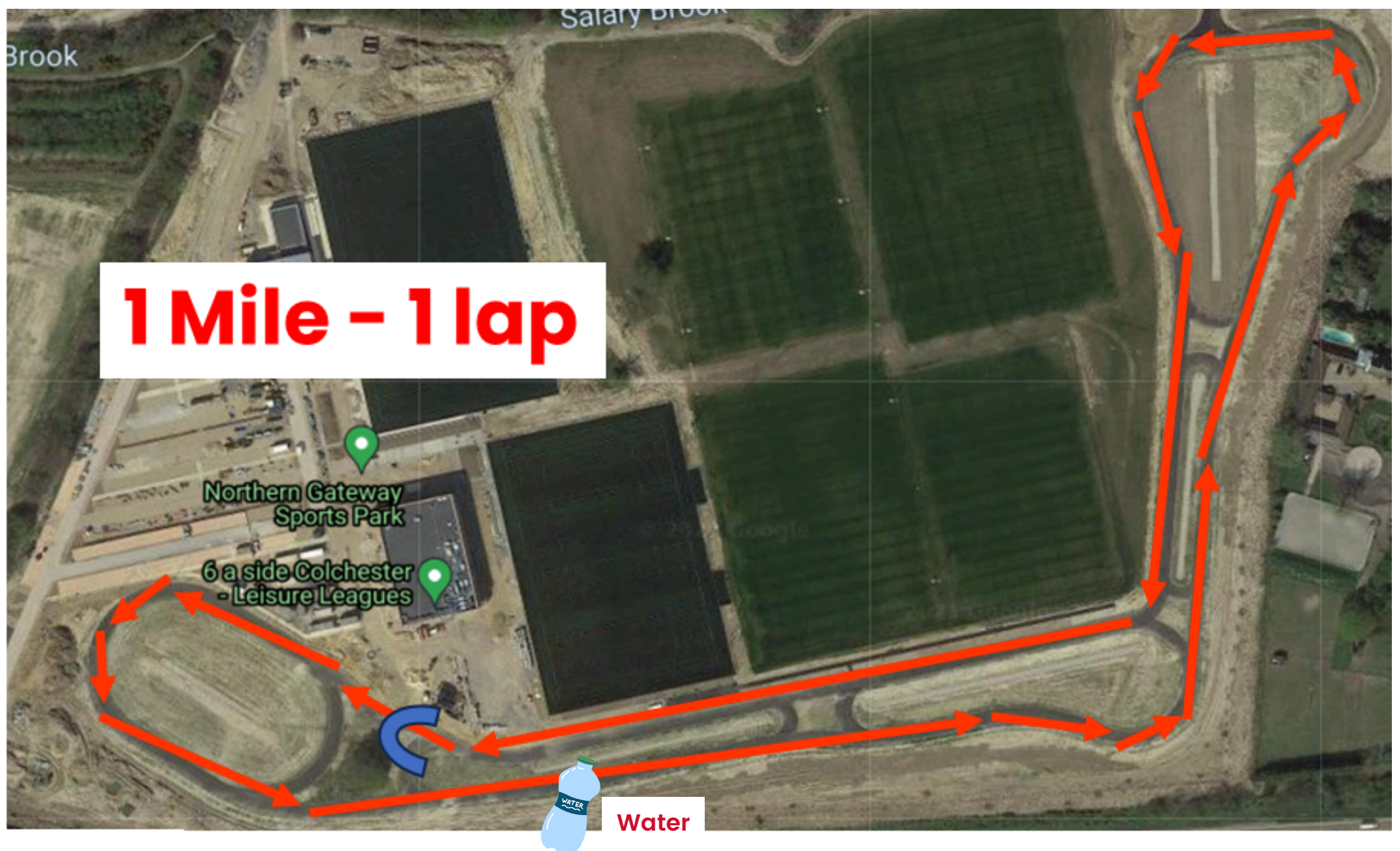
There will be food and coffee vendors at event HQ

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 & over the ear headphones are NOT permitted.
Bone conducting headphones are allowed.

The Route:



Course - The 1 mile event will be taking place on the full cycle track, you will complete 1 lap. The 5k event will be taking place on the shorter, lower section below, you will compete 5 laps of the course.

Prizegiving:

1 Mile Event

A medal presentation will take place to the top 3 male and female finishers. This will take place after the conclusion of the mile race.

5k Elite Races

After the Elite Races have been completed, there will be a prize giving for the elite races. This will take place at 9:30pm.

Essex 5k Championships

In addition to the above there will be a separate prizegiving for the Essex 5k championships based on the merging of the chip-time results from each 5k wave.

Medals will be awarded to the top male and female in the following categories:

U20, 20-39, V40, V45, V50, V55, V60, V65, V70+, and Teams. This will take place at a future event.



We would also like to say a huge THANK YOU to our sponsors who have donated over £6000 worth of donations in the form of prizes from various brands. These sponsors include:

Akriveia

comms
express
delivering I.T. fast



STUBBLE&CO



Puresport®



Prizes (Comms Express Elite wave):

Winner

£400 Cash | Stubble & Co Backpack | FLYCARB goodies | PureSport goodies | Tiptree Jam

2nd place

£200 Cash | Stubble & Co Backpack | FLYCARB goodies | PureSport goodies | Tiptree Jam

3rd Place

£100 Cash | Stubble & Co Backpack | FLYCARB goodies | PureSport goodies | Tiptree Jam

4th Place

£50 Cash | Tiptree Jam

5th Place

£25 Cash | Tiptree Jam

£200 for first male to break the current event record of 14:02

£400 (rollover) for the first female to break the current event record of 16:03

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



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ATW RACE SERIES



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Our partners:



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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!

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OUR 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 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](#)

Our partners:



YOU HAVE
THE MOTIVATION,
WE HAVE WHAT IT TAKES



amazon.co.uk



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



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.

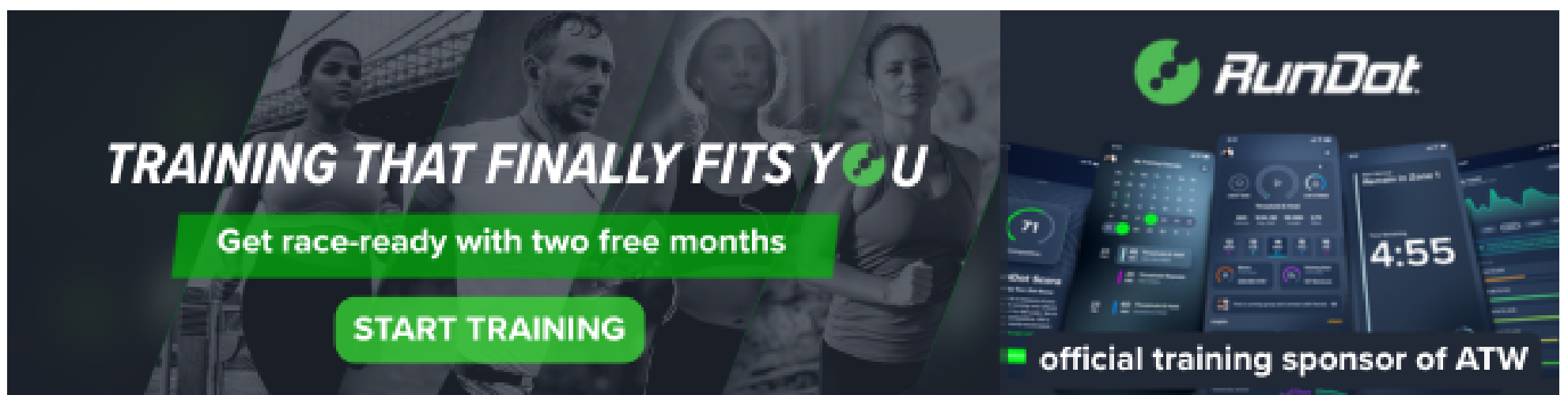
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://www.zone3.com/atw)



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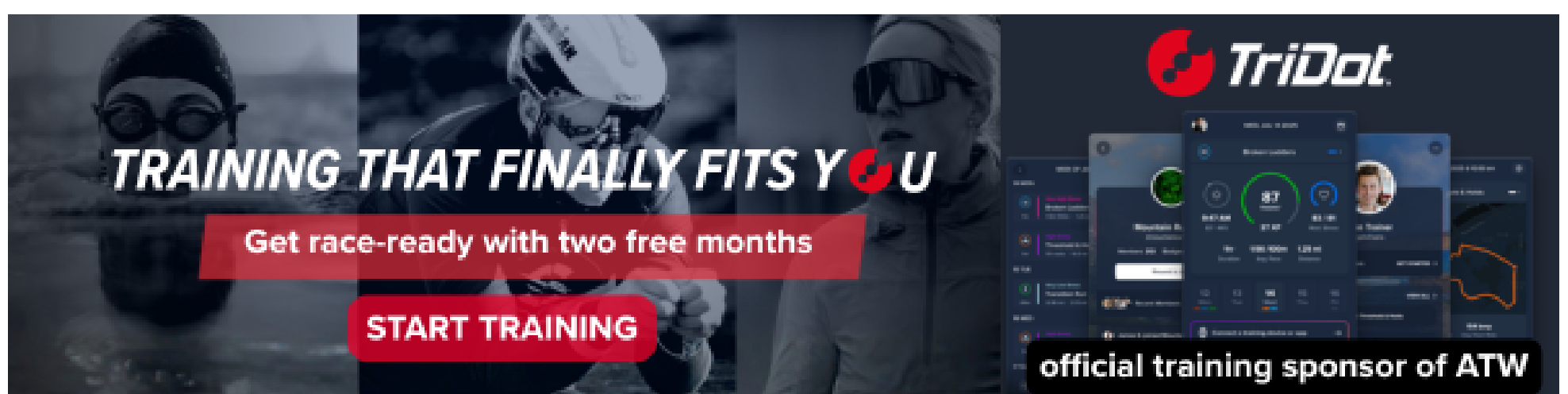
Train smarter, not harder: RunDot builds a personalized running plan tailored to your body, schedule, and conditions.

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and you see more results.

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