



# 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 20<sup>th</sup> FEBRUARY**

Early Registration will be open from **Midday – 6pm**

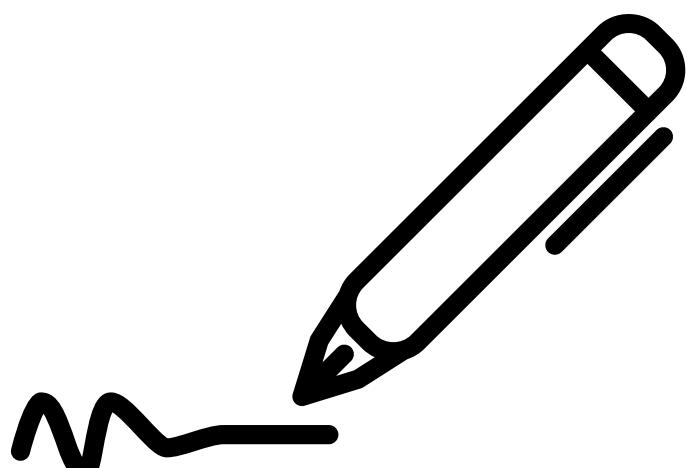
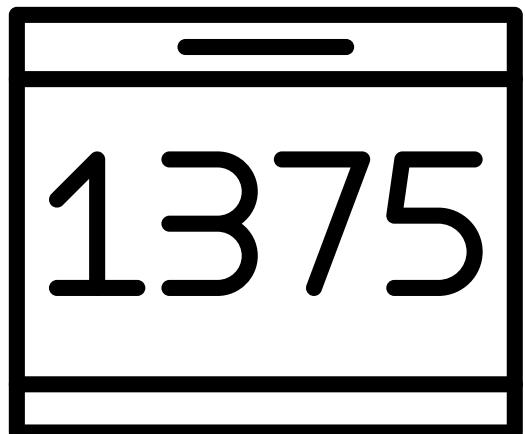
You can collect for friends and families too, you just need their full name and D.O.B

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



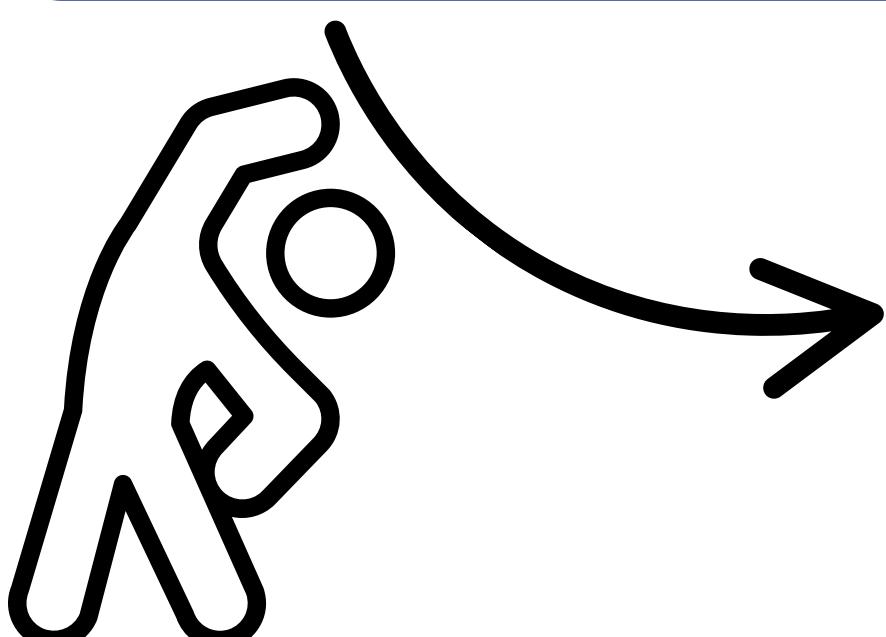
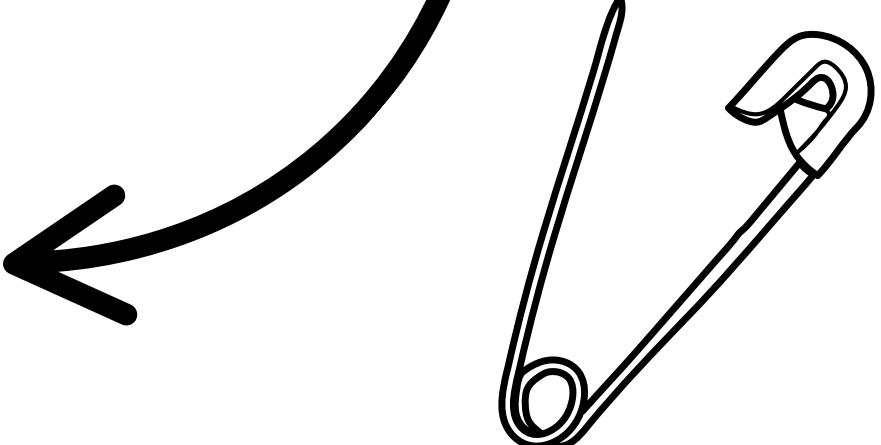
# When you arrive:

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



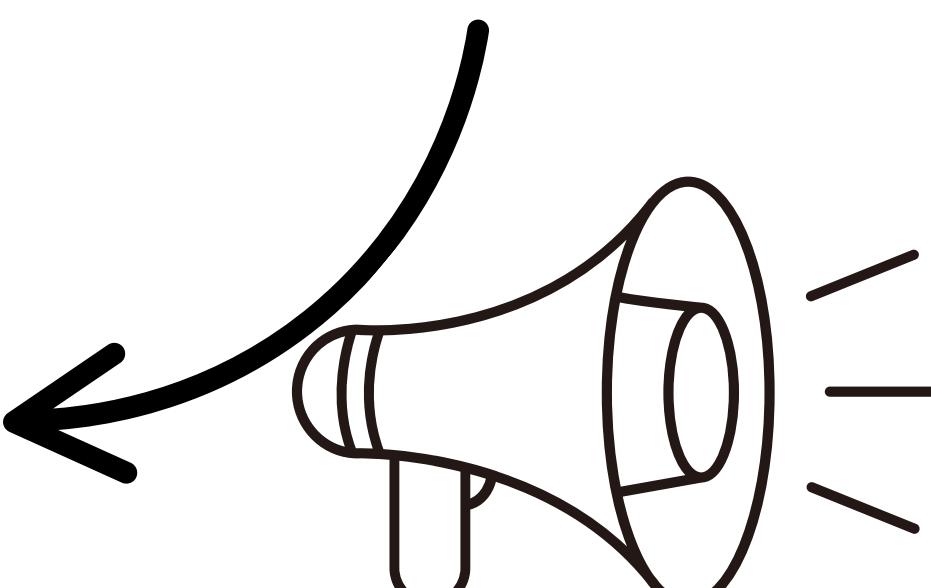
Fill out your information on the back, this helps us identify you quickly if something happens on course

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!

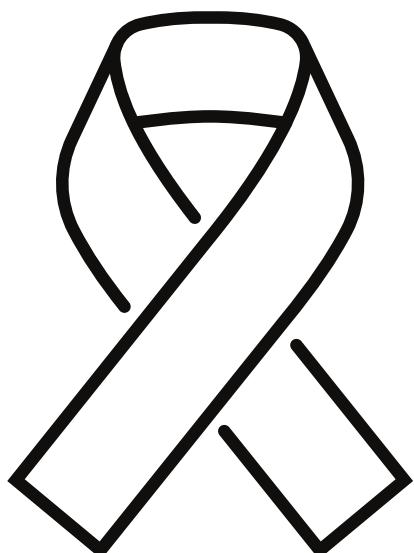


# Bag Drop:



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



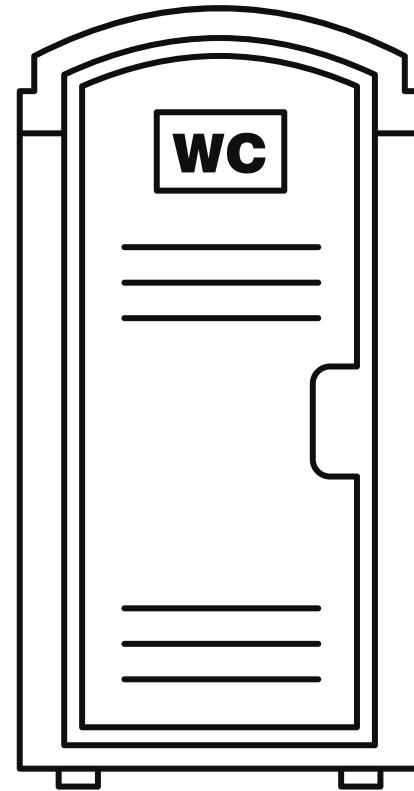
# Some Key Info:

## Toilets & Changing:

No changing facilities on site.

Portable toilets at event HQ.

Free sanitary products available in portable toilets.

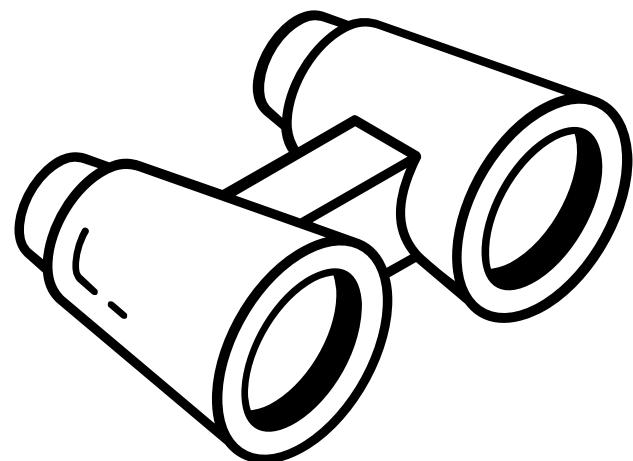


There will be food and coffee vendors at event HQ

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!



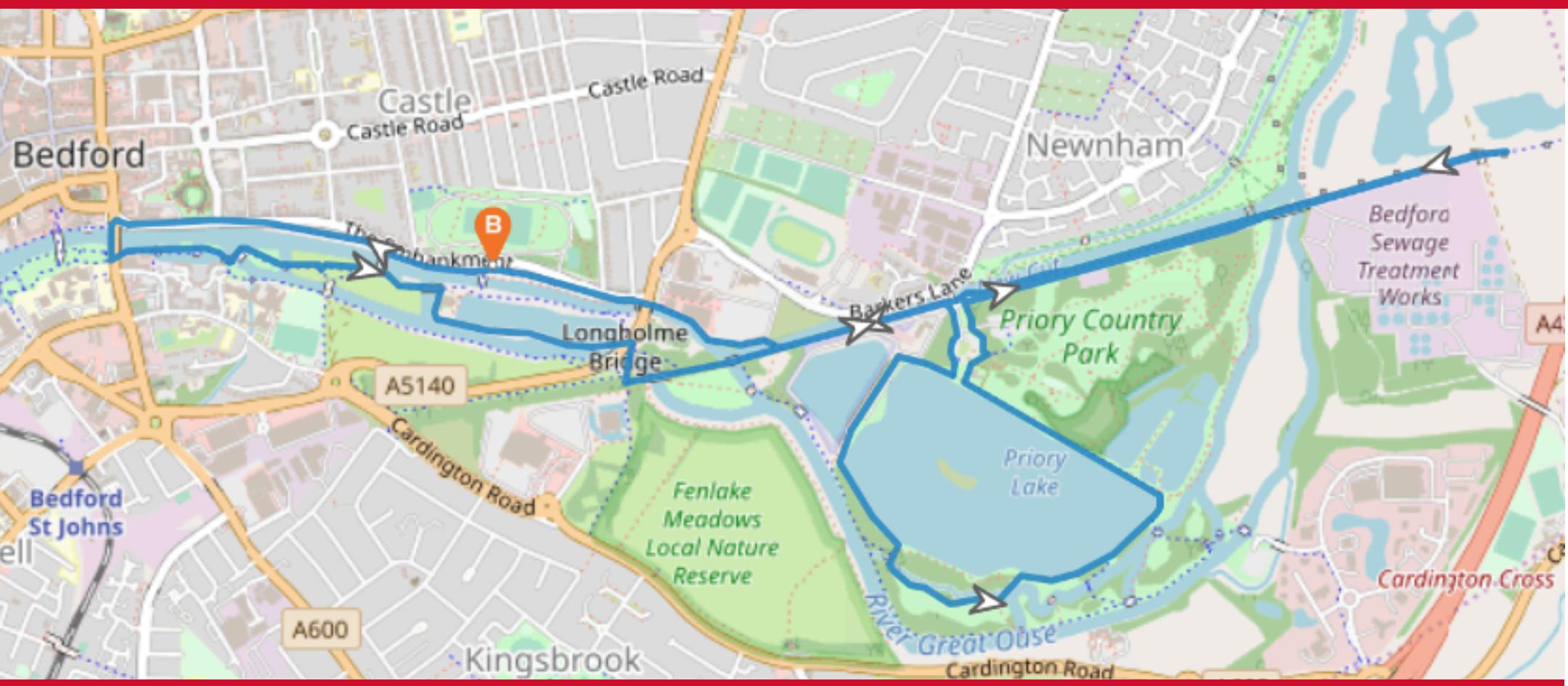
As per UK Athletics rules, headphones will not be permitted at this event.

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.

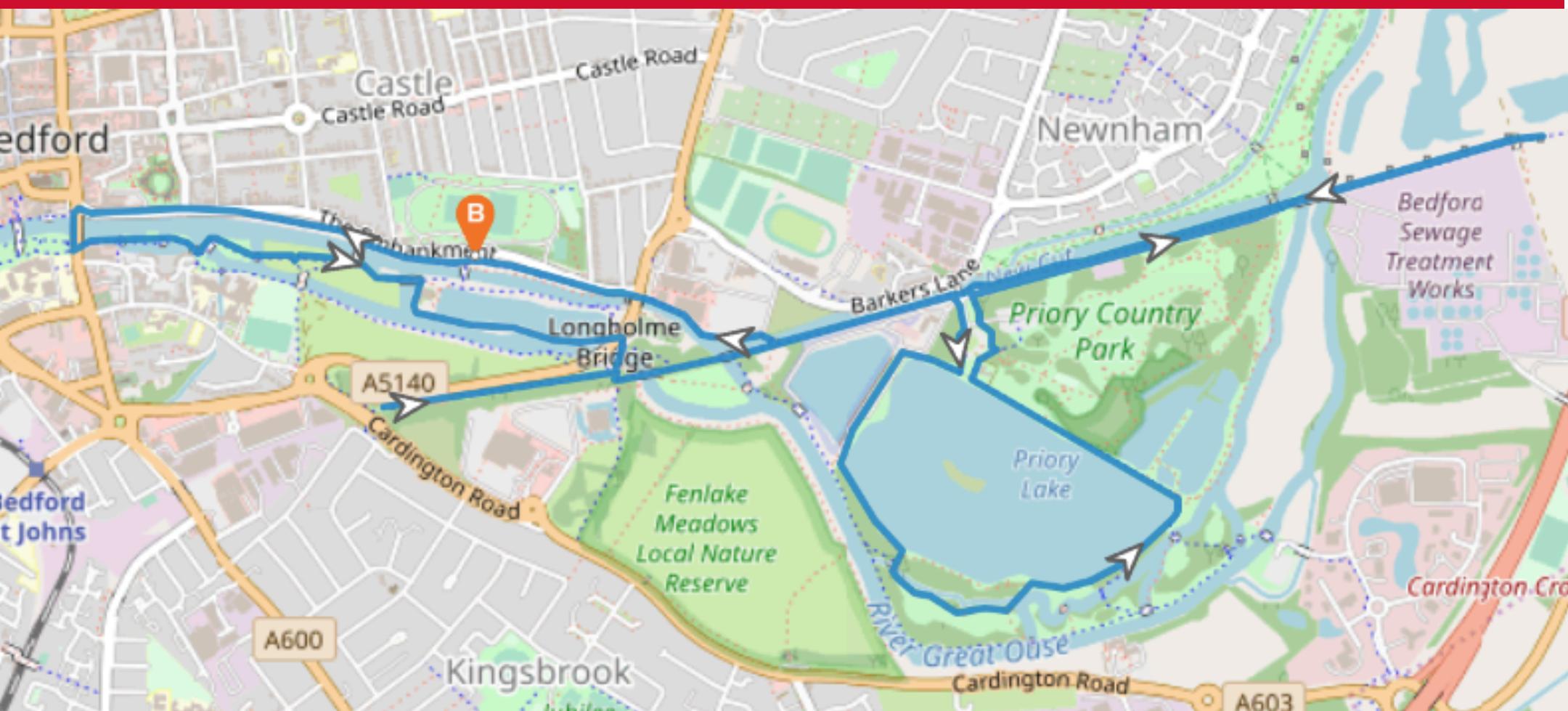
There is a live traffic element to this race, and it is crucial for your safety that you are able to hear and understand marshal instructions.

# 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](mailto: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

[Download on the AppStore](#)

[Download on Google Play](#)

All that's left to say is...

**GOOD LUCK**

**AND**

**HAVE FUN!!**

# Our partners:



20% OFF

OUR TRUSTED SWIM SPONSOR!

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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

DISCOUNT CODE: ATW20



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

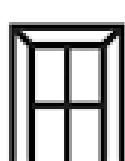
Bike insurance

Travel insurance

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

**LOVE,  
CORN.**

**ATW POWERED  
BY RED BULL**



**TAYLORS**  
of HARROGATE