



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 1st November.
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:

1st November 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 30th OCTOBER

Early Registration will be open from 11am – 6pm

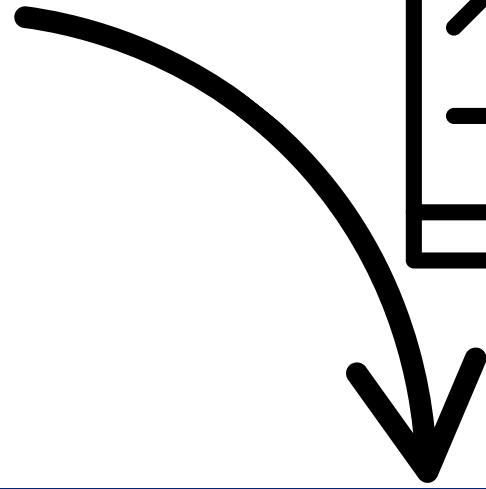
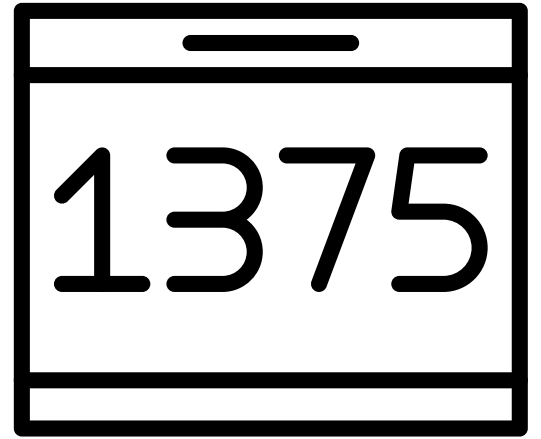
You can collect for friends and families too, you just need their full name and D.O.B

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

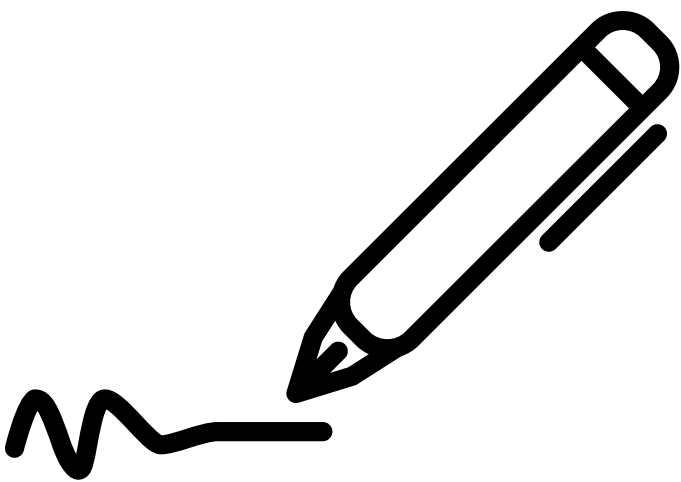


When you arrive:

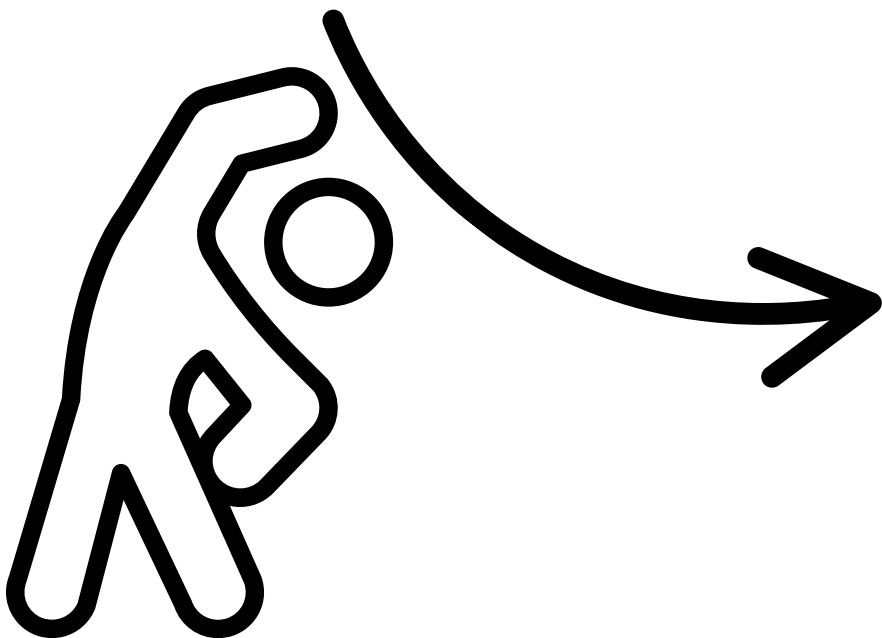
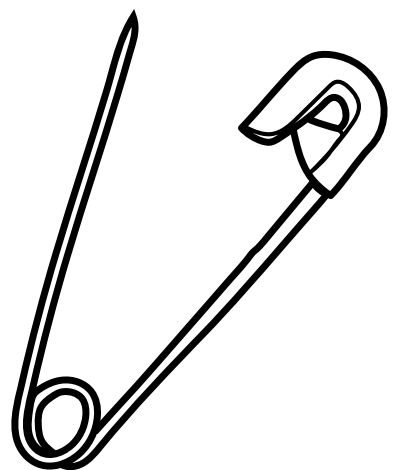
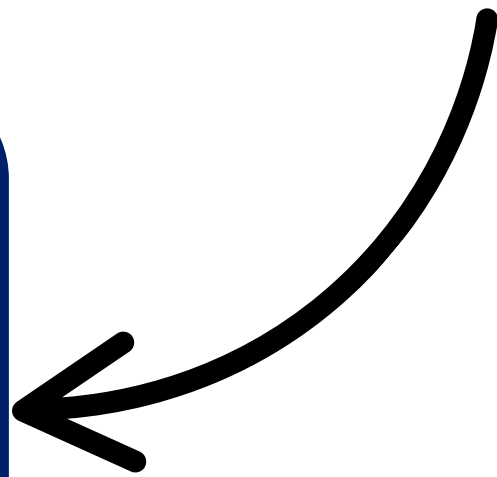
Head over to registration to collect your race number – all you need is the name you signed up with and your DOB



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

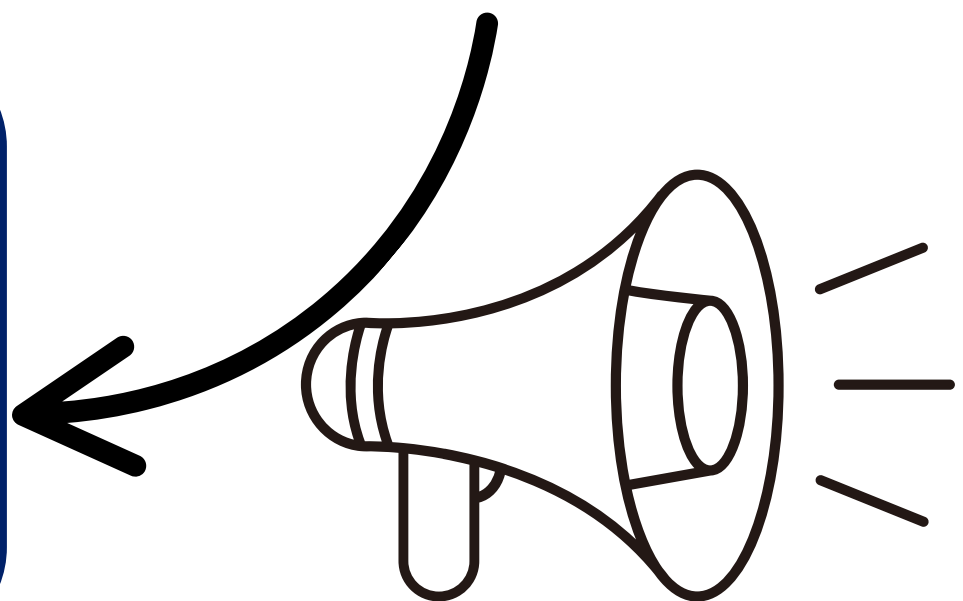


Pin your number to the FRONT of your t-shirt. Do not remove the foam strip. Safety pins can be found on HQ tables



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!

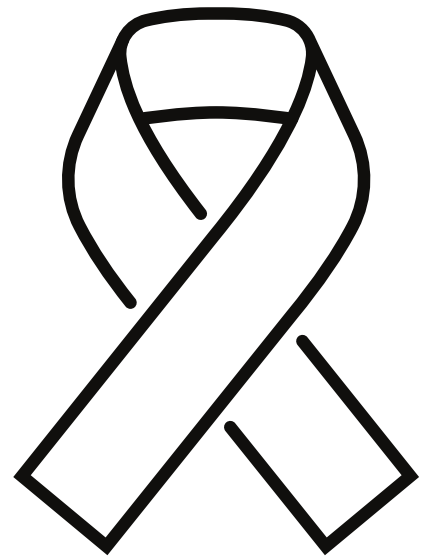


Bag Drop:



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



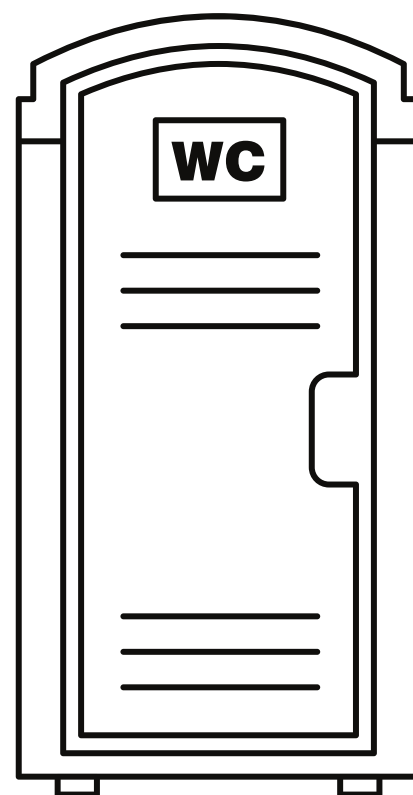
Some Key Info:

Toilets & Changing:

No changing facilities on site.

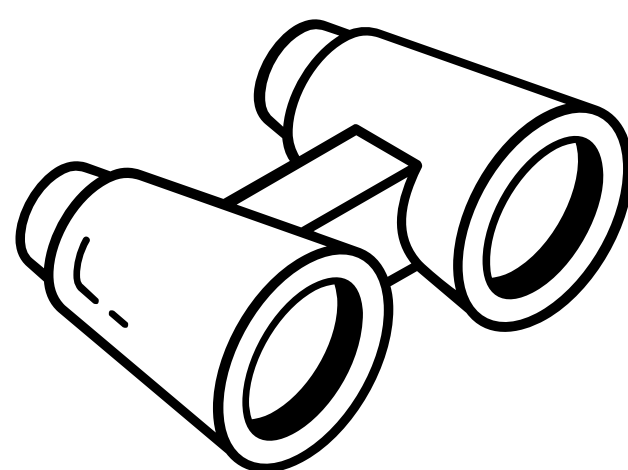
Portable toilets at event HQ.

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!

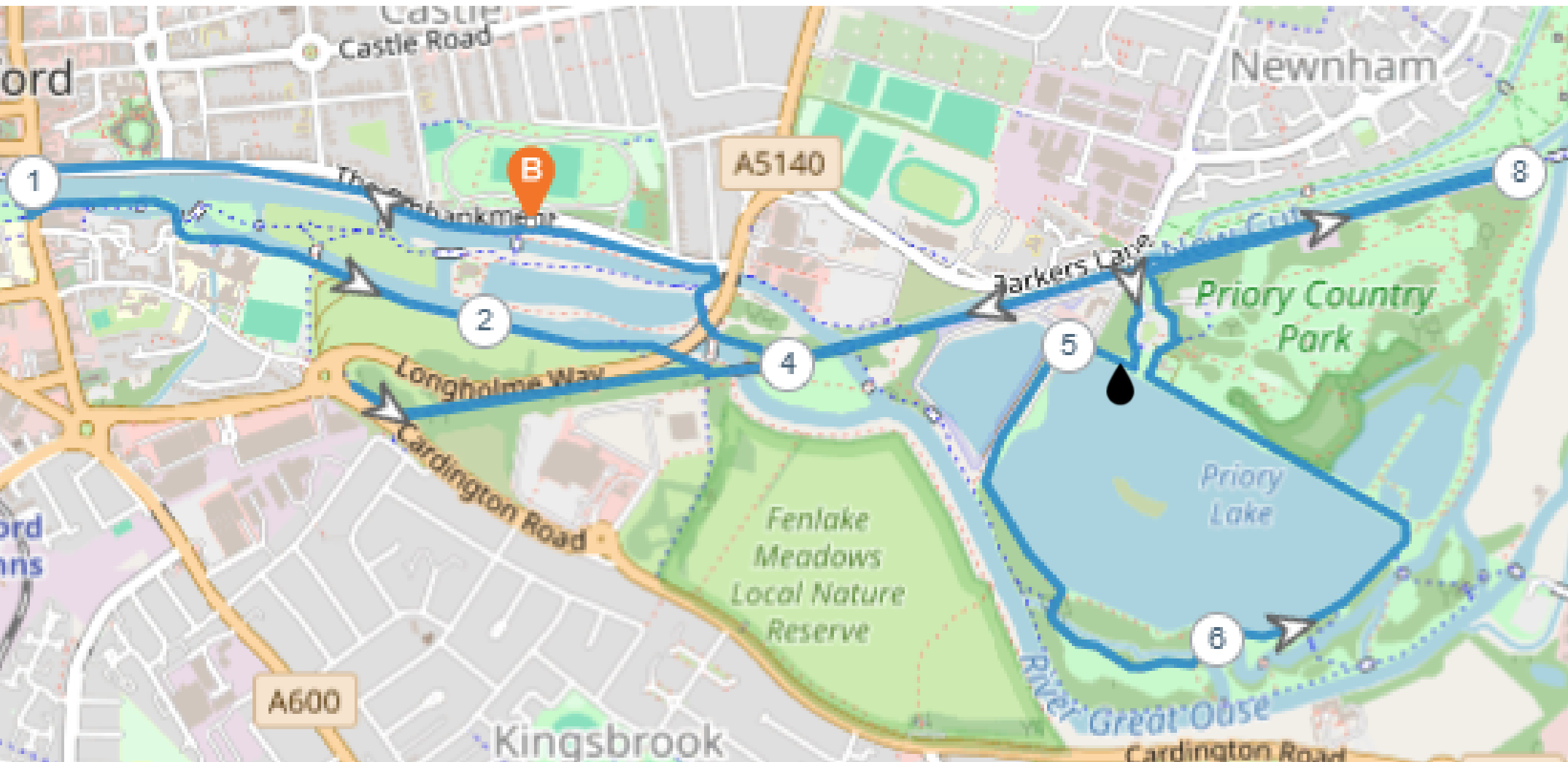


As per UK Athletics rules, headphones will not be permitted at this event.

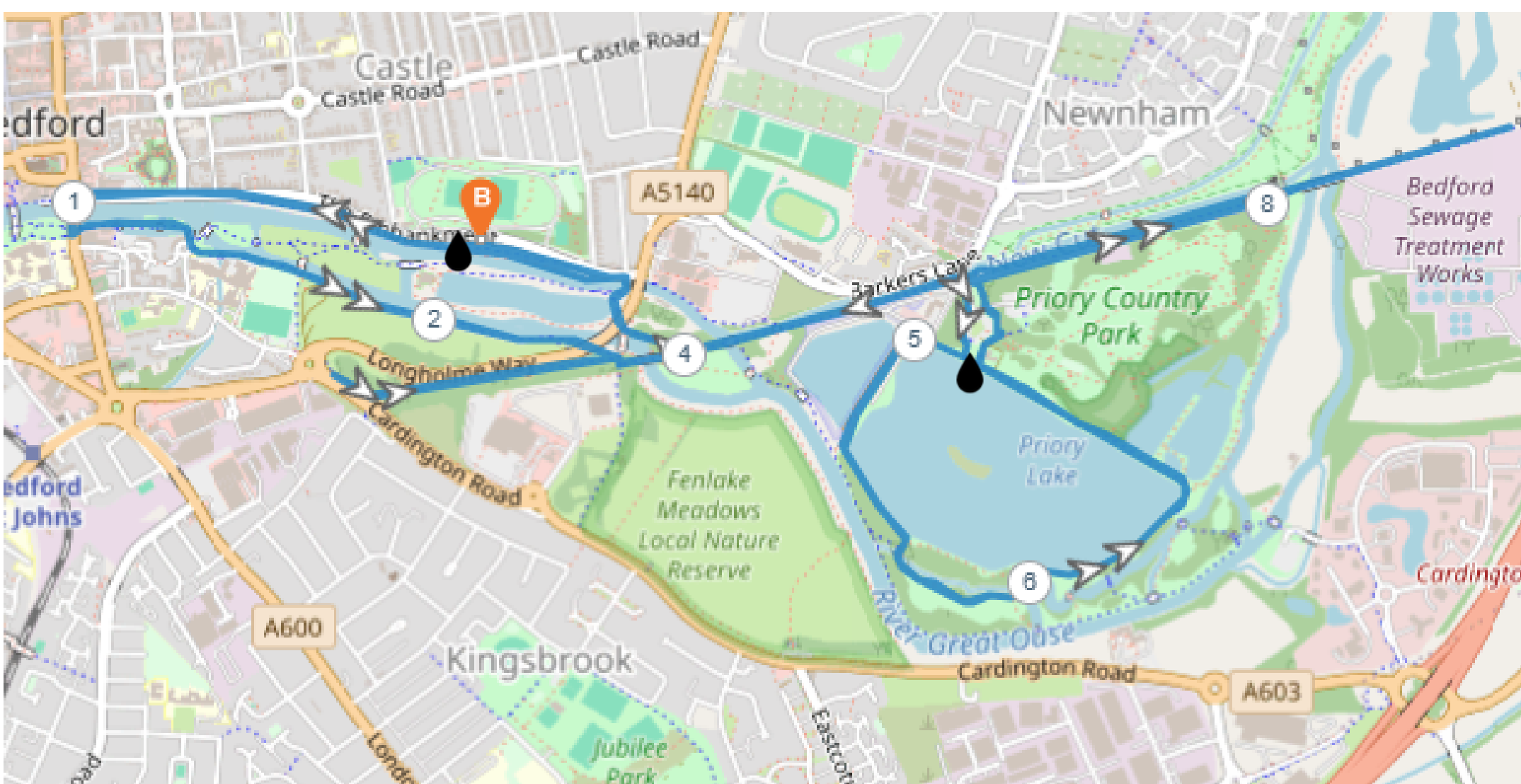
Bone conductor headphones are allowed; however, we would encourage you to run without them where possible or at the very least to keep the volume low.
There is a live traffic element to this race, and it is crucial for your safety that you are able to hear and understand marshal instructions.

The Route:

10k & Half Marathon 1st Lap:



Half Marathon 2nd Lap:



[Interactive course map](#)

Crossing the finish line

Well done! Collect your well deserved medal and finish line goodies!

The podium positions for the Top3 Open and Female in each race will be based on finishing position (not necessarily chip time).

A prize-giving will take place as soon as the leading results have been verified.

Please take your race number with you to collect your belongings from the bag drop.

The ATW HUB is 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



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OWS & TRAINING VENUES



VIDEO LIBRARY

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ATW accessibility

For this event, we are pleased to offer a designated quiet area just outside the event village for any athletes who may benefit from a low-stimulus environment.

This calm space is intended for those who experience sensory overload, pre-race nerves, migraines, or anyone who simply needs a peaceful moment to regroup before or after competing. Some athletes prefer a quieter area to mentally prepare, manage anxiety, or steady their breathing after finishing, and this space is designed with all of them in mind.

We ask everyone to respect the purpose of this area and only use it if you genuinely need a quieter environment, so it remains available for those who rely on it.

The quiet zone is a large black gazebo with a sign clearly indicating it is a quiet area. If you need to use this space, you will also be able to register and pick up your race number from there.

We ask that this space is used respectfully

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 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, she will do everything she can to help :)



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BREAKAWAY
BREAK BARRIERS. BREAK RECORDS.

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AERO ELITE™

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RESEARCH UK **FOR A CURE**

FOR MY LOVED ONES
FOR A CHALLENGE
FOR THE FUN
FOR ALL OF US
FOR A CURE

SunGod.

WIN

[ENTER
HERE](#)

01
Heliskiing trip.

Or

02
A gravel bike
worth £5,000.

Or

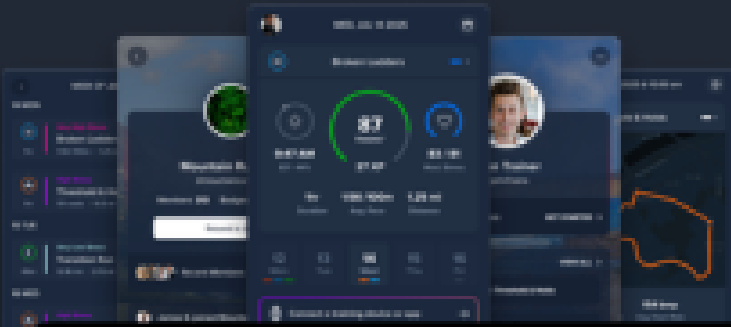
03
Sponsorship to
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TriDot



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TRAINING THAT FINALLY FITS YOU

Get race-ready with two free months

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WE HAVE WHAT IT TAKES

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