

ATW WATFORD HALF & 10K

Sunday 2nd February 2025



WATFORD HALF & 10K

Thank you for entering the
2025 ATW Watford Half &
10k!

We advise you read this information
document carefully in advance of event
day so that you can enjoy the event to its
fullest.

EVENT HQ

Cassiobury Park, Watford, WD18 7LG

[What.3.Words location \[///hung.limes.fuzzy\]\(https://www.what3words.com/location/hung.limes.fuzzy\)](https://www.what3words.com/location/hung.limes.fuzzy)

Here you'll find the registration desk, toilets, food & drink vendors and
stalls.



Parking is not available at the venue itself, however the venue is only a short walk away from Watford Town Centre with ample multi story car parks available. Please arrive with plenty of time to park and walk to the venue. A map of the venue, entrance points and parking/public transport locations can be found below.

The venue is also within a short walk from several underground stations, and can also be accessed by bus. For more information visit Watford.gov.uk/cassioburypark

This map illustrates the location of Cassiobury Park and its proximity to various landmarks and public transport. The park is situated on the left side of the map, featuring a river, a miniature railway, and a nature reserve. Key roads include Langley Way, Cassiobury Drive, Woodland Drive, Hempstead Road, Stratford Road, Langley Road, St Albans Road (A412), Clarendon Road, Beechen Grove, Exchange Road, Cassio Road, Upton Road, Rosslyn Road, Harwoods Road, Rickmansworth Road, Shepherds Road, Swiss Avenue, and Gade Avenue. Landmarks such as the Watford Metropolitan Line, Watford Town Hall, and Watford Junction are marked. Public transport connections are highlighted with red text: a 2-minute walk to Cassiobury Park entrance from the Watford Metropolitan Line, a 7-minute walk to Cassiobury Park entrance from Watford Junction, and a 20-minute walk to Cassiobury Park entrance from Watford High Street. The map also shows various parking areas, including a public bicycle rack and a car park. The Watford Borough Council logo is in the top right corner, and the Atria Watford logo is in the bottom right corner.

NUMBER & PRE-PAID T-SHIRT COLLECTION



For those who wish to avoid the queues on Sunday morning, we are offering early number & T-shirt collection Saturday morning.

Saturday 1st February 9am-2pm

Gade Avenue Car Park, Cassiobury Park,
WD18 7LG

What.3.Words location [///owners.leap.dust](http://owners.leap.dust)

You can also collect as usual on the day of the event from registration.

Sunday 2nd February 7:30am-9:45am

Watford Half Marathon HQ

What.3.Words location [///hung.limes.fuzzy](http://hung.limes.fuzzy)

If you pre-paid for an event t-shirt you must collect this before your run along with your running number from the registration desk.

Please arrive and register with plenty of time for you to prepare for your listed start time.

Once you have collected your number, please find space to warm up.

Runners will be called to the pre-start area on the PA System 10 minutes before the start time.

START TIMES

Fun Run - 9:30am
10k & Half Marathon - 10:00am



BAGGAGE

An official managed baggage area will be provided in the event HQ. At the bottom of your race number there will be a perforated strip which you'll need to tear off and attach to your bag before handing over to the baggage marshals. You may wish to bring an additional safety pin to secure this label to your bag. Please do this well in advance of the race start to allow the team to keep the baggage in order and avoid unnecessary queuing.

Competitors are advised not to leave any valuables as ATW will not be held responsible for any lost property.

CHANGING AND TOILETS

We advise participants to come changed and ready to run where possible to avoid any unnecessary crowding. Toilets will be provided in the form of portable toilets, urinals and disabled facilities.

FOOD AND REFRESHMENTS

There will be vendors selling hot drinks and food in the event village. In addition there is a cafe in the park also selling drinks and food.



PHOTOGRAPHY

We have an official photographer at the event. The pictures from the day will be uploaded to www.photos.atwevents.co.uk/albums/2025, ready for you to download for FREE! Share on socials and tag us using @eventsatw and #watfordhalf

Due to the amount of FREE photos, please keep in mind it may take a day or two for all to be uploaded online. If any images appear of you online and you wish for them to be taken down, please email events@atwevents.co.uk

Please note our photographers work really hard to capture everyone on the day, but it is not always possible.

SPECTATORS



We actively encourage spectators and would love for you to add to the atmosphere. Please come along ready to make some noise and cheer loudly. The course is on closed roads, so access to the course between miles 2.5 and 10.5 is limited. However, there are great viewing points within cassiobury

Park, as per the map.



WATER STATIONS

Water stations will be situated at around 6km, 11km, 15km and at the race finish. If you require any other nutrition on the course, you must carry this yourself. ATW will be unable to provide areas for personal nutrition.

IMPORTANT NOTICE: Please dispose of any rubbish such as energy gel packets and drink bottles in the bins provided after the water stations. Do not litter. Anyone spotted littering may be disqualified from the race.

HEADPHONES

Bone conductor headphones are allowed within this race. Whilst this race is held under full road closures, it is unfortunately not possible to guarantee that the course will be 100% traffic free. It's important for the safety of all competitors that any vehicle and marshal instructions can be heard clearly, therefore if you do decide to use bone conducting headphones please keep the volume low.

Please be aware that anyone wearing in-ear/over-ear headphones will be disqualified and removed from the results.

PACERS

Look out for the ATW pace team's coloured flags at the start line, red is half and blue is 10k! Listen out for the pacer time announcements in the event village, so you can line up with the correct pacer. They'll keep you on track! #runninggoals

DO IT FOR YOU



PERFORMANCE & RECOVERY

PRE AND POST EVENT MESSAGES

" Up your game with our on-site
Sports and Physiotherapy
experts! Your performance and
recovery are our priority.

-Gabe Segall, Founder

www.gsphysicaltherapy.com



+44 (0) 7891 985446



gabe@gsphysicaltherapy.com



[@gsphysicaltherapy](https://www.instagram.com/gsphysicaltherapy)





TIMING & RESULTS

The event will be chip-timed by ATW's partner, Event Chip Timing. You must collect your number either from the early collection on the Saturday or from registration on the Sunday morning before the race. When you pick up your number you can also pick up some safety pins if you need them, to attach your number to your front.

Your number will have a unique timing chip attached to the back covered by a foam pad. DO NOT REMOVE THE FOAM PAD. It is also important that you **DO NOT BEND OR FOLD** your number.

Your race time will not start until you cross the start line and will not stop until you cross the finish line. The start & finish is the same line marked by the ATW inflatable arch, also known as Archie.

To view your time, go online to www.eventchiptiming.com/results. The results will be uploaded to the website within seconds of you crossing the finish line!

The time displayed online will be based on your chip time (the times you personally go over the start/finish line), however please be aware that if you're competing for any podium places, including those in the Hertfordshire Vets County Championships, these awards will be based upon your gun-time (the position you crossed the finish line). Therefore if you want to compete for a prize we recommend you start near the front.

Please note: the chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query.

Email us at: queries@eventchiptiming.com

PRIZE GIVING

As soon as the results are finalised we will be presenting prizes at the bandstand in the event village area. If you are one of our prize winners, please keep warm and within earshot so you don't miss the prize giving. All podium prizes are based on gun time.

ATW Podium Prizes:

- First 3 men
- First 3 women

Prizes will also be presented for the **Hertfordshire Vets County Championship**

Following the event, results will be published on the [RunBritain website](#). Following this, the 'Power of 10' rankings will be updated by RunBritain which normally takes around 7 days and only applies to the Half Marathon.



£2,000 SPOT PRIZE

Will you win it?!

One lucky finisher at this year's Watford Half Marathon will win a spot prize of £2,000!

A finish time will be selected at random prior to the race start (and kept a secret!) – the runner who finishes at this time (or the closest before the selected time) will win £2,000. The time used for this prize will be based on the 'gun time' from the official chip-timing, meaning the time the race clock starts.

There will be a presentation to the winner on the day of the event, so make sure to stick around if you want to see who's won.

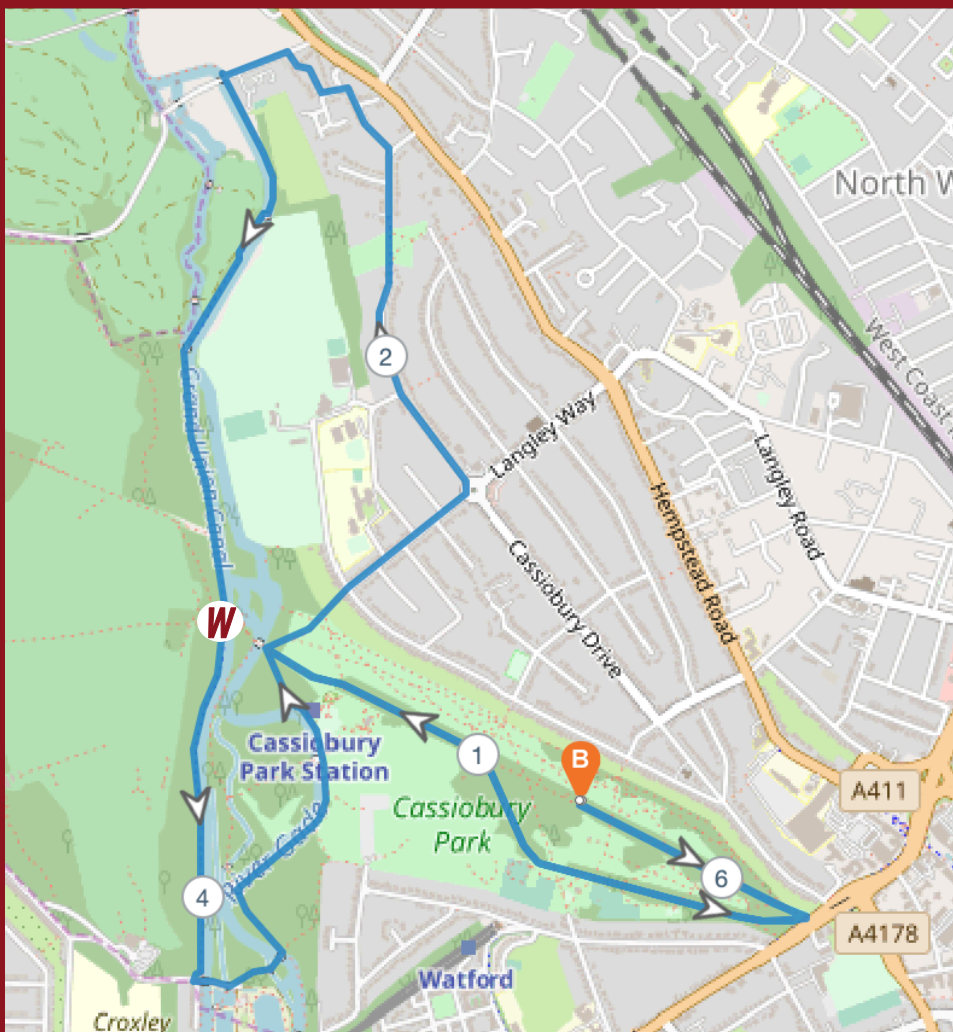
Good luck to all of our runners!

FUN RUN



The Family Fun Run starts at 9:30am and will start and finish at the ATW arch. The one-lap course runs in an anti-clockwise direction and provides a superb opportunity for spectators and supporters to cheer on the participants.





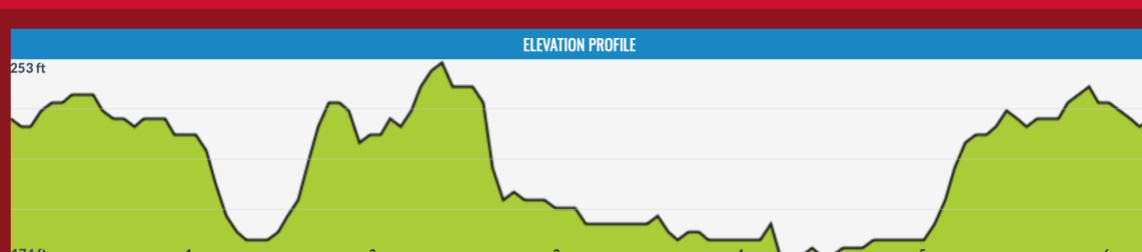
10K

The brand new 10K will start alongside the Half Marathon, in Cassiobury Park. Taking you along a fully closed road route. Heading onto Langley Way and out onto Cassiobury Drive. You will then turn onto Grove Mill Lane, before running along the Grand Union Canal! You will return to the park for the final leg of your 10K, to the applause of your cheer squad. There will be a water station at the 5km point, as shown on the map with the

The numbers on the map indicate the mile markers. 



ATW





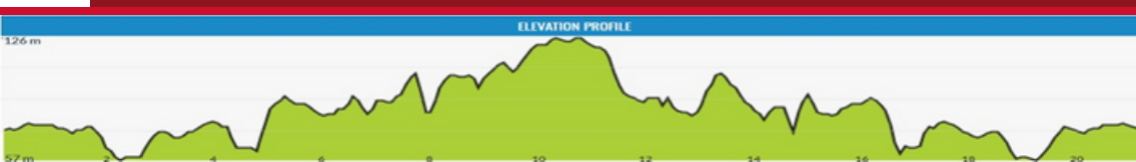
HALF MARATHON

This course starts within Cassiobury Park before heading out onto surrounding roads bisecting the gorgeous Grove Golf Course via Grove Mill Lane. It then travels towards Chandlers Cross, Bucks Hill and Common Wood before returning to the Park for the finish. Water stations can be identified by W's on the map above, please note the centre station runners will have access to these twice. The numbers on the map indicate the mile markers.

Course Accuracy:

This course has been accurately measured by one of the world's specialists in course measurement, none-other than Hugh Jones (1982 London Marathon Winner) from the Association of UK Course Measurers.

Certificate number 21/382



WATFORD HALF CHARITY SUPPORT

The Watford Half Marathon has always been a community focused event with many participants raising money for numerous charities over the years. The Watford Half specifically teams up with Rennie Grove Peace to help fundraise for their amazing charity.

Rennie Grove Peace:

We are a charity providing care and support for adults and children with a progressive life-limiting illness, and those who care for them, in Buckinghamshire and Hertfordshire.

Our support begins as soon as it is needed – whether that is at the point of diagnosis, or when a symptom or support need arises. Our patients are supported to live the best quality of life they can through the combination of outpatient, rehabilitation and supportive care services, Hospice at Home and inpatient care that is right for them.

We are also here for those around our patients, including family, friends, and carers, ensuring that everyone can receive the right support, wherever and whenever they need it.

Our care is provided at no cost to our patients and families and we rely on the generosity of the local community to fund the majority of the costs of the service we provide.

Contact details:

Gemma Ralph

Gemma.ralph@renniegrovepeace.org

Registered Charity Number: 1201713

www.renniegrovepeace.org



Rennie Grove Peace

Dementia robs us of everything that matters. Our memories, our connections, our story. And our latest analysis reveals the devastating scale at which it is claiming lives across the UK – more than any other health condition.

At Alzheimer's Research UK, we will not stop until we can save people from dementia. And we'll continue our work to revolutionise the way dementia is treated, diagnosed, and prevented.

Alzaimers charity Alzheimer's Research UK is the UK's leading dementia research charity. We're working to revolutionise the way dementia is treated, diagnosed and prevented. But we will not stop there. With your support, we will keep going until every person is free from the heartbreak of dementia. We exist for a cure.

Contact details:

Alzheimer's Research UK is a registered charity, numbers 1077089 and SC042474.

3 Riverside, Granta Park, Cambridge CB21 6AD



ALZHEIMER'S RESEARCH UK

FOR A
CURE

FINAL WORD



We hope you're excited to be a part of this long running annual event! We're looking forward to the Watford Half & 10k and can't wait to cheer you on across the line.

Share your photos with us using #watfordhalfand10k and tag @eventsatw

SAVE THE DATE

SUNDAY 1ST FEBRUARY 2026



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