

Thank you for entering the ATW Nottingham Holme Run, Half Marathon, 10k and 5k.

This information pack contains everything you need to know ahead of your event on Sunday 21st December. Please have a read thorough so you can be fully prepared!

We can't wait to see you on the start line.



Follow us on socials @eventsatw

### KEY DETAILS:

### 21st December 2025

#### Address:

Holme Pierrepont County Park, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU

### Registration:

Registration will be open from 09:30am and will stay open throughout the day, closing once the final race (5km) starts at 12:30pm.

### Parking:

**Car Park** 

https://w3w.co/tiger.hunter.tracks

Car park Entrance

https://w3w.co/wisely.scary.spends

When travelling down Adbolton lane you will come across a grass triangle with a wooden sign on, take a left turn at the wooden sign, this turn will actually feel like going straight on as the roads curves round to the right. There will also be signs for Event Car Parking.

#### Payment for parking

Car Parking is PER CAR via ANPR
Holme Pierrepont Country Park | Tap2Park
(<a href="https://parkpcm.co.uk/">https://parkpcm.co.uk/</a>). (Location
4455)

There are several ways to pay:

- •On the app parkpcm
- Using the qr code on signs spread around site

At home on a computer up to midnight on the same day (no payment for parking can be accepted after the event date)



### Timings:

9:30am Registration opens

10am FREE Family Fun Run

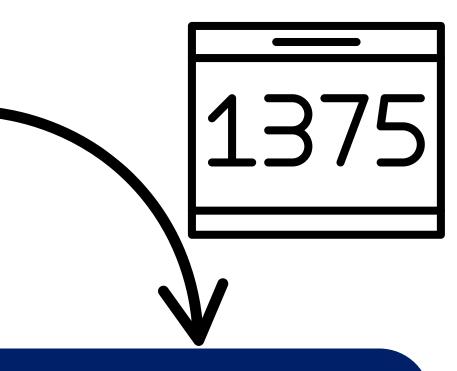
10:30am Half Marathon Start

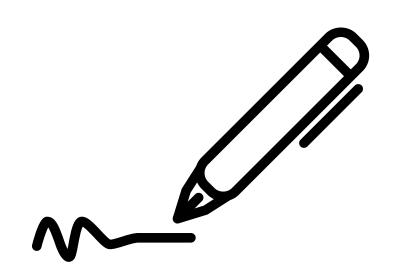
11:30am 10k Start

12:30pm 5k Start

## When you arrive:

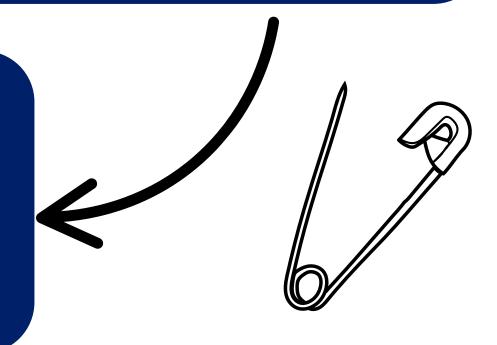
Head over to registration to collect your race number - all you need is the name you signed up with





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

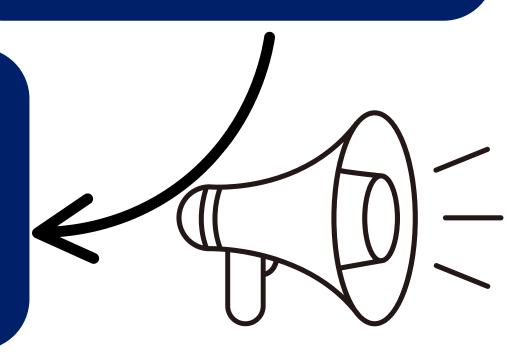
Pin your number to the FRONT of your t-shirt- do not remove the foam strip - safety pins can be found on HQ tables





Explore HQ, warm up 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:

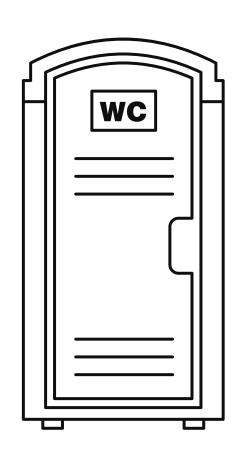


## Some Key Info:

### Toilets & Changing:

Toilet facilities are on site in the form of portable toilets outside the Forum building. There are also some toilets opposite the café.

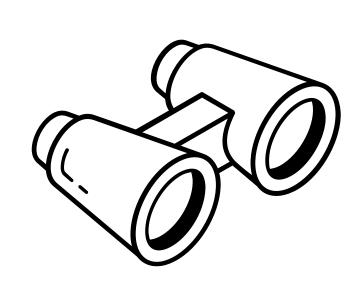
There are no changing facilities on site, please come ready to race.





A cafe will be serving food and drink inside the 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!

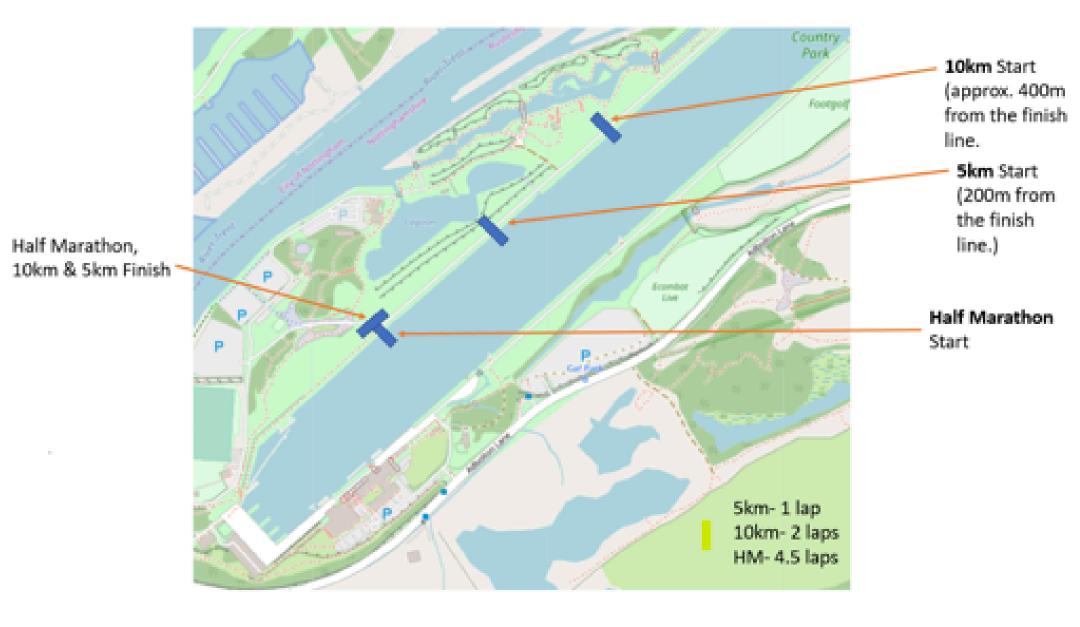




This event is UKA affiliatted and therefore the wearing of headphones is NOT permitted

## Nottingham Holme Run 5k, 10k and Half Marathon Course Starts

#### **COURSE MAP - Starts**



All 3 courses have been officially measured and have an ACSM certificate of course accuracy.

## Nottingham Holme Run Half Marathon Course



Start the race in a clockwise direction and run to Point A where you will do a U turn. After passing the finish line, complete 4 anti-clockwise laps of the lake.

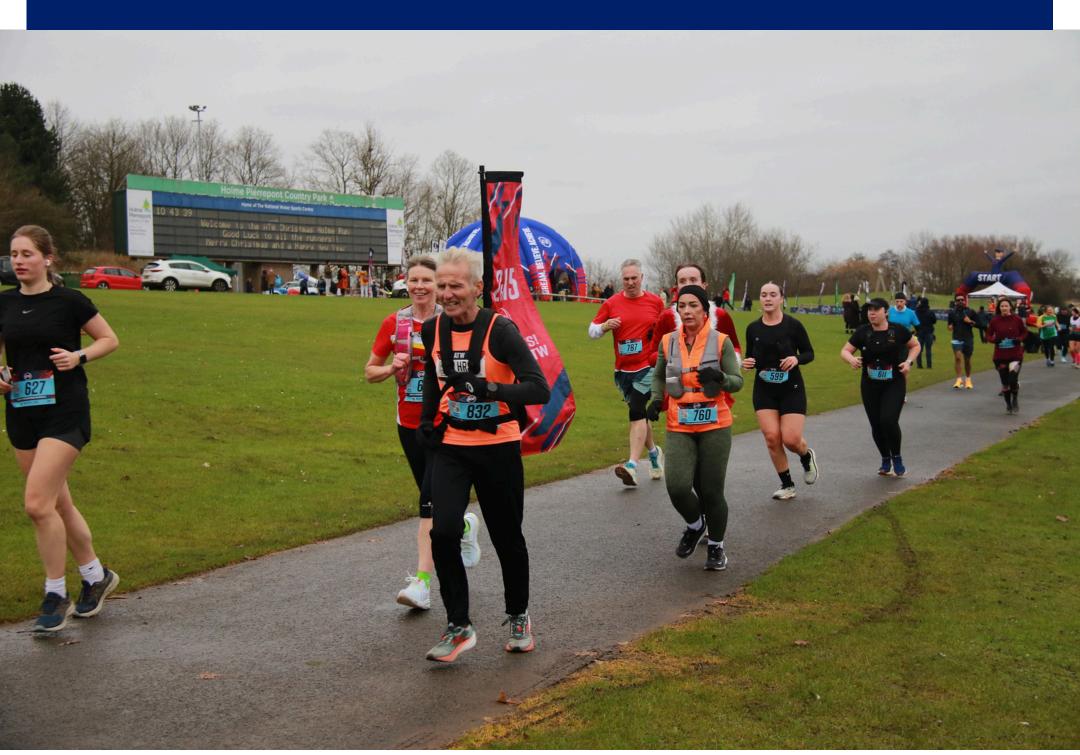


Please make sure to keep on the left hand side of the path when going to and from the turnaround point. There will be 2 lead bikes, ensuring space is kept on the return section of the course for the leaders.

### Nottingham Holme Run 10k Course



Running anti-clockwise, once past the finish line, complete 2 laps of the lake.



### Nottingham Holme Run 5k Course



Running anti-clockwise, after passing the finish line, complete 1 lap of the lake.



## ATW access

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. You will find it outside to the right hand side of the event village, towards the car park. 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



We pride ourselves on being inclusive and accessible and we know this looks different for everyone!

Pre event, if you have any questions try using our AskArchie helpbox who might have the answers, alternatively you can email access@atwevents.co.uk

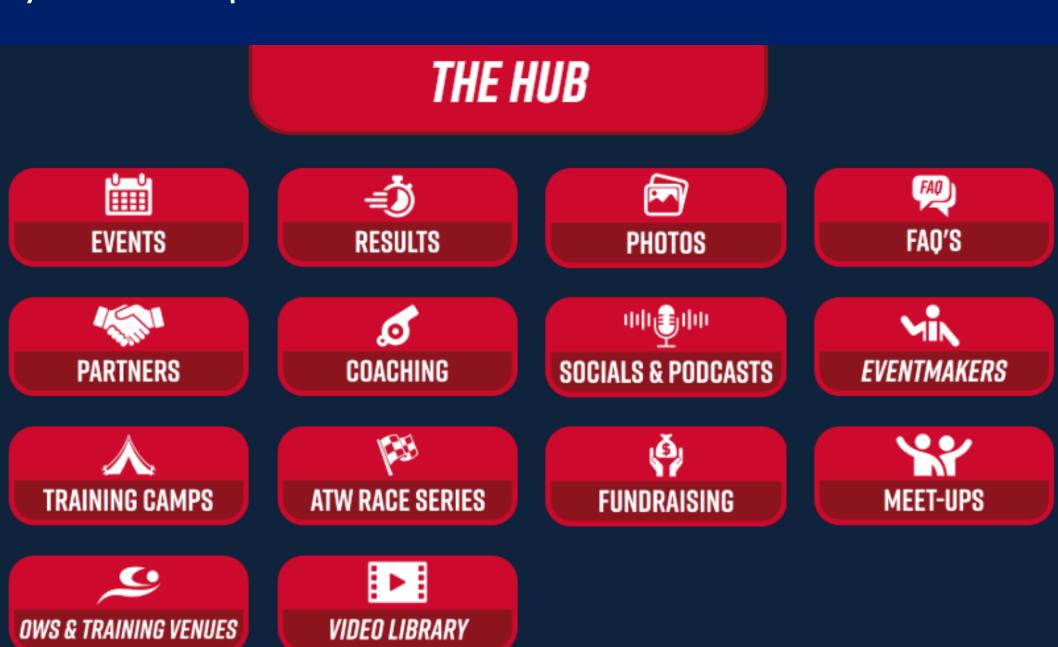
On event day James can be found in the event village and is the friendly face aiming to make the event accessible for all; with bundles of experience between them they will do everything they can to help:)

## 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!



<u>Download on the AppStore</u>

<u>Download on Google Play</u>

### Our partners:



**OUR TRUSTED SWIM SPONSOR!** 

CHECK OUT THEIR STORE

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 FORA RESEARCH UK CURE

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** 

# YellowJersey Insurance for cycling

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





