



Thank you for
entering the ATW St
Albans Summer 10k.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 20th July .
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:

20th July 2025

Address:

Highfield Park, St Albans

What3Words:

[///hatch.songs.dull](https://www.what3words.com////hatch.songs.dull)

Parking:

Ample Parking is available at the event parking meadow.

Please see next slide for detailed info.

Use What 3 Word location:

[///knots.decay.option](https://www.what3words.com////knots.decay.option)

Timings:

8am

Registration opens

9.30am

Registration closes

9am

**Kids FREE fun run start.
No need to register just
head to the start line.**

9.30am

10k start

PARKING

There is no parking available at the event village itself.

Address:

Entrance to the parking is in to the field shown below, opposite Highfield Farm.

Use What 3 Word location:

[///knots.decay.option](https://knots.decay.option)

[what3words](https://what3words.com/what3words) [/// The simplest way to talk about location](https://what3words.com/what3words)

Parking will be chargeable on exit.

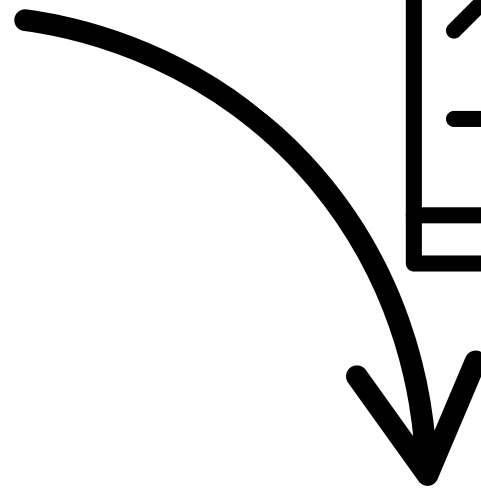
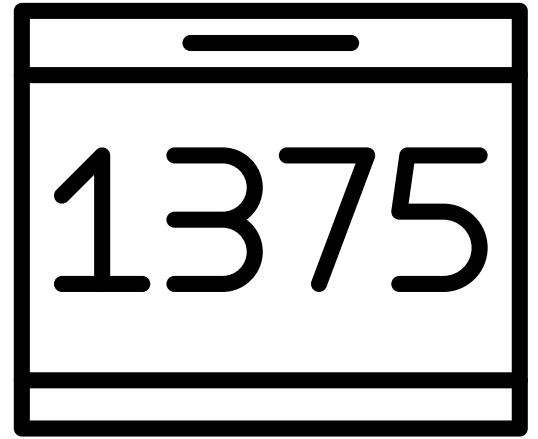
£3 per car

All proceeds go to the farm

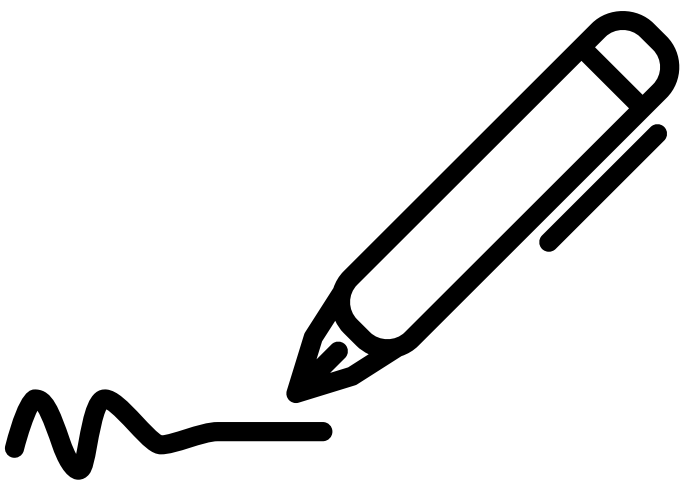


When you arrive:

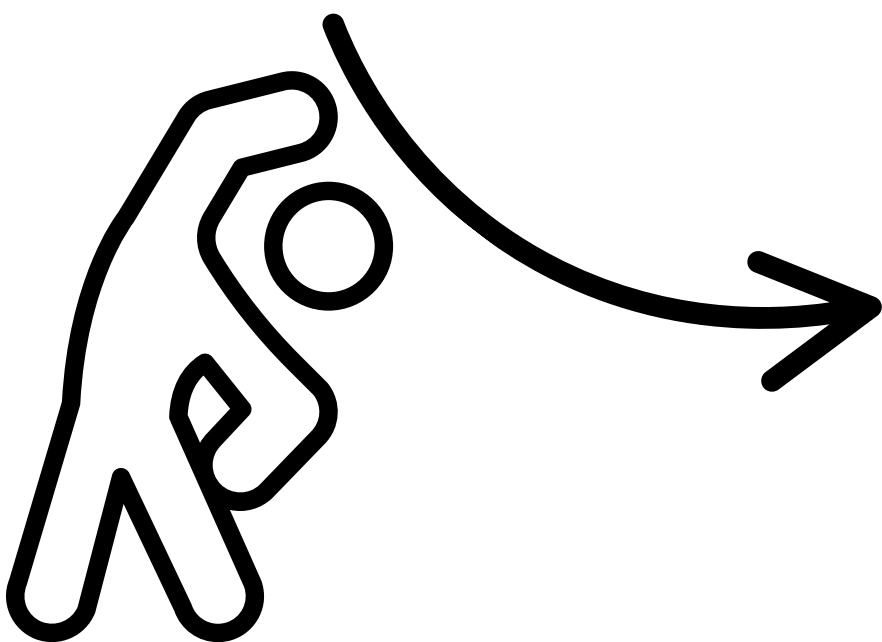
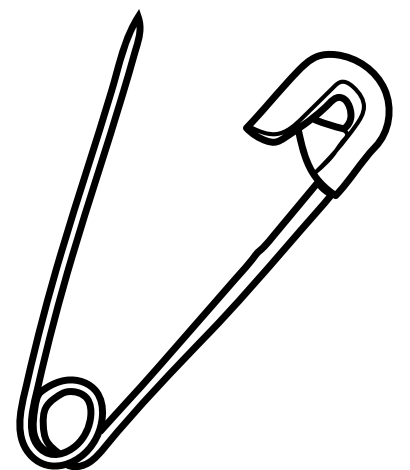
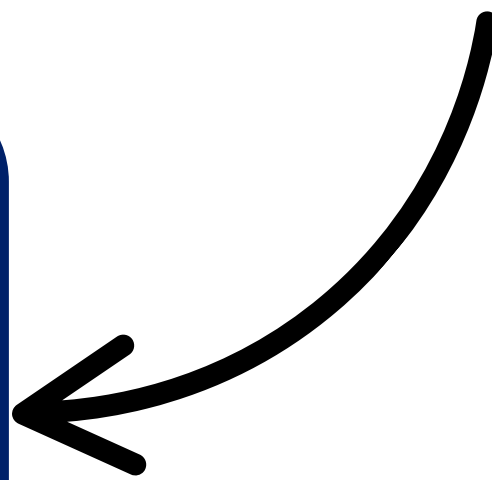
Head over to registration to collect your race number – all you need is the name you signed up with



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

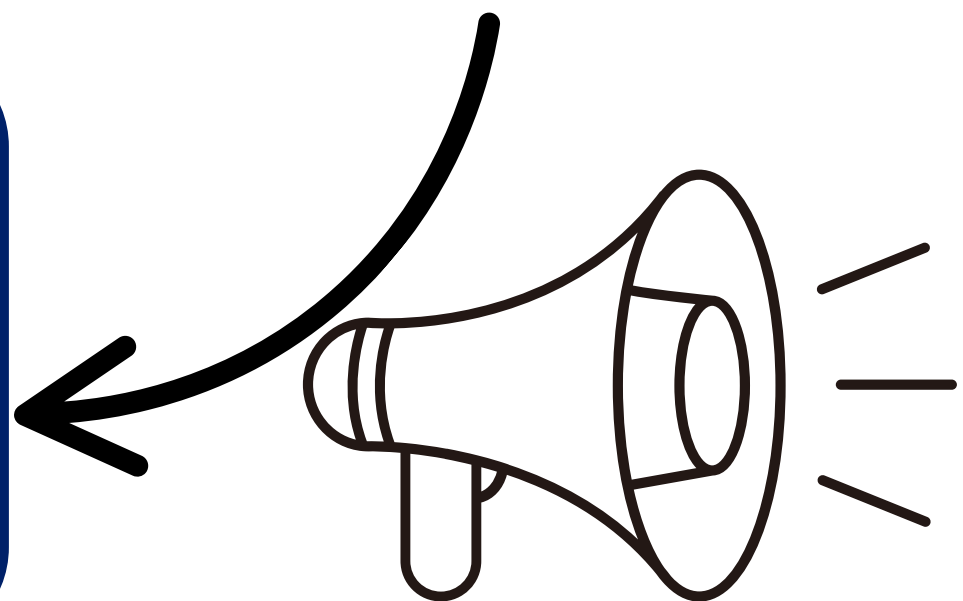


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables



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



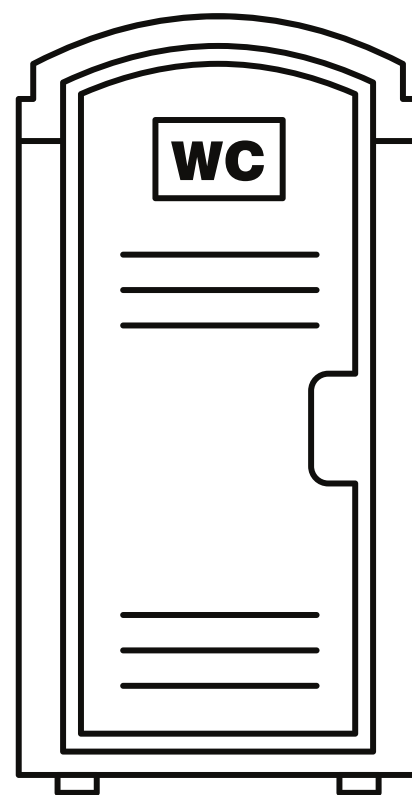
Some Key Info:

Toilets & Changing:

No changing facilities on site.

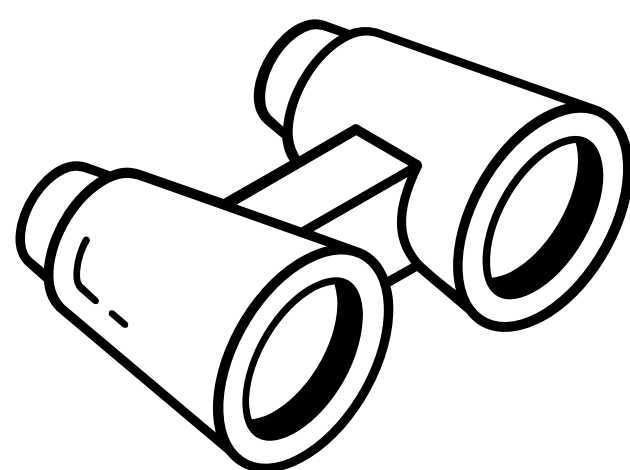
Portable toilets at event HQ.

Free female sanitary products available in portable toilet.



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:

10km lap



Please be aware that the fastest runners and those runners at the tail could potentially meet at approx. the 2.5k & 7.5km point. Priority will be given to the lead runners who are continuing straight on.

Flat course
Signed course
Marshals

The Alban Way is a public right of way and we will be sharing it with members of the general public. Please be courteous to other users

Please do not spit in the vicinity of marshals and members of the public.

[Interactive course map](#)

Post Event:

ATW HUB:

The place for all of your pre and post race needs and all things ATW.

Download the ATW HUB app, now available on all app stores



All that's left to say is...

**GOOD LUCK
AND
HAVE FUN!!**

Our partners:

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DISCOUNT CODE: ATW20



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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](#)



A donation is made on GoFundMe every second. Start your fundraiser and raise money today.
Start fundraising today with no fee, easy set up, and free Gift Aid processing for charities.

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