



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

This information pack  
contains everything  
you need to know  
ahead of your event  
on Friday 3<sup>rd</sup> April.  
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:

**3rd April 2026**

## 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, but we have secured a parking field half a mile away. Follow the event-HQ signs to the event field.

## Address:

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

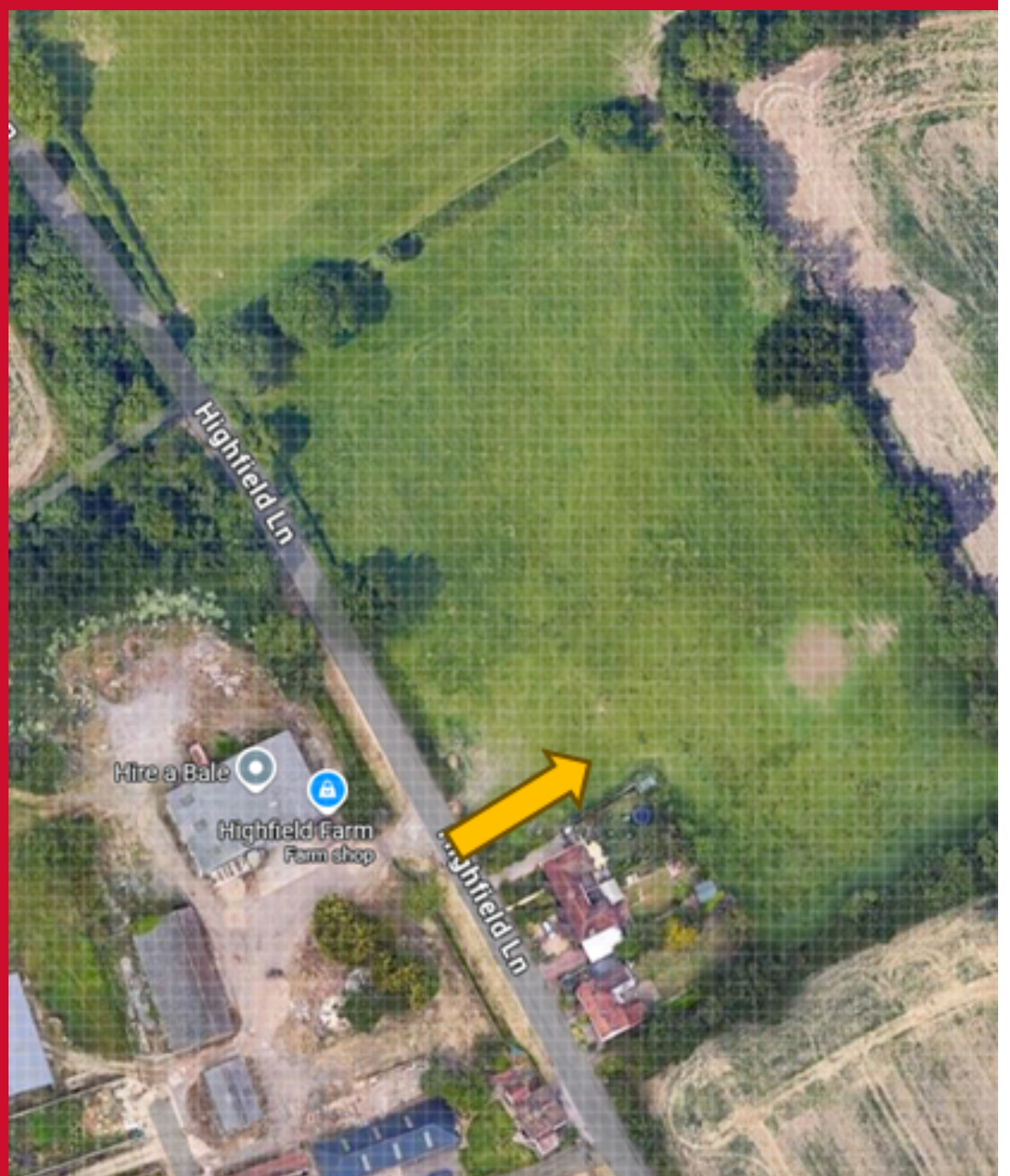
Use What 3 Word location:

///knots.decay.option

Parking will be chargeable on exit.

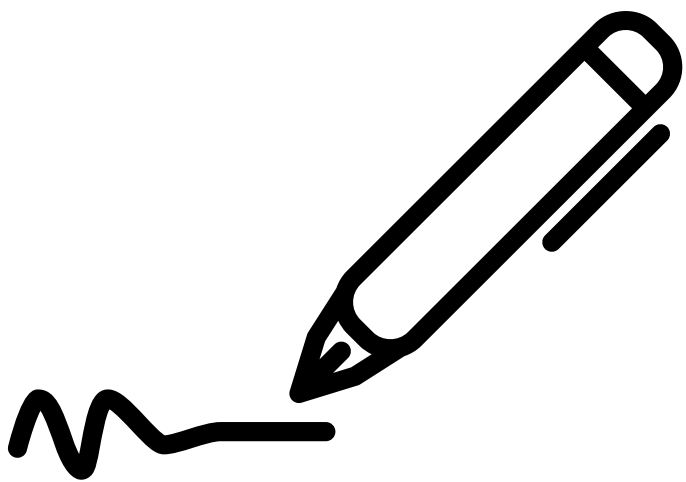
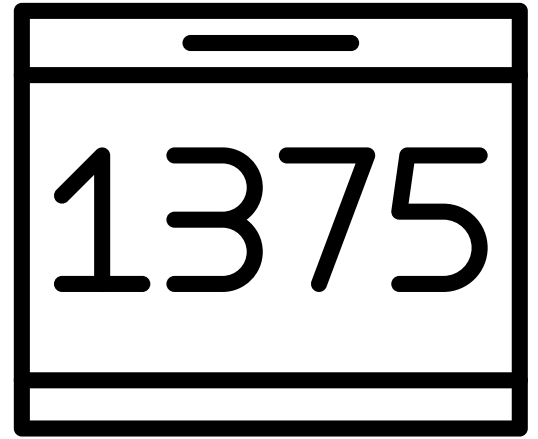
£3 per car

All proceeds go to the farm



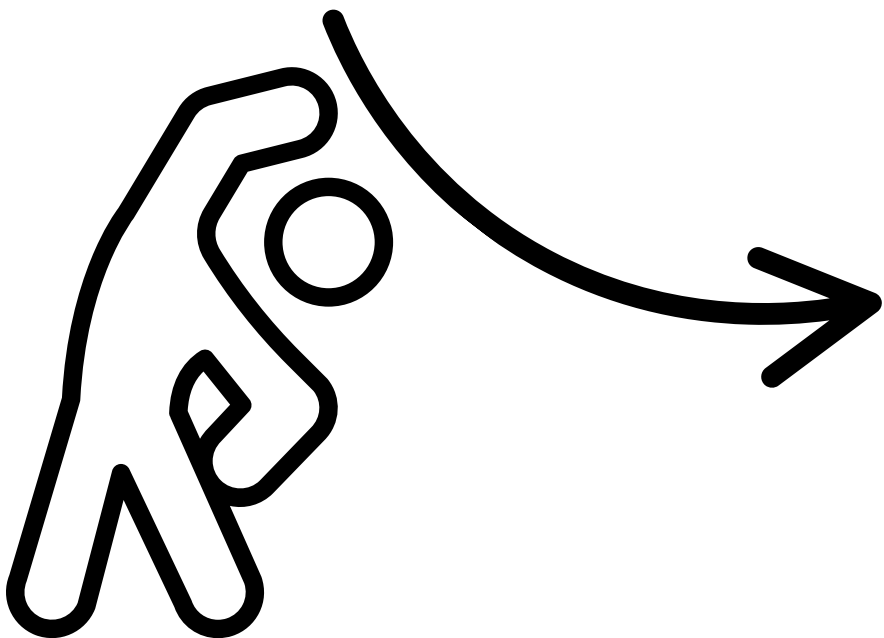
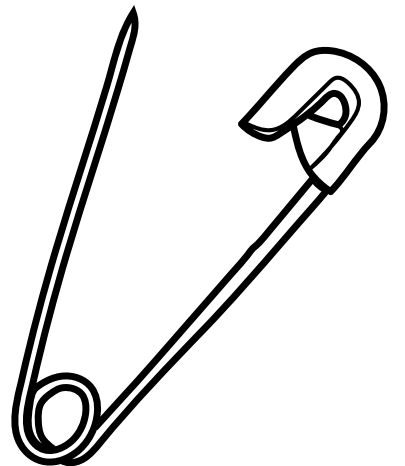
# When you arrive:

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



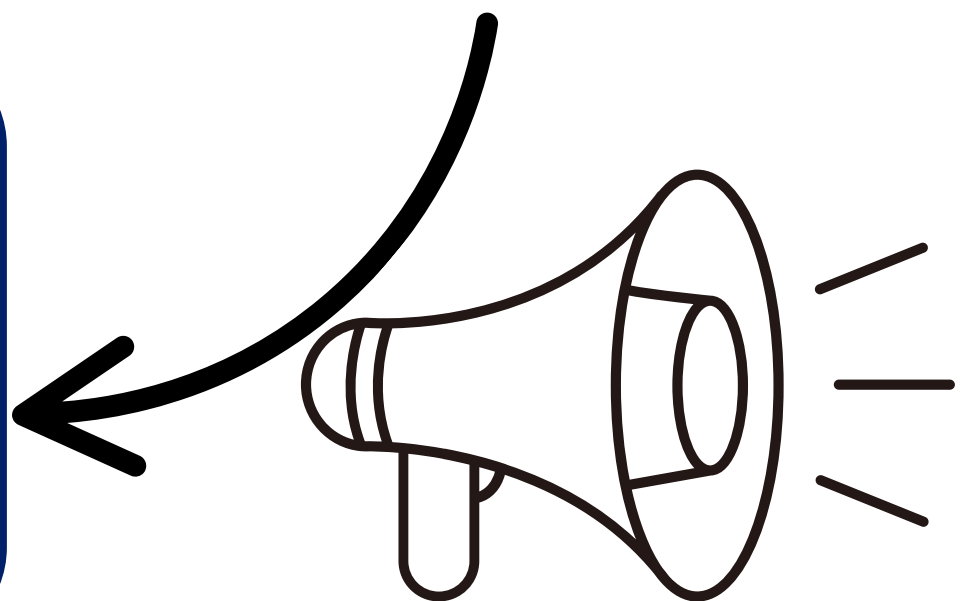
Fill out your information on the back, this helps us identify you quickly if something happens on course

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:

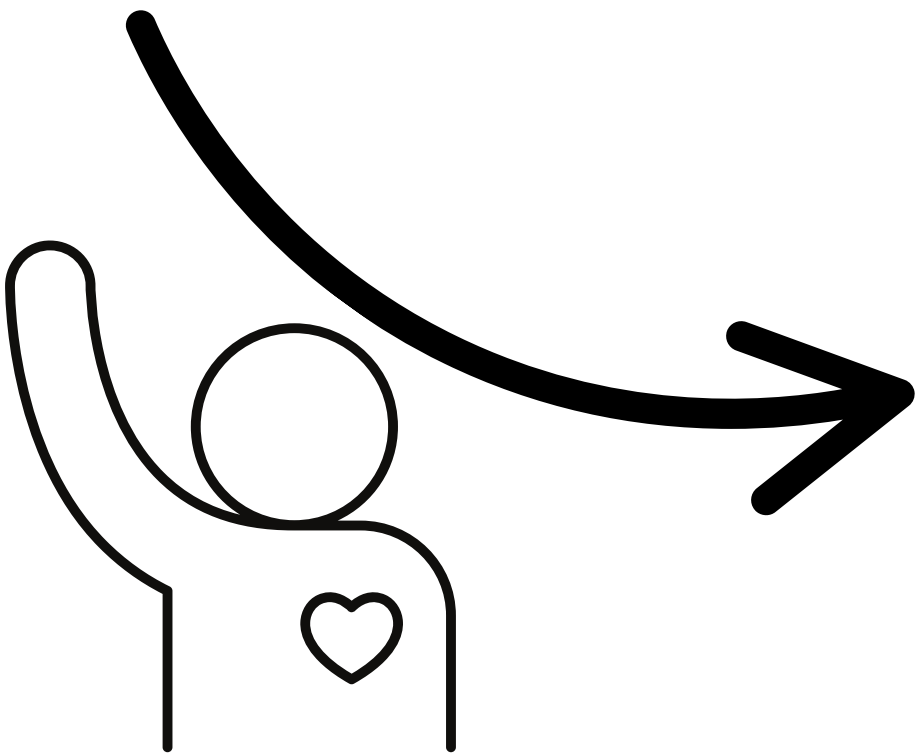


Tear off the baggage label from the bottom of your race bib

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



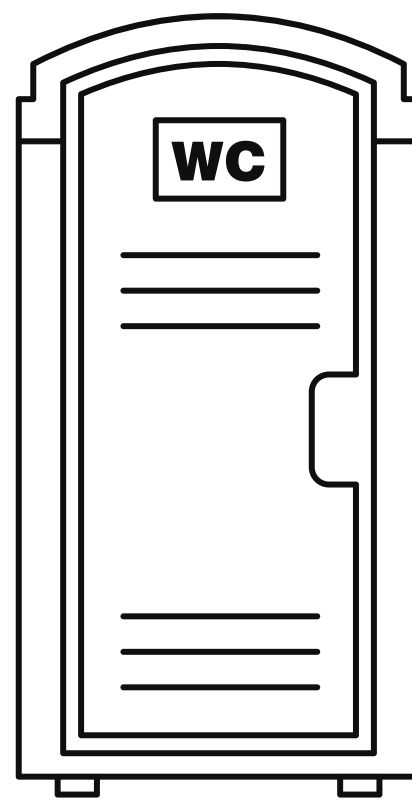
# Some Key Info:

## Toilets & Changing:

No changing facilities on site.

Portable toilets at event HQ.

Free sanitary products available in portable toilets.

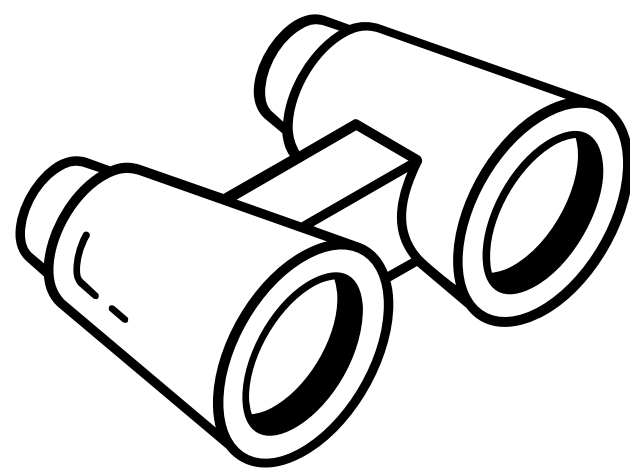


There will be food and coffee vendors at event HQ

Friends or family coming to support?

Help us build the magic of event day and celebrate every runner over the line.

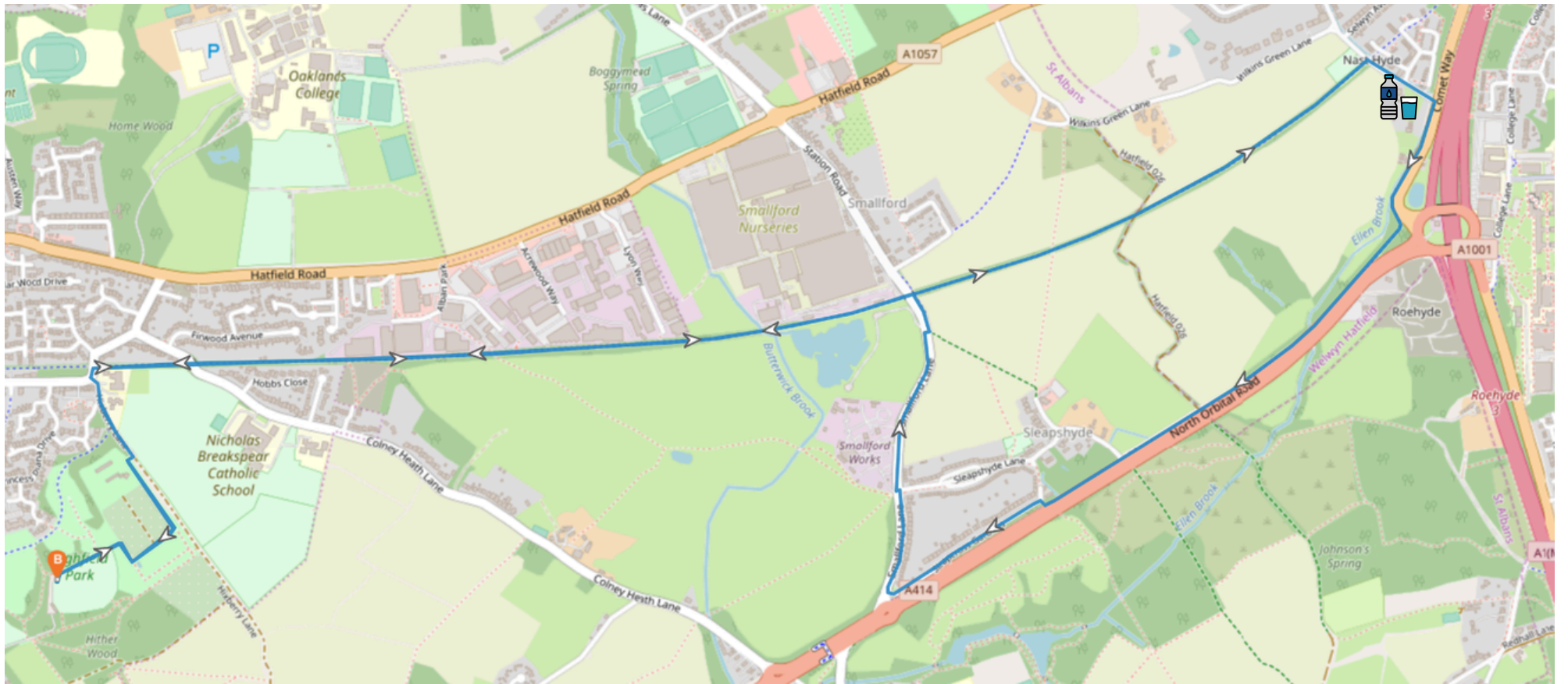
Cheer runners on at the finish funnel!



This event is UKA affiliated and therefore the wearing of in-ear and over-ear headphones are banned. Only Bone conduction headphones are permitted

# The Route:

10km lap (NEW REVERSED COURSE)



**Please be aware this event is using a reversed version of the previous St Albans 10k course.**

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

The water station is at approximately 4.5k

[Interactive course map](#)

# 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. You will find it just outside the event village

We ask that this space is used respectfully



Holly



James

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](mailto:access@atwevents.co.uk)

On event day Holly and James can be found in the event village and are 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!

### *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

[Download on the AppStore](#)

[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, enclosed in a square.

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](#)



SKECHERS  
PERFORMANCE

OUR RUN SPONSOR!

Lifestyle and athletic footwear and apparel for men, women, and kids filled with innovative comfort technologies.

The logo for Yellow Jersey Insurance for cycling, featuring the words "Yellow Jersey" in a large, bold, black sans-serif font and "Insurance for cycling" in a smaller, black sans-serif font below it.

Bike insurance

Travel insurance

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

# 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

[FIND OUT MORE](#)



[Use code DextroSave50 on this bundle](#)

**ZONE3** 

# CONFIDENCE STARTS IN THE WATER.



**Every race starts with the swim.  
Confidence in open water comes  
from wearing the right wetsuit.**

ZONE3 wetsuits are developed, refined and proven through real world testing, with a focus on efficiency, comfort and control when it matters most.

For ATW events, athletes can access ZONE3's season wetsuit rental programme, making ZONE3 wetsuit performance available without the commitment of purchasing.

PREPARING FOR RACE DAY?

Use the [ZONE3 Race Day Kit List Checker](#) to make sure nothing is left to chance, from wetsuit choice to final swim essentials.

Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://www.zone3.com/atw)



**ATHLETE APPROVED. PERFORMANCE PROVEN.**