



BEDFORD 5&10



Thank you for
entering the
ATW Bedford 5
and 10.

This
information
pack contains
everything you
need to know
ahead of your
event on
Sunday 25th
January.
Please have a
read through
so you can be
fully prepared!

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



ATW

Follow us on socials @eventsatw

KEY DETAILS:

25th January 2026

Address:

**Russell Park,
The Embankment,
Bedford,
MK40 3RH**

[**Click Here**](#)

Parking:

Please visit the Bedford Borough Council website for further information on parking in the area. Please make sure you leave enough time to walk to the event after you have parked.
[Council car parks | Bedford Borough Council](#)

Timings:

7.30am

Registration opens

8.40am

**Kids FREE fun run start.
No need to register just
head to the start line.**

9.00am

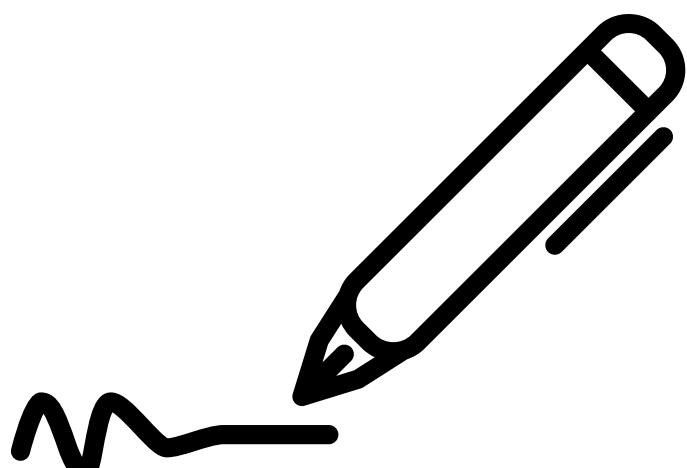
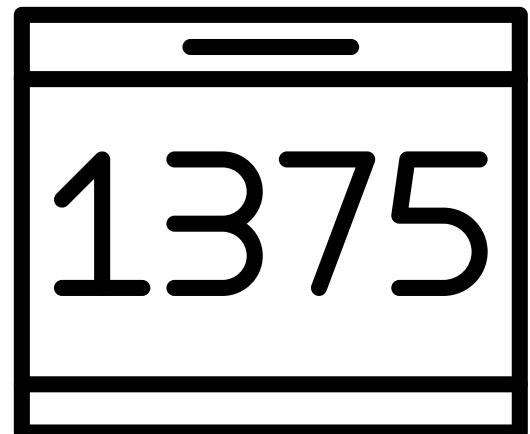
Registration closes

9.00am

5 & 10 mile start time

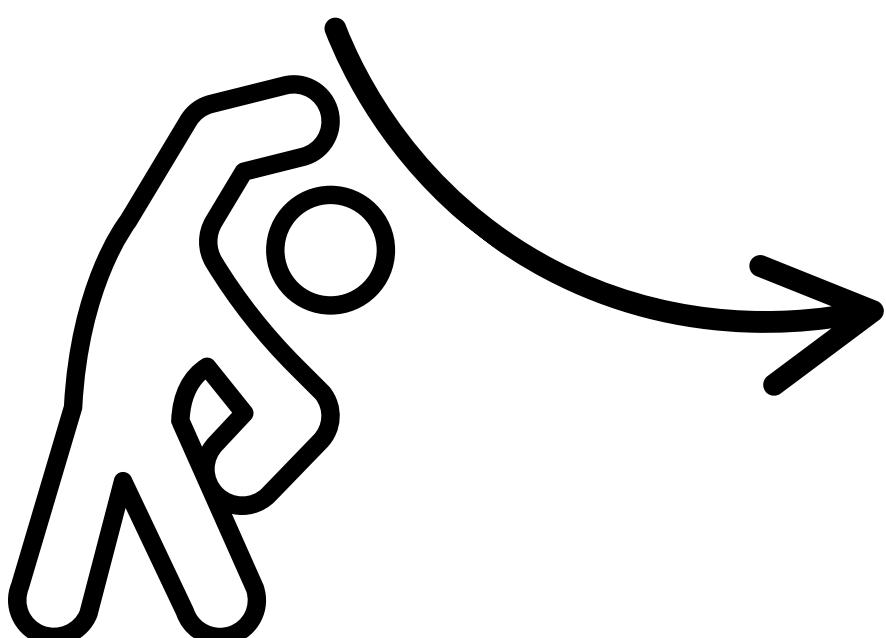
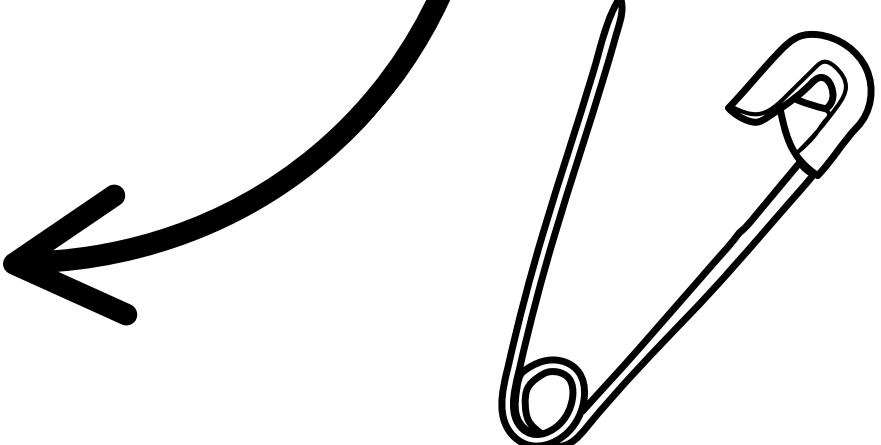
When you arrive:

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



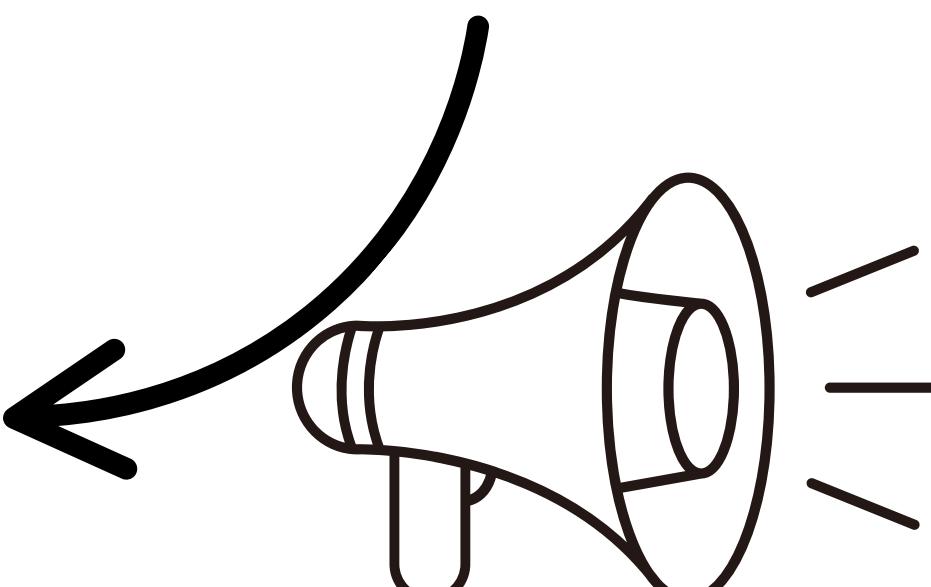
Fill out your information on the back, this helps us identify you quickly if something happens on course

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, hand over your bag and get ready for your race start

Join the start funnel – 5 mins before the start. The commentator will call out pacers, just slot yourself in. Have fun!

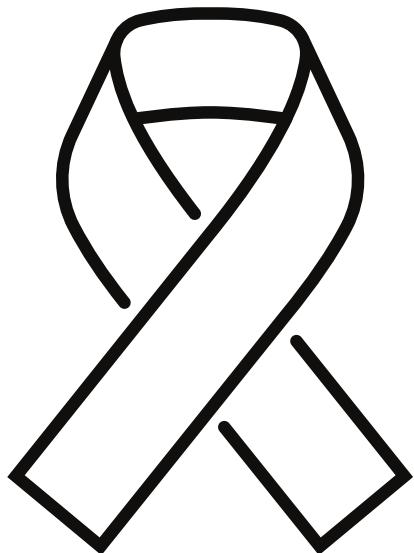


Bag Drop:

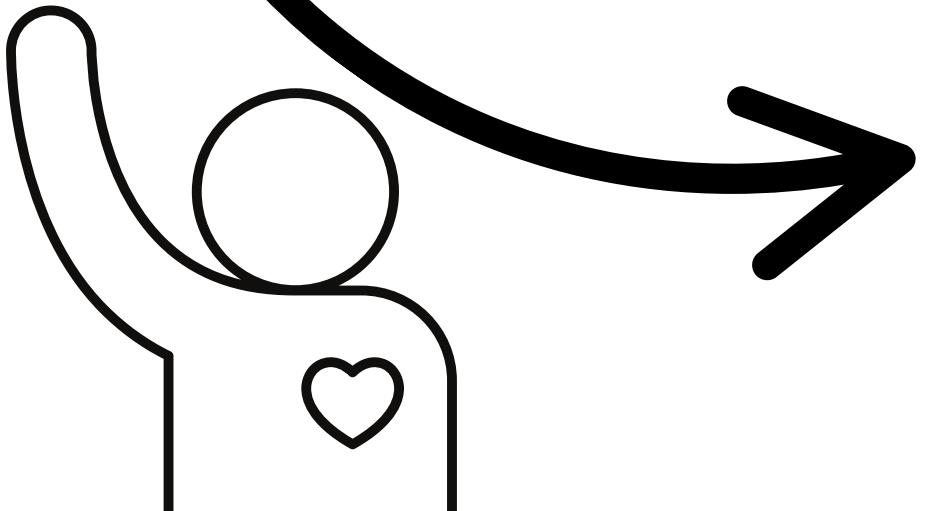


Tear off the baggage label from the bottom of your race bib

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 tent



Go and enjoy the event!



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

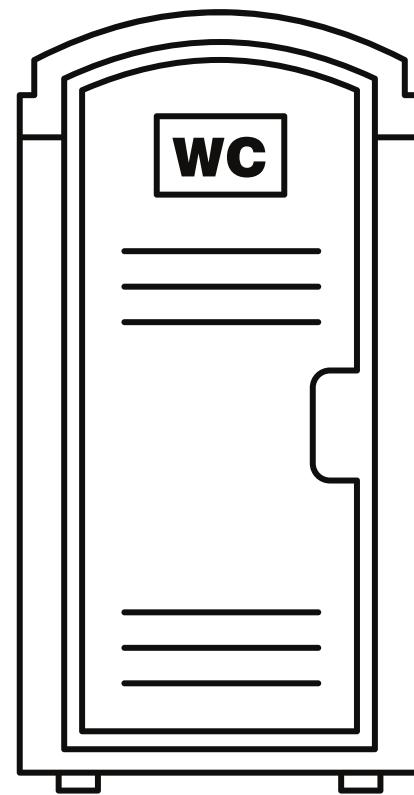
Some Key Info:

Toilets & Changing:

No changing facilities on site.

Portable toilets at event HQ.

Free sanitary products available in portable toilets.

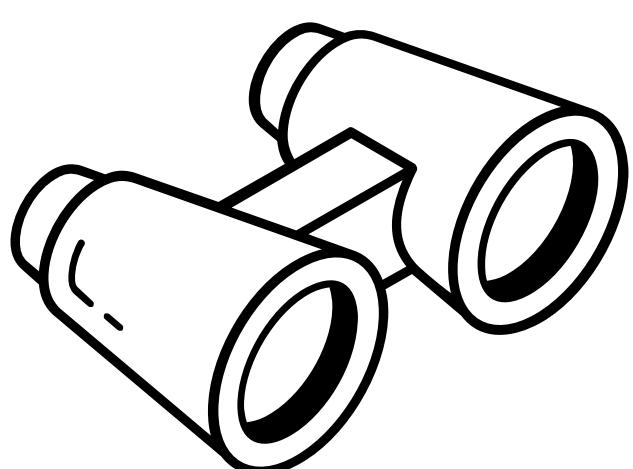


There will be food and coffee vendors at event HQ

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 or over ear headphones are NOT permitted.

ATW access

We provide a quiet area for competitors who may need that extra bit of space, time to process or have a low stimulation environment.

We ask that this space is used respectfully



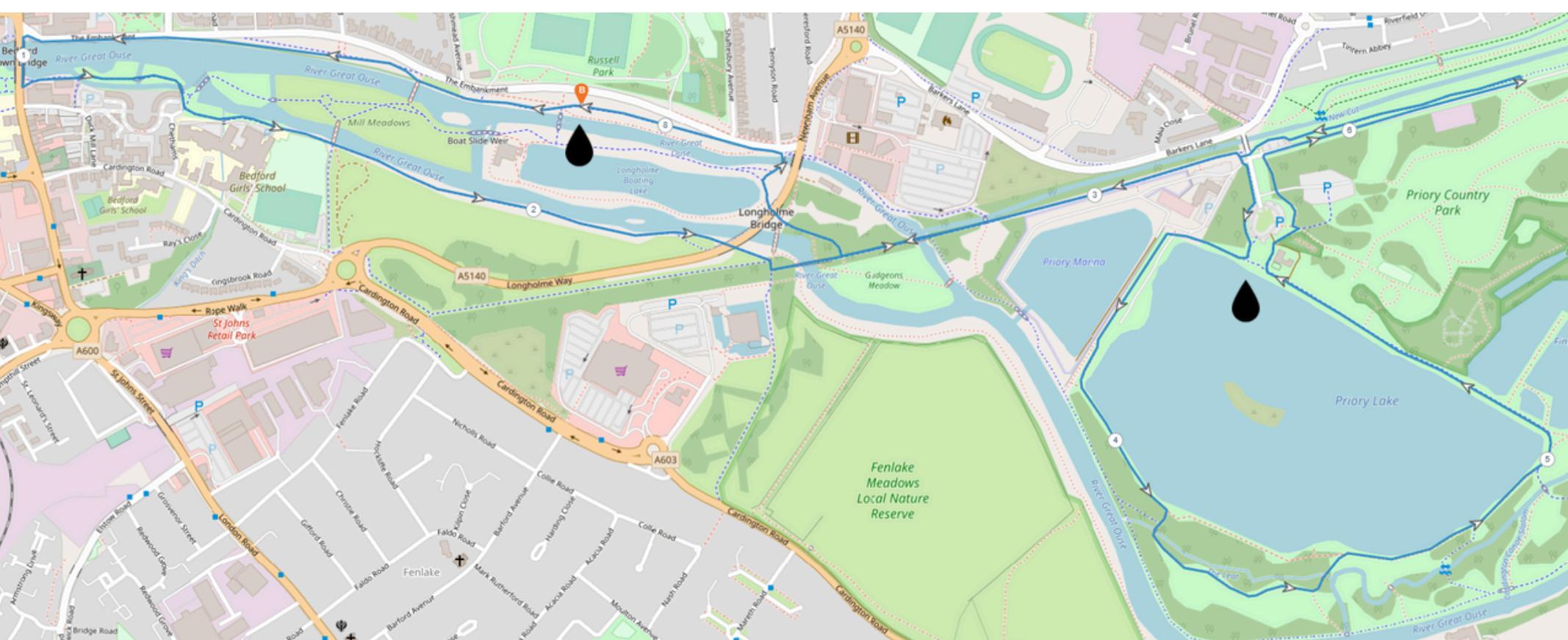
Holly

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

Pre event, if you have any questions try using our AskArchie helpbox who might have the answers, alternatively you can email 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 in our team we will do everything we can to help :)

The Route:



Flat signed course with marshals and entertainment along the route.

For those who have ran this before, the new course will be reversed and run in the opposite direction to previous events.

The 5 mile will complete one lap, the 10 mile will complete a second lap.

There will be water at around the 2 mile point of each lap, and for the 10 mile there is also a water station at the point you start your 2nd lap.

[Interactive course map](#)

Post Event:

ATW HUB:

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

Download the app below to view your race results, photos and all things ATW

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:



20% OFF

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



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



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](#)

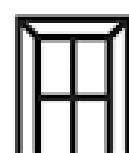
Yellow Jersey
Insurance for cycling

[Bike insurance](#)

[Travel insurance](#)

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

**LOVE,
CORN.**



TAYLORS
of HARROGATE

**ATW POWERED
BY RED BULL**