



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  
8<sup>th</sup> 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:

## 8th August 2025

### Address:

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

### What3Words:

///singles.campsites.care  
er

### 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

5.30pm

1 mile start

6.00pm

5k start – Male/Female over 20 mins

7.00pm

5k start – Male 18–20 mins

7.30pm

5k start – Male 16–18 mins

8.00pm

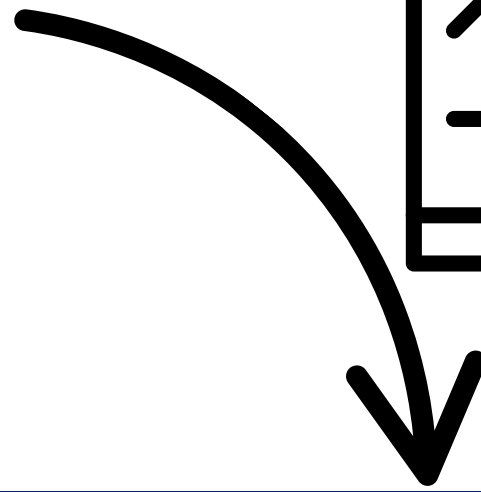
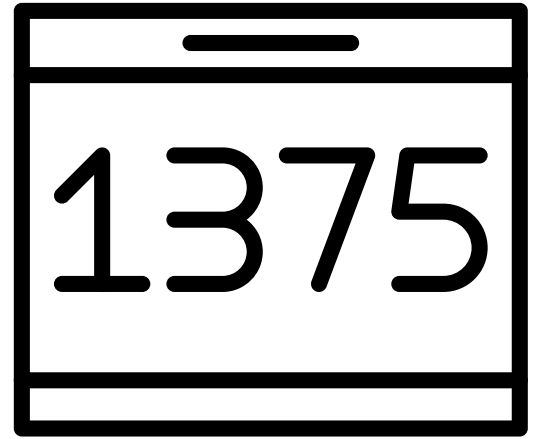
5k start – Radley Elite Women's  
Race (sub 20 mins)

8.30pm

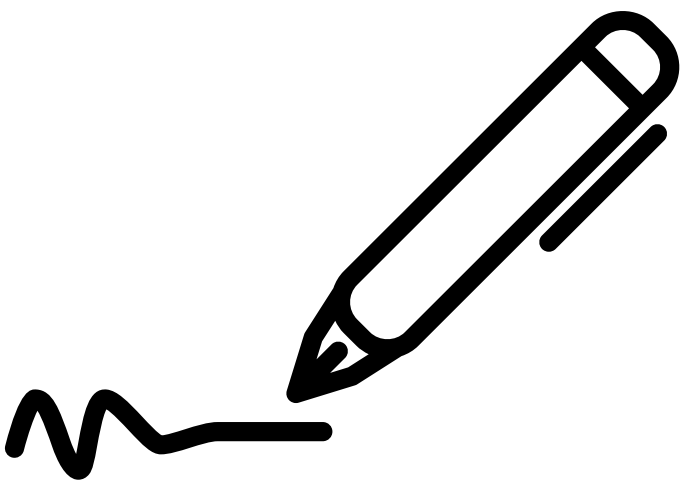
5k start – Radley Elite Men's Race  
(sub 16 mins)

# When you arrive:

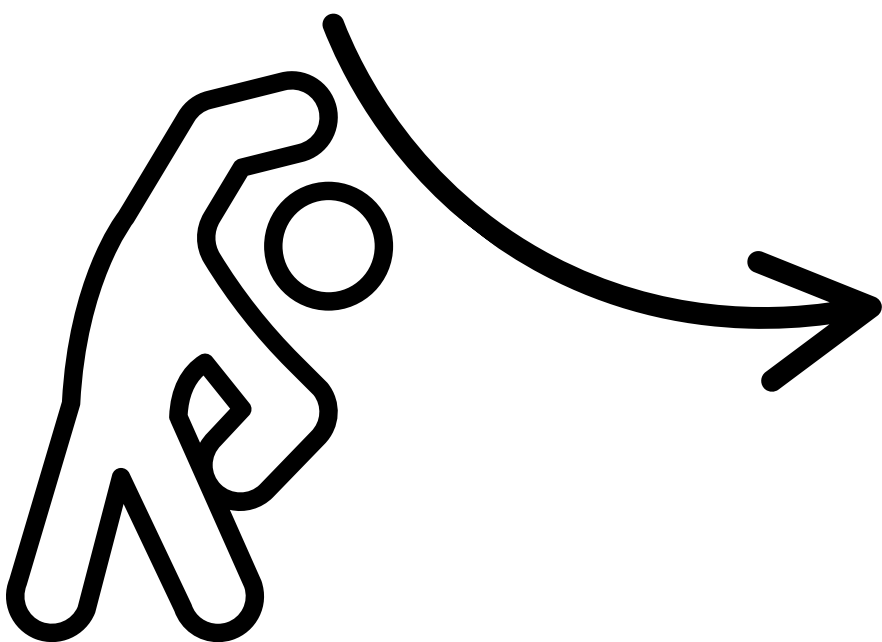
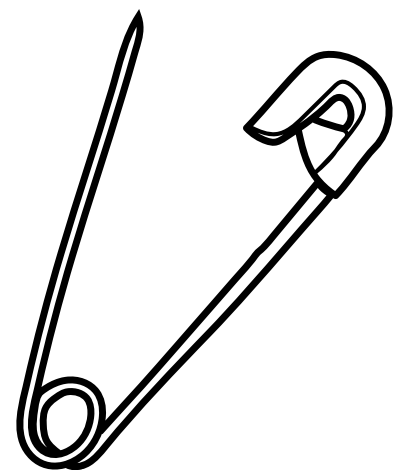
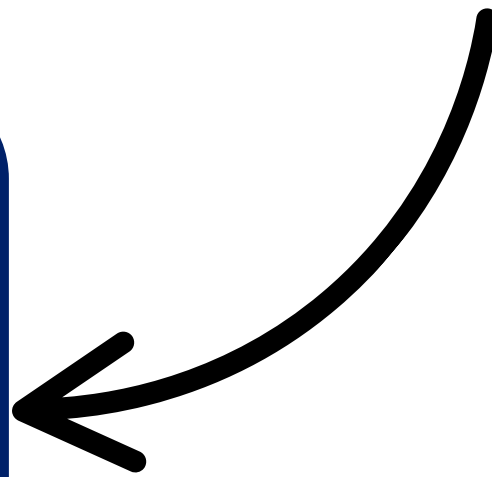
Head over to registration to collect your race number – all you need is the name you signed up with.



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

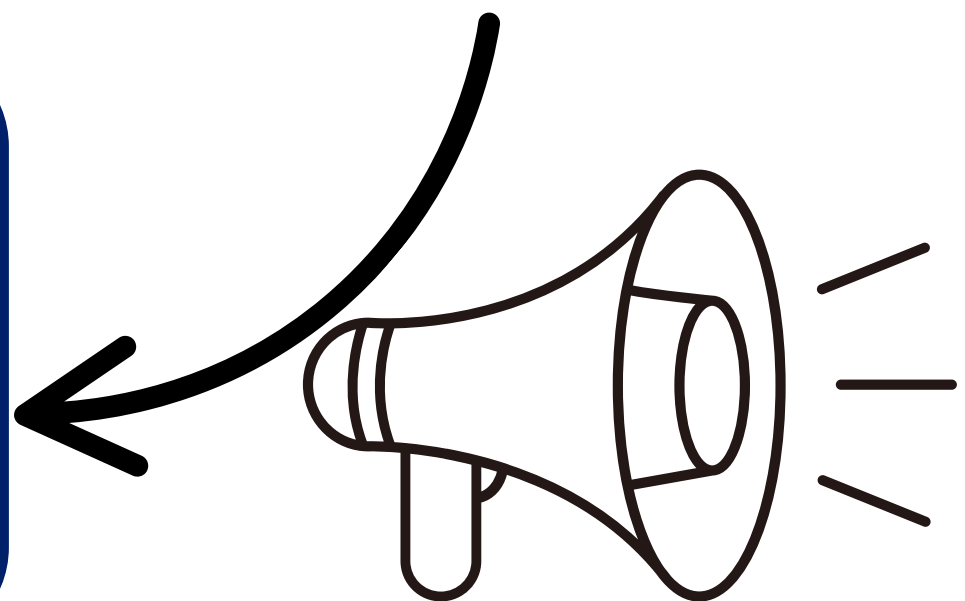


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables.



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!



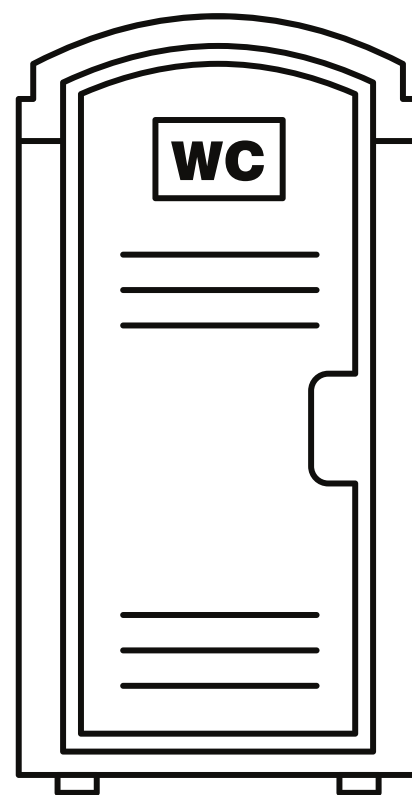
# Some Key Info:

## Toilets & Changing:

No changing facilities on site.

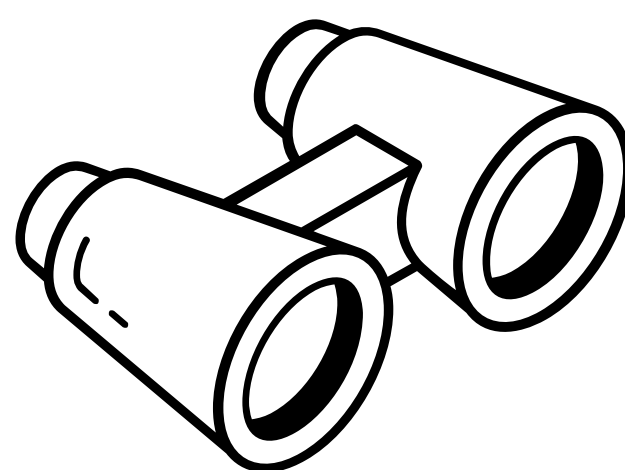
Portable toilets at event HQ.

Free female sanitary products available in portable toilet.



There will be food and coffee vendors at event HQ

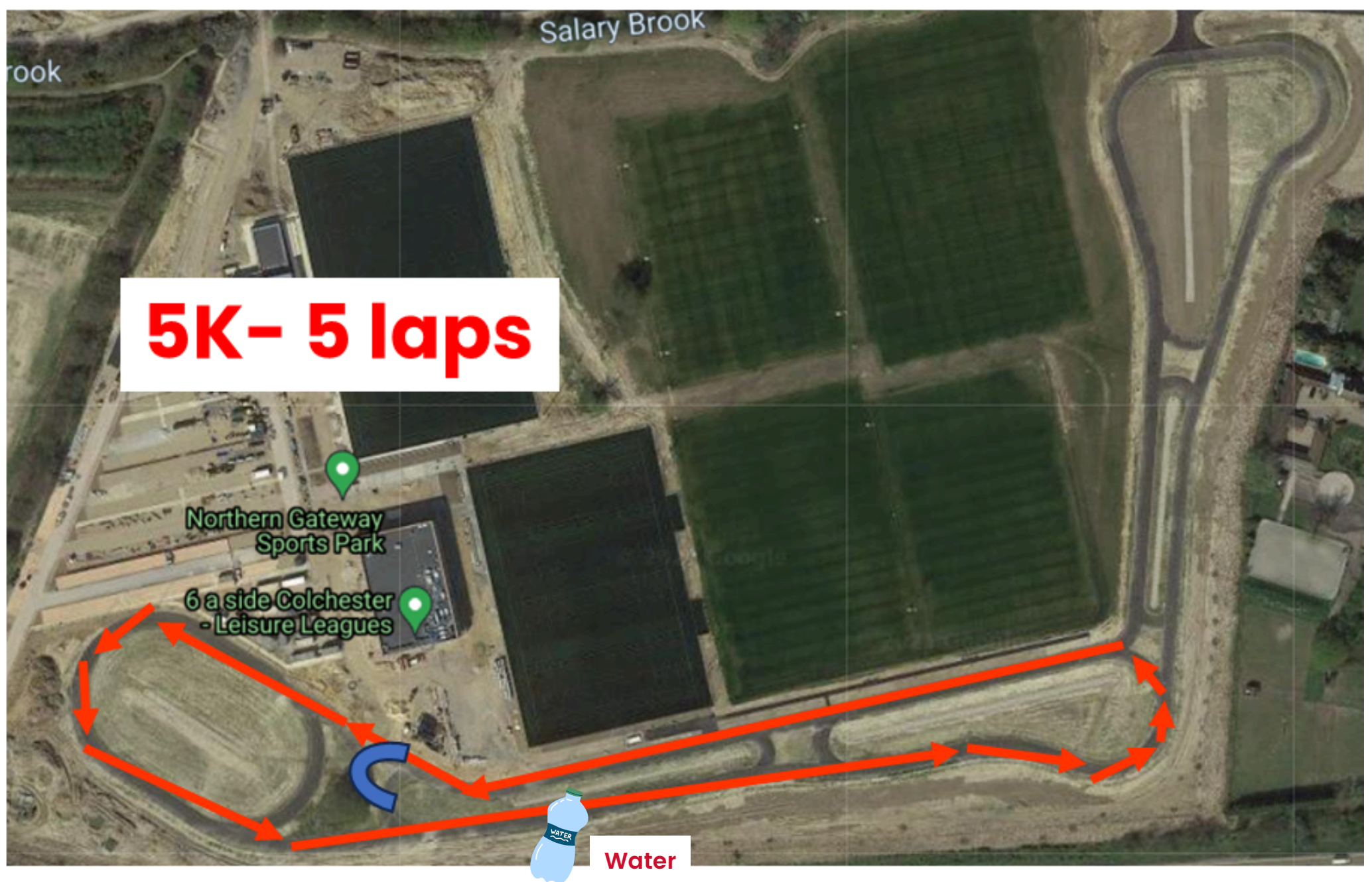
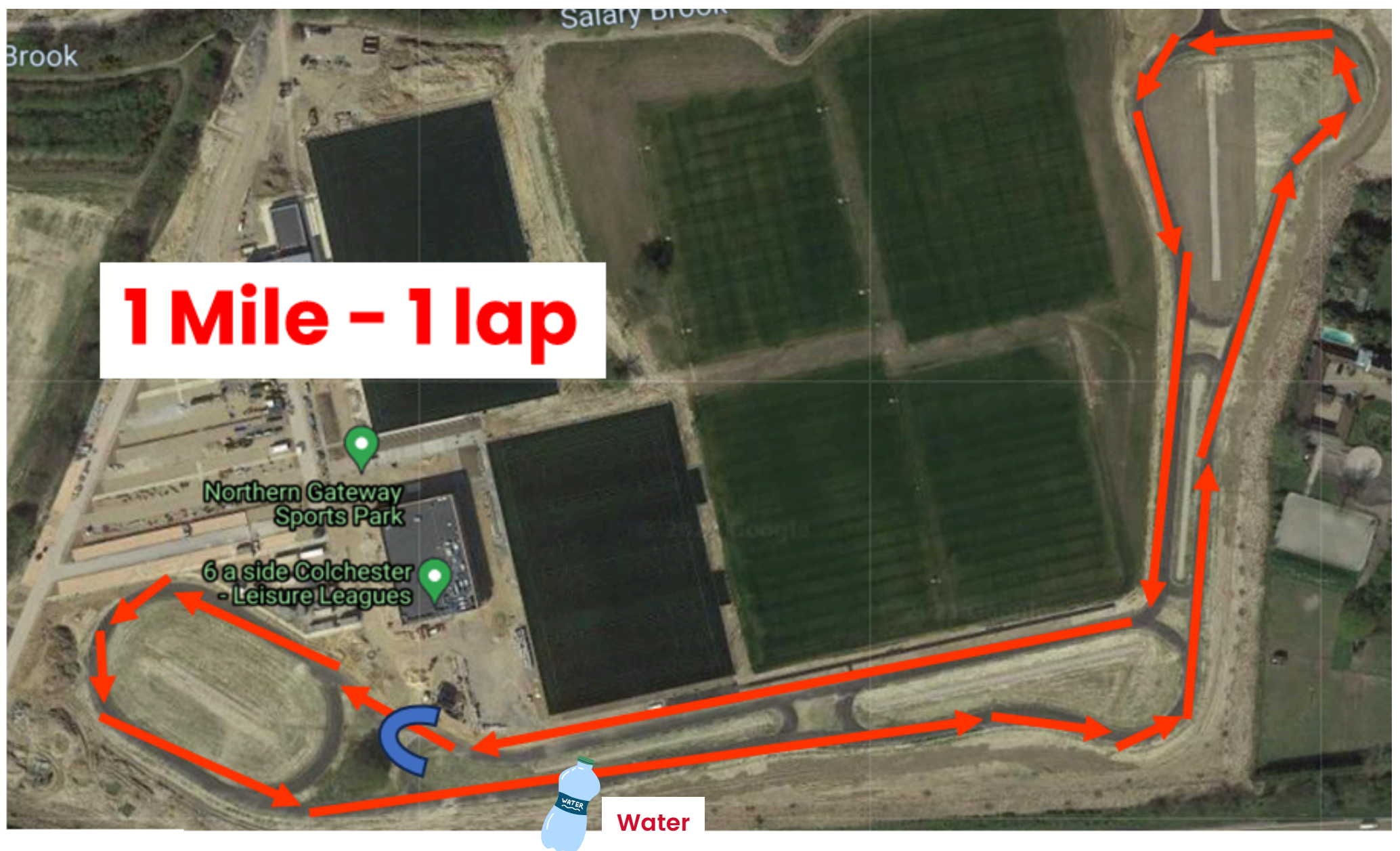
Friends or family coming to support?  
Help us build the magic of event day and celebrate every runner over the line.  
Cheer runners on at the finish funnel!



This event is UKA affiliated and therefore the wearing of headphones is NOT permitted



# 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 prizegiving for the elite races. This will take place at 9pm.

## 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 9pm.



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:

Radley.



# Prizes:

## Winner

£300 Cash | £200 Soar Voucher | Polar Vantage M2 Watch | Vaga Hat | Shyu Socks | Nomad Sunglasses | Flycarb Goodies | 2 x Craig David Tickers | 2 x Proper Fest Tickets | Dedham Vale Sparkling Wine

## 2nd Place

£150 Cash | £150 Soar Voucher | Vaga Hat | Shyu Socks | Nomad Sunglasses | Flycarb Goodies

## 3rd Place

£100 Cash | £100 Soar Voucher | Vaga Hat | Shyu Socks | Nomad Sunglasses | Flycarb Goodies

## 4th Place

£50 Cash

## 5th Place

£20 Cash

£ 200 Cash for first Male and Female to break the Course Record of 14:21 (M), 16:03 (F)

£ 100 Cash for fastest Essex Male and Female.

£ 150 SOAR Vouchers for Fastest U18 Boy and Girl.

FlyCarb Goodies for Stand Out Performance of the Day

Shyu Socks for Stand Out Performances in each of the Open 5k Races

2 x Craig David Tickets for (random draw)

2 x Proper Fest Tickets (random draw)



# 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](#)

All that's left to say is...

**GOOD LUCK**  
**AND**  
**HAVE FUN!!**

# Our partners:

# ZONE3



**OUR TRUSTED SWIM SPONSOR!**

[CHECK OUT THEIR STORE](#)

Get ready for your swim or triathlon event with a ZONE3 Wetsuit.  
Easy event day hire & season rentals

[WETSUIT HIRE](#)

**revive**  
active®

**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](#)

**DISCOUNT CODE: ATW20**



**SKECHERS  
PERFORMANCE**

**OUR ALL NEW RUN SPONSOR!**

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

**NEW SKECHERS RUNNING SHOES RELEASED MAY 2025!**

# 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](#)



A donation is made on GoFundMe every second. Start your fundraiser and raise money today.

Start fundraising today with no fee, easy set up, and free Gift Aid processing for charities.

[EMAIL US](#)

