



Thank you for entering the ATW Run fest at Lee Valley.

This information pack contains everything you need to know ahead of your event on Sunday 22nd March. 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 March 2026

Address:

Showground Site, Lee
Valley Country Park,
Waltham
Abbey, Essex, EN9 1AB

The race start and
registration takes place
within the White Water
Centre over the bridge
from the car park.

Parking:

See the next slide for
parking information on
this event

Timings:

8:00am

Registration opens

9:30am

Half and 10k start

1:30pm

Parking Gates Locked

Parking:

Address:

Showground Site, Lee Valley Country Park, Waltham Abbey, Essex, EN9 1AB

Use entrance: at what3words location
[///toys.universally.throw](https://www.what3words.com/leevalleywhitewatercentre)



Parking is on the fields within the showground. Parking capacity is likely to be limited by ground conditions if weather does not permit. Please leave adequate time to find alternative parking in the case you arrive after car parking is full.

Parking is available at the Showground for £3 per car, payable on exit. Please follow the marshals on arrival and park where instructed.

Do not cut across the grass until instructed to do so by the marshals, stay on the gravel track. The ground is very rough in places and could damage your vehicle if you drive in the wrong area.

Please note, the White Water Centre parking is not managed by ATW, please ensure you pay the correct fees if you choose alternative parking locations.

When exiting the showground car park, you will need to turn left, a roundabout is available to U turn should you require. The car park will close at 1.30pm latest. Please note that the exiting road can be busy and it can therefore be slow on exiting.

Registration and Event HQ Location:

Address:

Lee Valley White Water Centre,
Station Road,
Waltham Cross,
Hertfordshire
EN9 1AB

Head to W3W location below

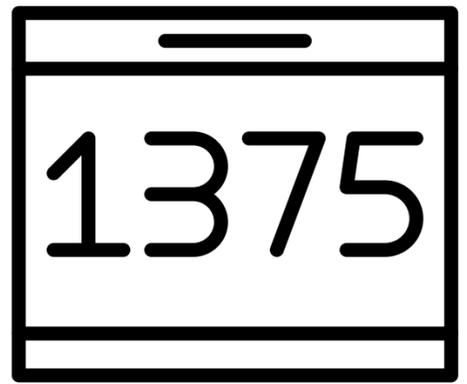


Registration and baggage are within the white water centre.

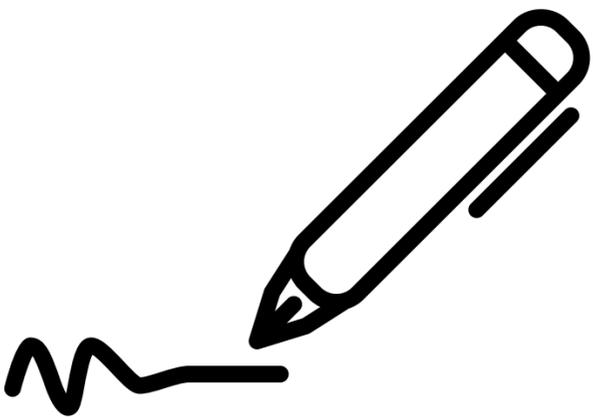
Head to: [W3W ///Split.Chart.Kinds](#)

When you arrive:

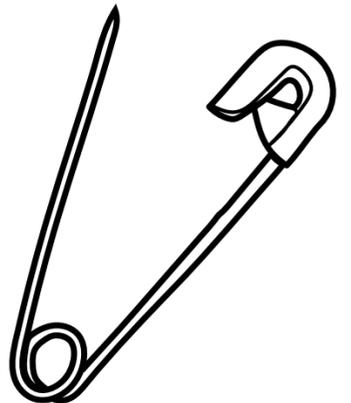
Head over to registration to collect your race number – all you need is the name you signed up with



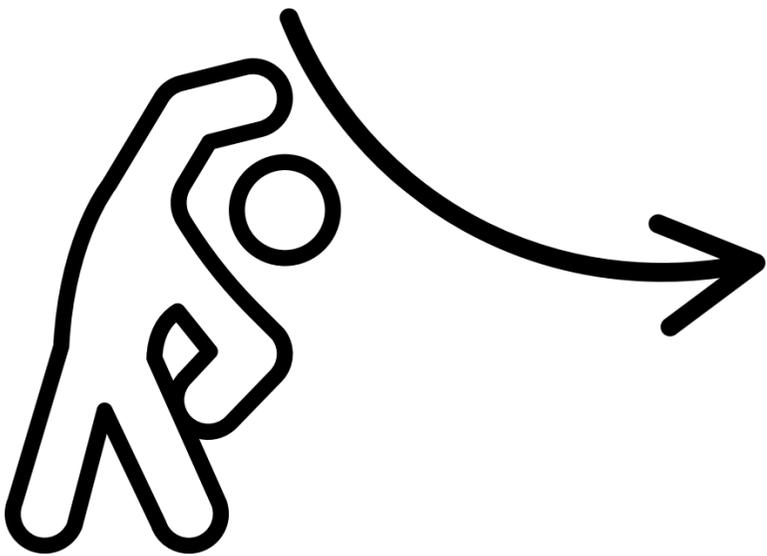
Fill out your information on the back, this helps us identify you quickly if something happens on course



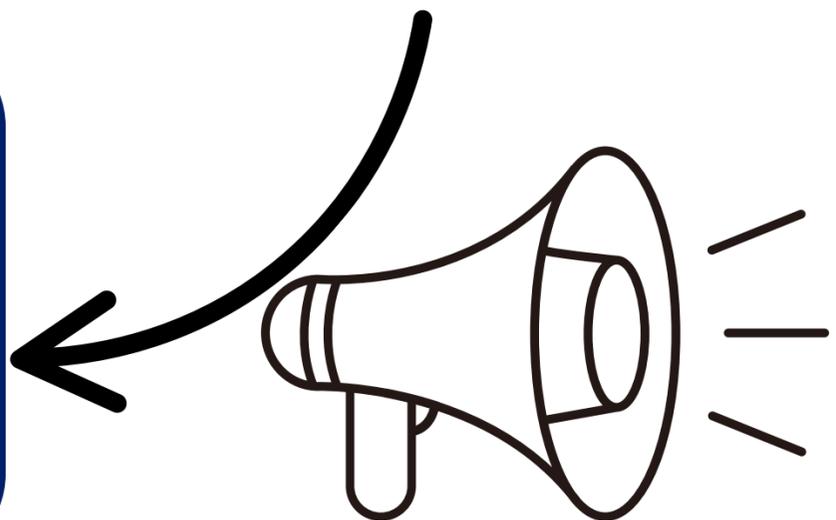
Pin your number to the FRONT of your t-shirt- do not remove the foam strip – safety pins can be found on HQ tables



Explore HQ, warm up and get ready for your race start



Join the start funnel- 5 mins before the start. The commentator will announce this. Have fun!

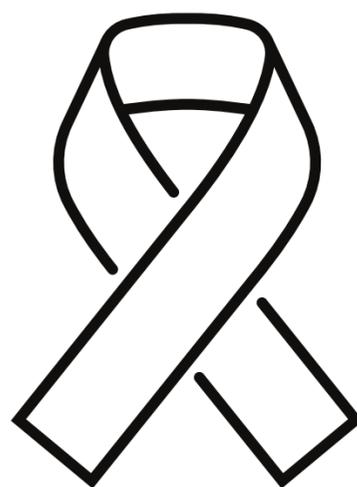


Bag Drop:

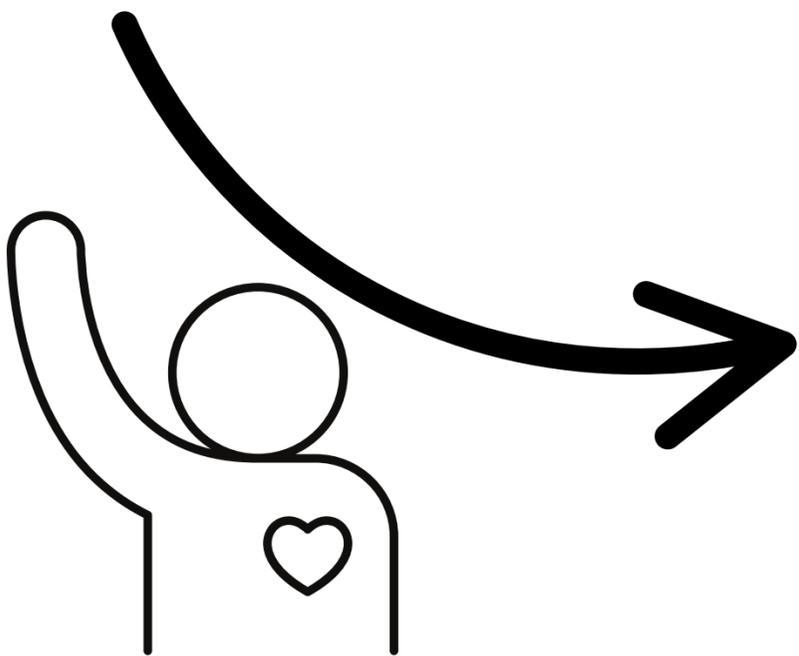


Tear off the baggage label from the bottom of your race bib

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!



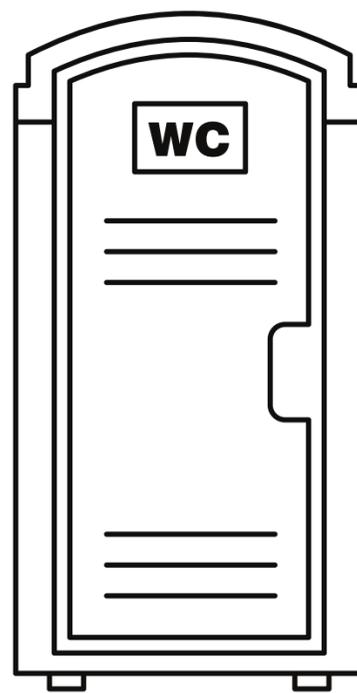
Bring your race number back to the bag drop tent to collect your belongings



Some Key Info:

Toilets & Changing:

Toilets are on site in race HQ
There will be free sanitary
products available in the toilets.

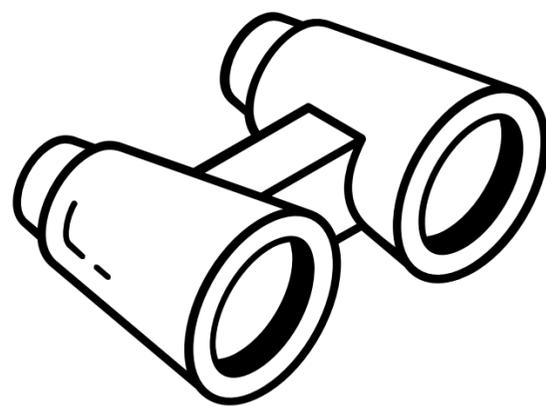


A caterer will be serving food
and drink at the on site cafe

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, over-ear headphones or
earpods 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.

Make sure you are able to hear and understand
marshal instructions.

10k and lap 1 of half course

The courses are based around the stunning Regional Park and the amazing White Water Centre. The 10k is one lap, starting and finishing alongside the white water rapids. This lap is also the first lap of the Half Marathon

Lee Valley 10k Route



This course has been officially measured and has an AUKCM of course accuracy.

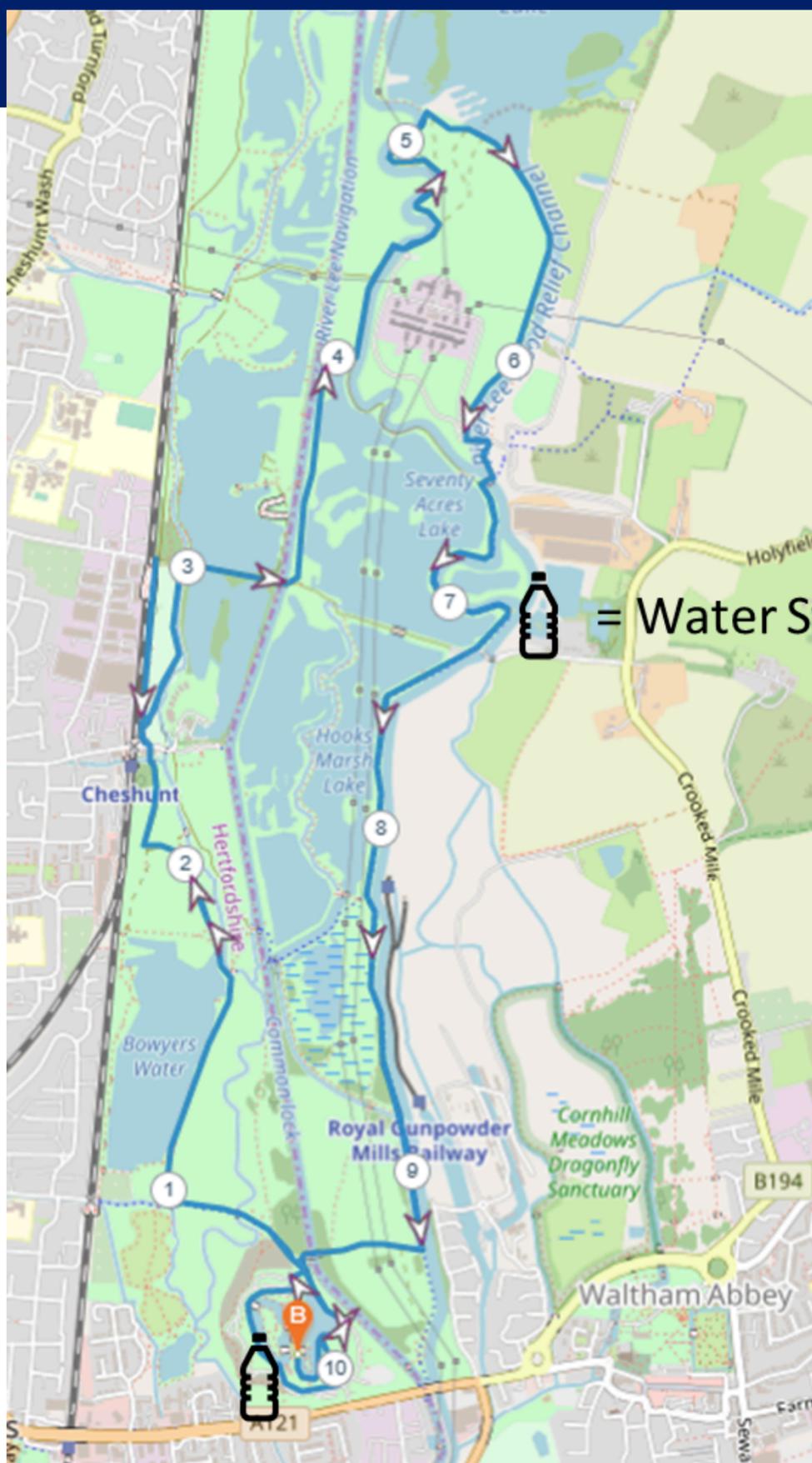
Lap 2 of half course

The Half Marathon is a two lap course.

Lap one is the same as the 10k, but splits off just before the finish line and takes in a lap of the white-water rapids before re-entering the regional park for a second lap. It is important that you stay to the pavement around the White Water Centre and do not run on the road.

The second lap includes an out and back extension, please stay to the left of the path on this out and back section.

Lee Valley Half Marathon Route



This course has been officially measured and has an AUKCM of course accuracy.

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 running. 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 pick up your race number from there.

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 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 :)

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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[Download on Google Play](#)

All that's left to say is...

GOOD LUCK

AND

HAVE FUN!!

Our partners:

The logo for Revive Active, featuring the word "revive" in a bold, lowercase sans-serif font and "active" in a smaller, lowercase sans-serif font below it, with a registered trademark symbol. To the right of the text is a small icon of a person with arms raised.

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!

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Our partners:

ALZHEIMER'S RESEARCH UK

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

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