



BEDFORD HALF & 10

Thank you for
entering the ATW
Bedford Half and 10k.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 22nd
February. 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:

22nd February 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

Half Marathon and 10k start

Early Registration:

For this event, we will be providing an early registration if you would like to collect your running number before event day.

FRIDAY 20th FEBRUARY

Early Registration will be open from Midday – 6pm

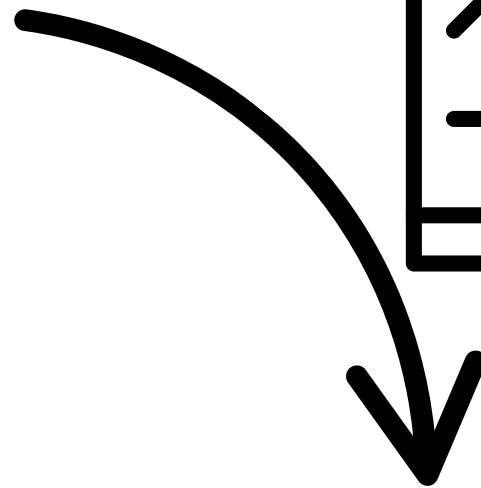
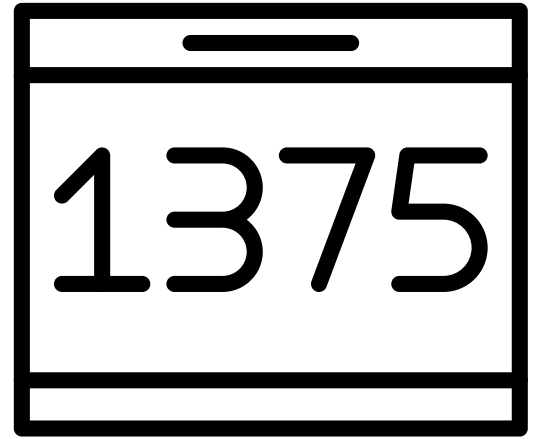
You can collect for friends and families too, you just need their full name and D.O.B

This will take place at No Limitz Sports: 25 Shuttleworth Rd, Bedford MK41 0HS

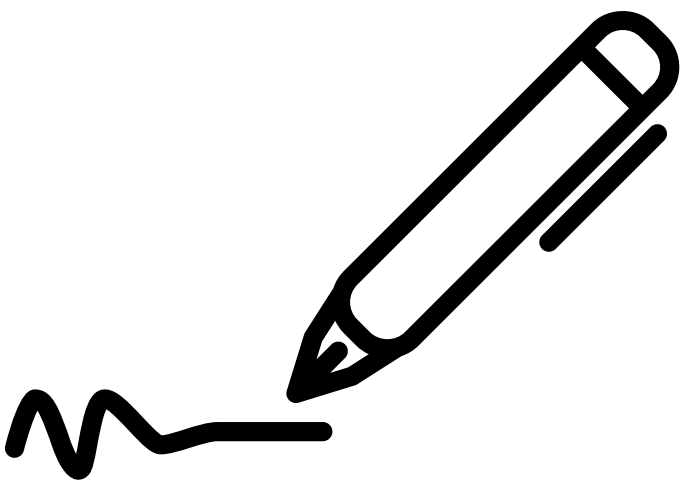


When you arrive:

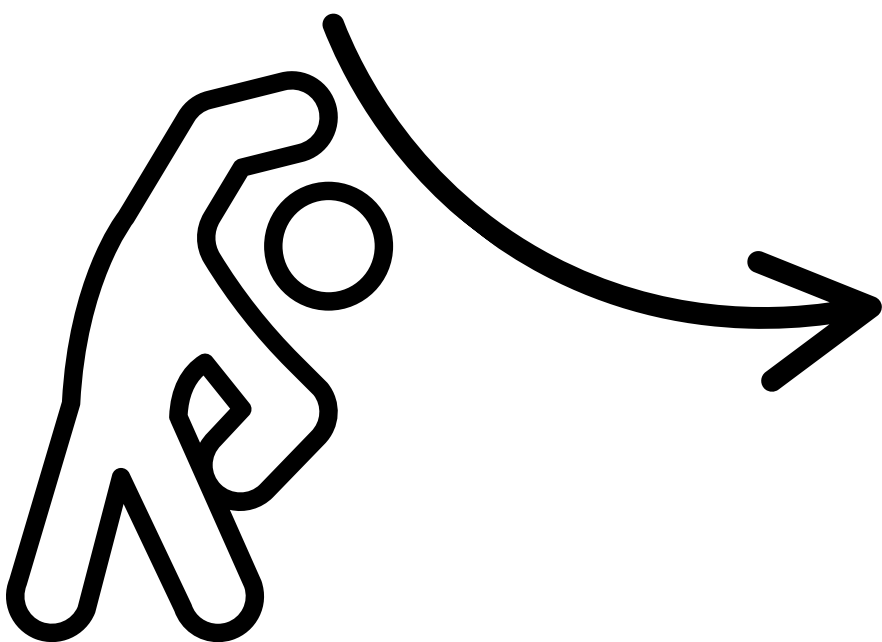
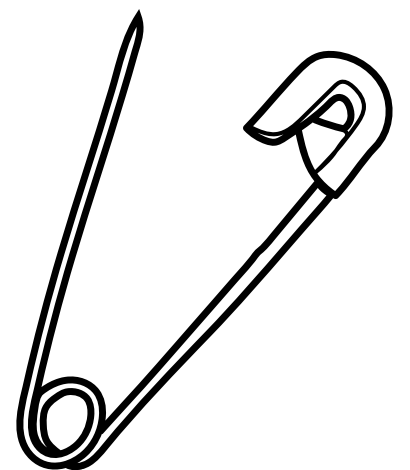
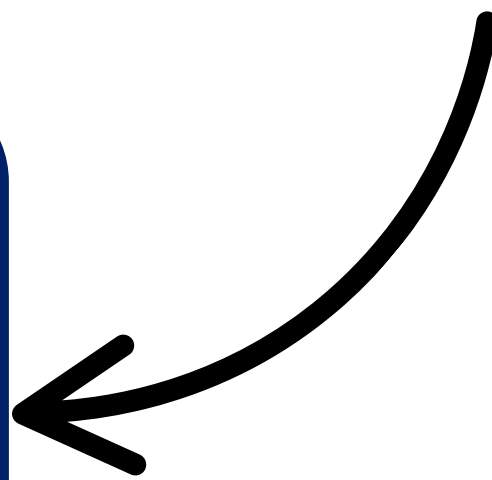
Head over to registration to collect your race number – all you need is the name you signed up with



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

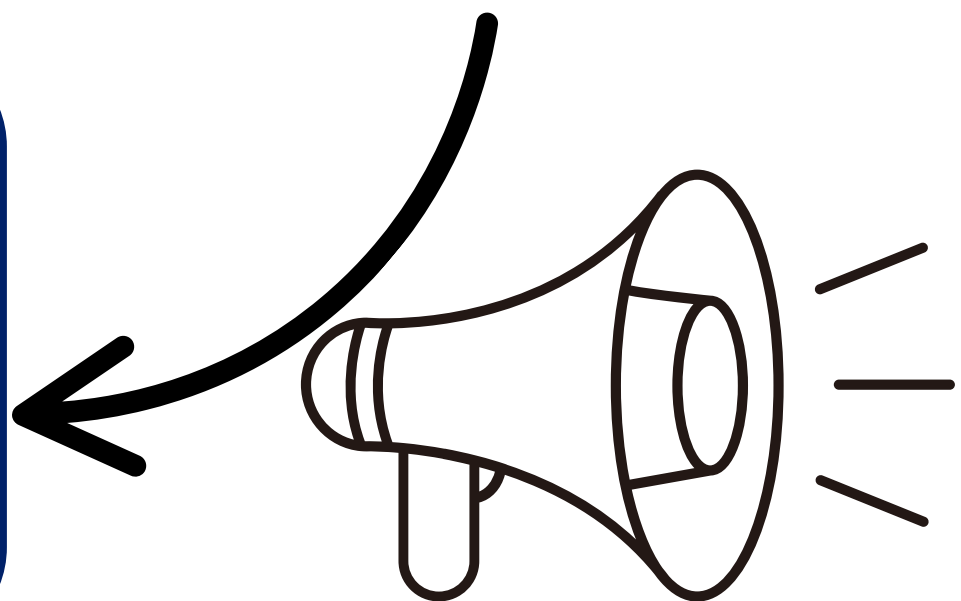


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables



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!

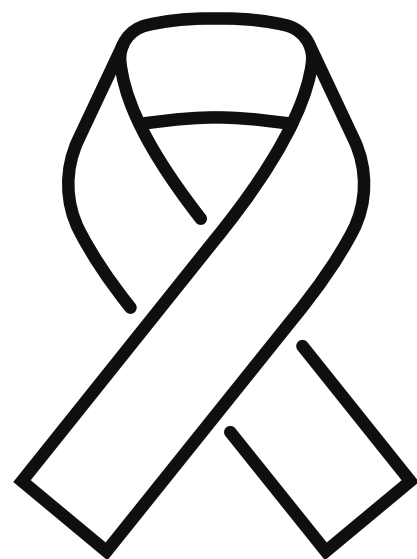


Bag Drop:



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



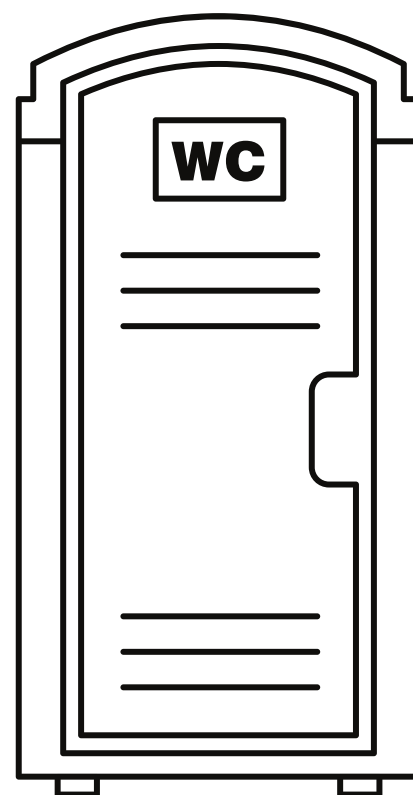
Some Key Info:

Toilets & Changing:

No changing facilities on site.

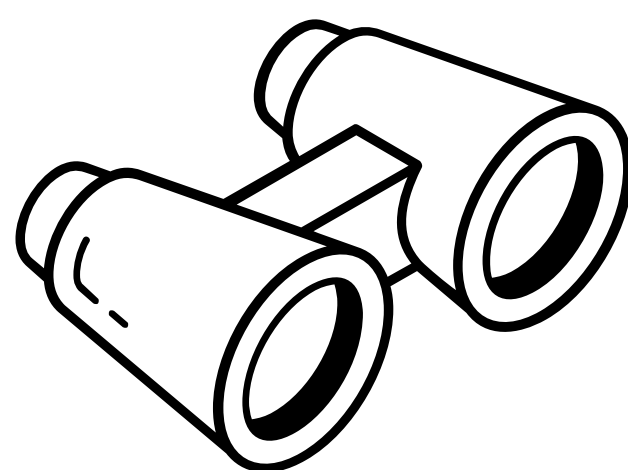
Portable toilets at event HQ.

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!

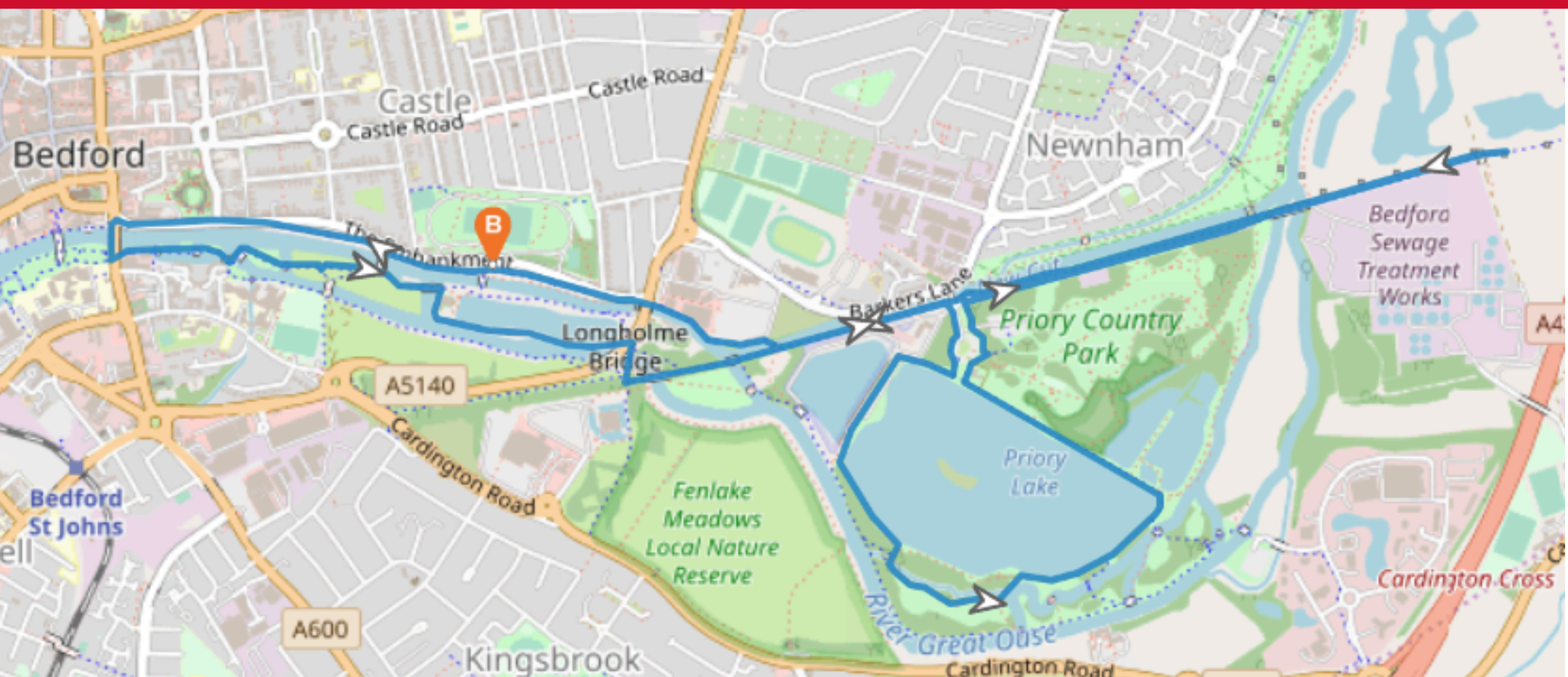


As per UK Athletics rules, headphones will not be permitted at this event.

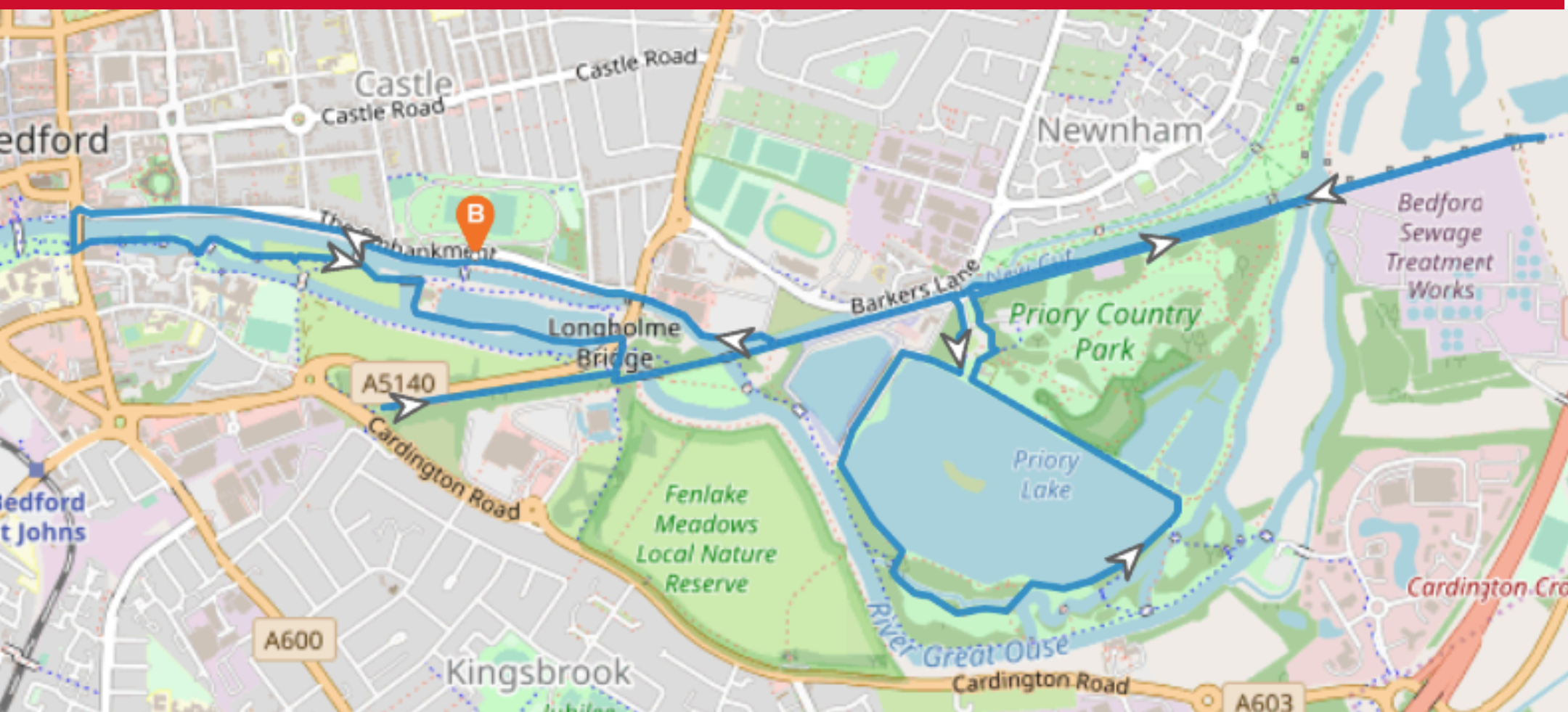
Bone conductor headphones are allowed; however, we would encourage you to run without them where possible or at the very least to keep the volume low.
There is a live traffic element to this race, and it is crucial for your safety that you are able to hear and understand marshal instructions.

The Route:

10k & Half Marathon 1st Lap:



10k & Half Marathon 2nd Lap:



We are aware of flooding currently on the Bedford Half and 10k route. A course check will be made prior to the event. We will make you aware of any changes to the course on the morning of the event.

[Interactive course map](#)

ATW accessibility

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



Jamie

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

On event day Jamie can be found in the event village and is the friendly face aiming to make the event accessible for all; with bundles of experience they will do everything they 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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All that's left to say is...

GOOD LUCK

AND

HAVE FUN!!

Our partners:

ZONE3



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DISCOUNT CODE: ATW20



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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](#)



Bike insurance

Travel insurance

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

