



BEDFORD HALF & 10



Thank you for
entering the ATW
Bedford Half and 10.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 2nd
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:

2nd November 2025

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

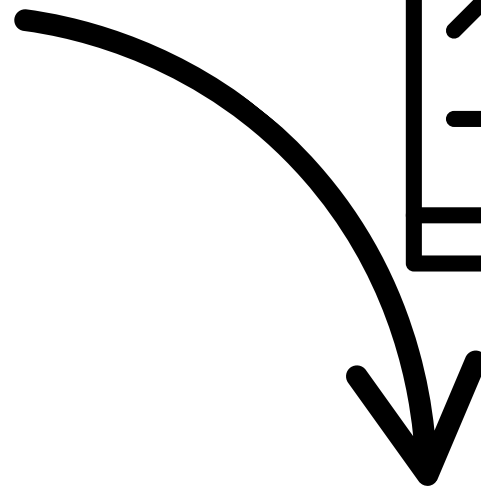
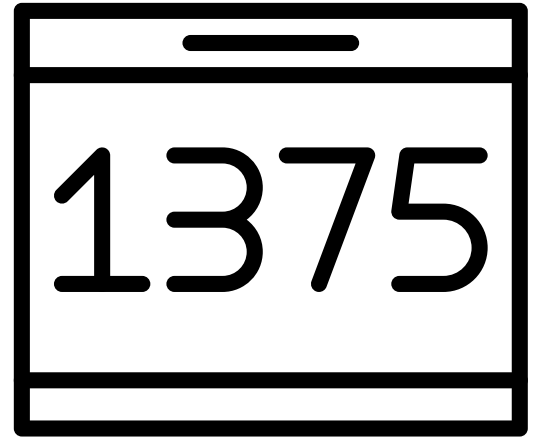
Registration closes

9.00am

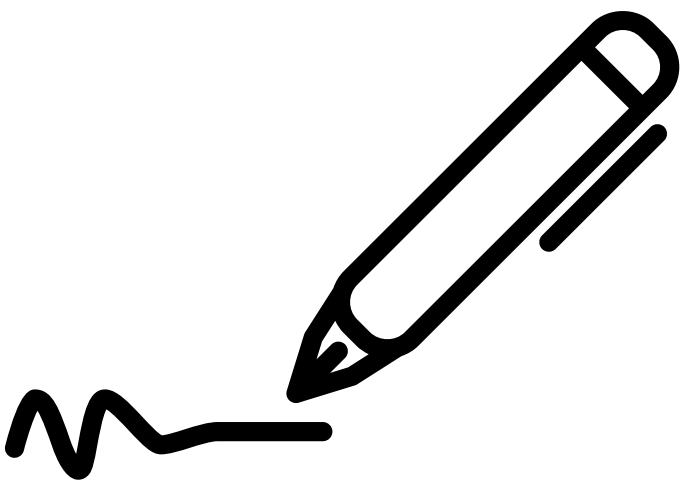
Half and 10k start

When you arrive:

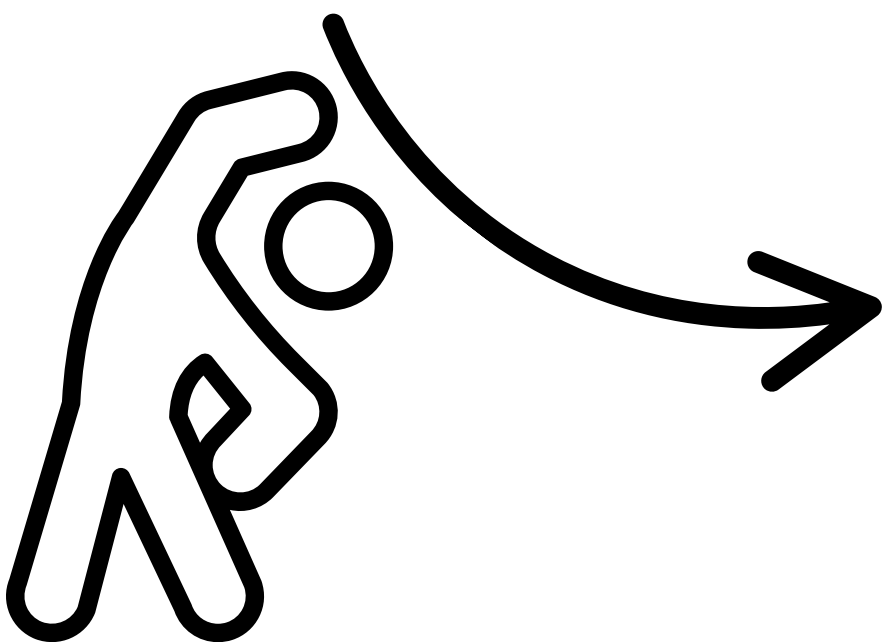
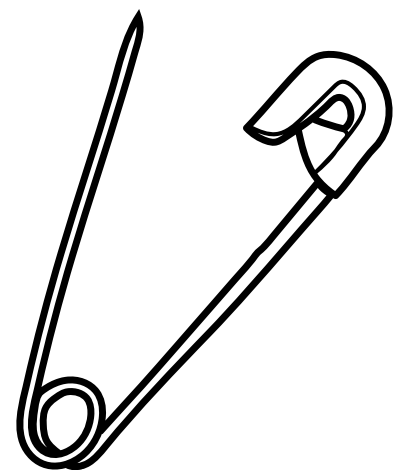
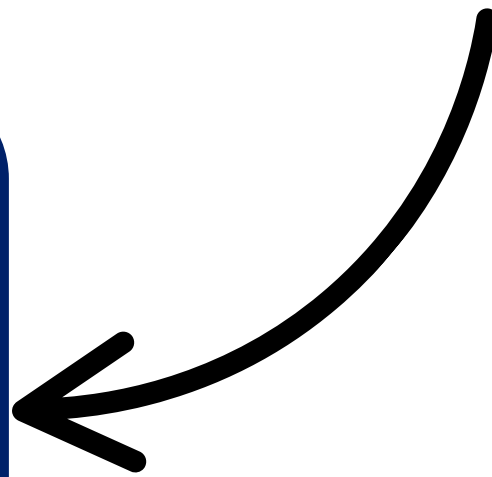
Head over to registration to collect your race number – all you need is the name you signed up with



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

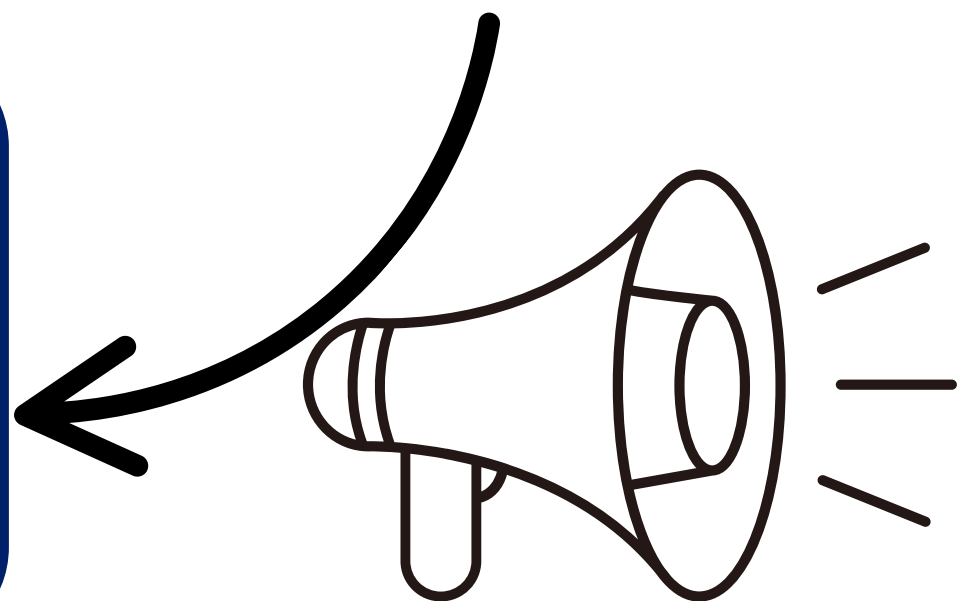


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables



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!

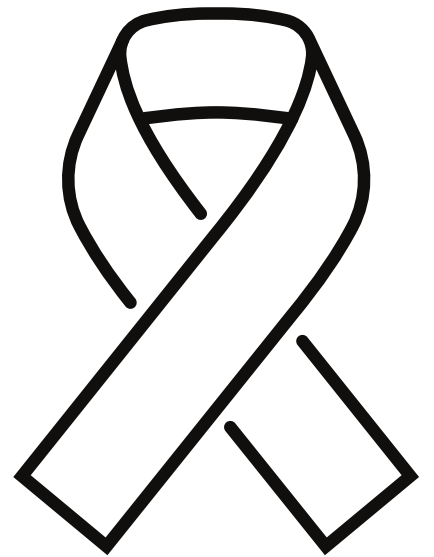


Bag Drop:



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



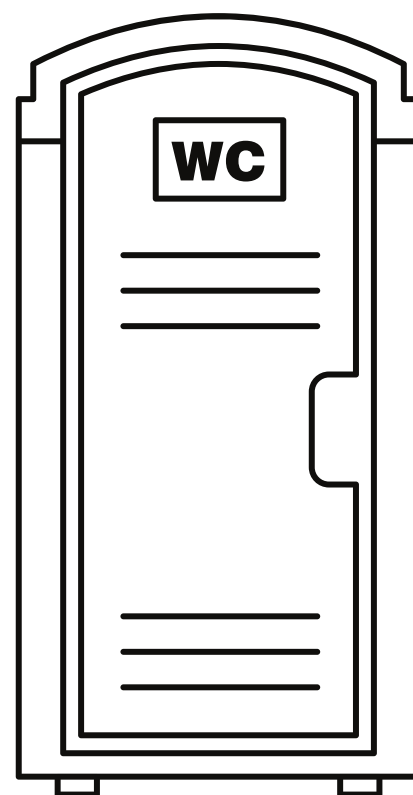
Some Key Info:

Toilets & Changing:

No changing facilities on site.

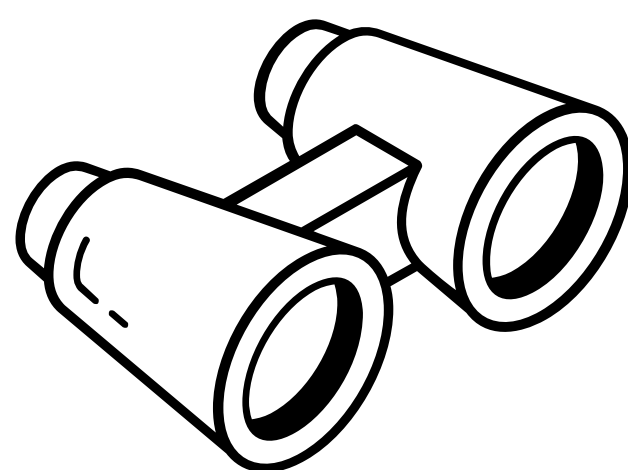
Portable toilets at event HQ.

Free sanitary products available in portable toilets.



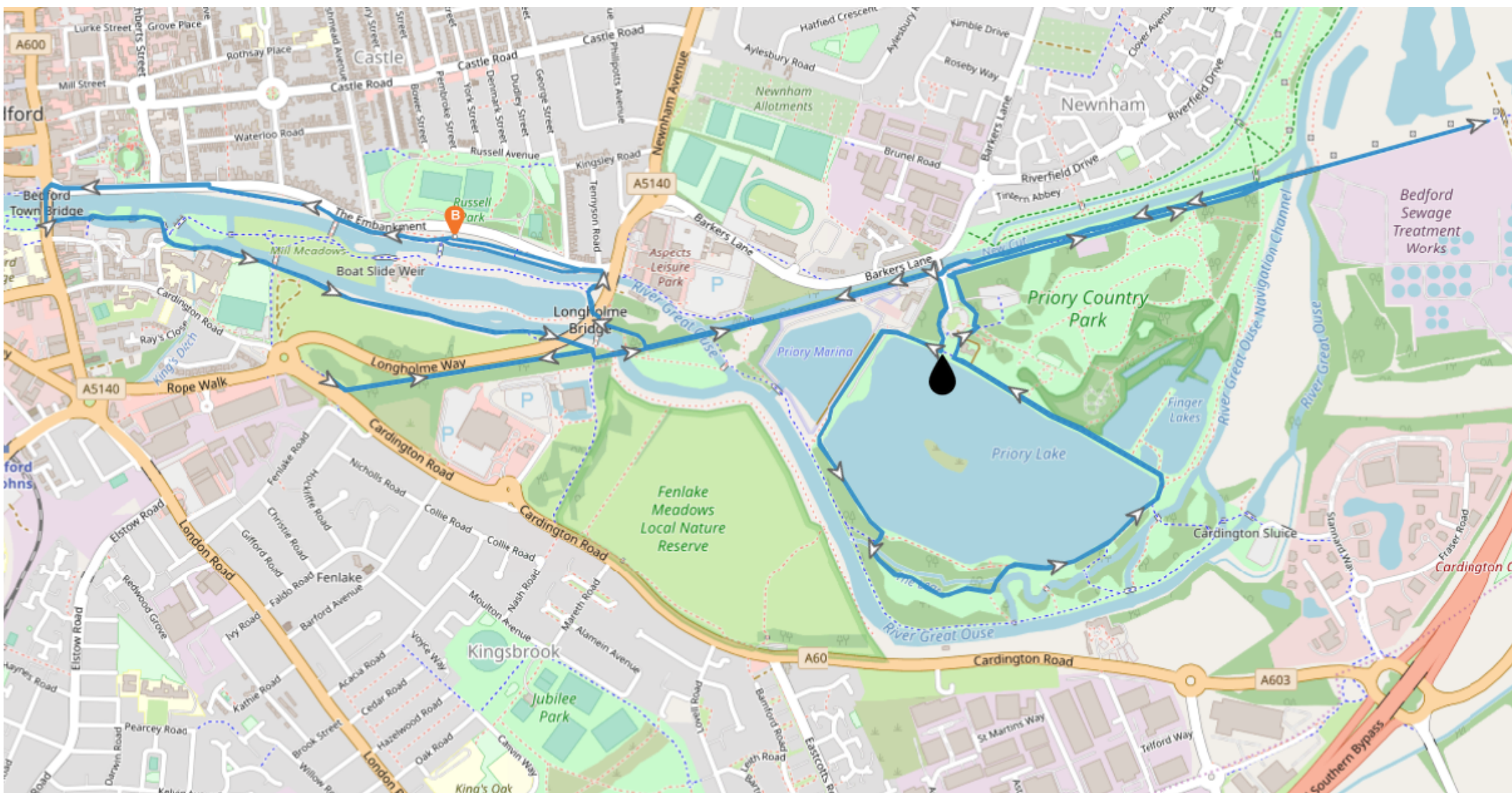
There will be food and coffee vendors at event HQ

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 headphones is NOT permitted

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 10k will complete one lap, the half will complete a second lap with a slight extension at the 18km point.

There will be water at around the 5km point of each lap, and for the half marathon 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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All thats left to say is...

**GOOD LUCK AND
HAVE FUN!**

Our partners:

ZONE3



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Easy event day hire & season rentals

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[CHECK OUT THEIR STORE](#)

DISCOUNT CODE: ATW20



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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](#)



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

