



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 19th 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:

19th July 2026

Address:

Highfield Park, St Albans

What3Words:

[///hatch.songs.dull](https://www.what3words.com/lookup/:///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/lookup/:///knots.decay.option)

Timings:

8am

Registration opens

9am

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

9.30am

Registration closes

9.30am

10k start

PARKING

**There are 2 fields available for parking,
please follow signage and marshals
instructions.**

Address:

Entrance to the parking is in the field opposite
Highfield Farm.

Use What 3 Word location:

[///knots.decay.option](#)

OR

Entrance to the parking is in the field opposite
the lay by.

Use What 3 Words location:

[///snows.bikes.acid](#)

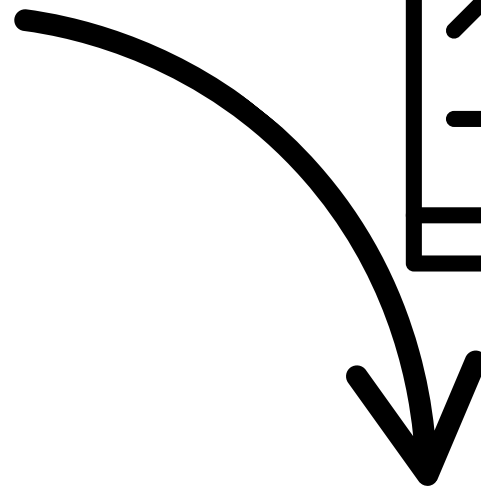
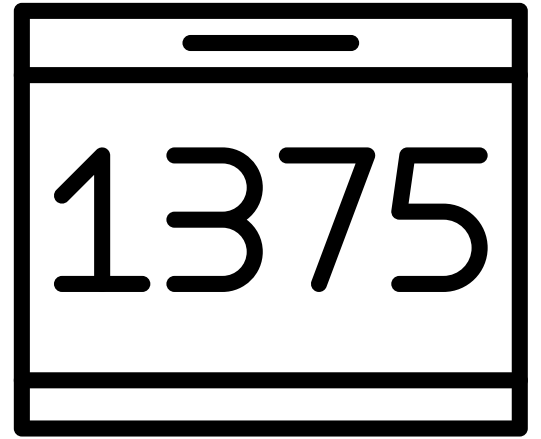
Parking will be chargeable on exit.

£3 per car

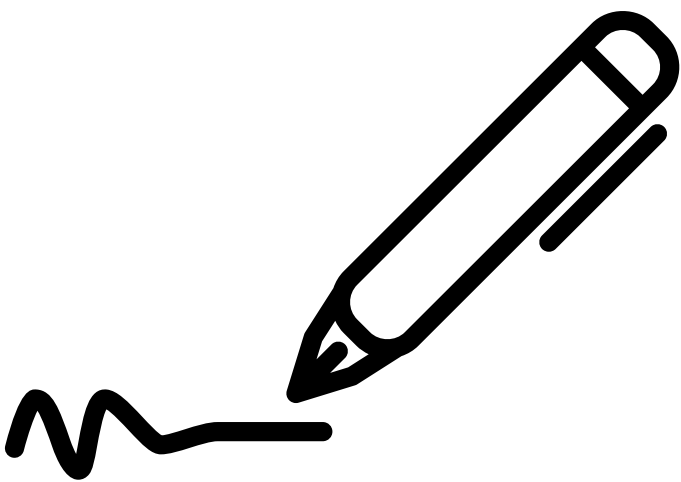
**Please do not park
on residential roads.**

When you arrive:

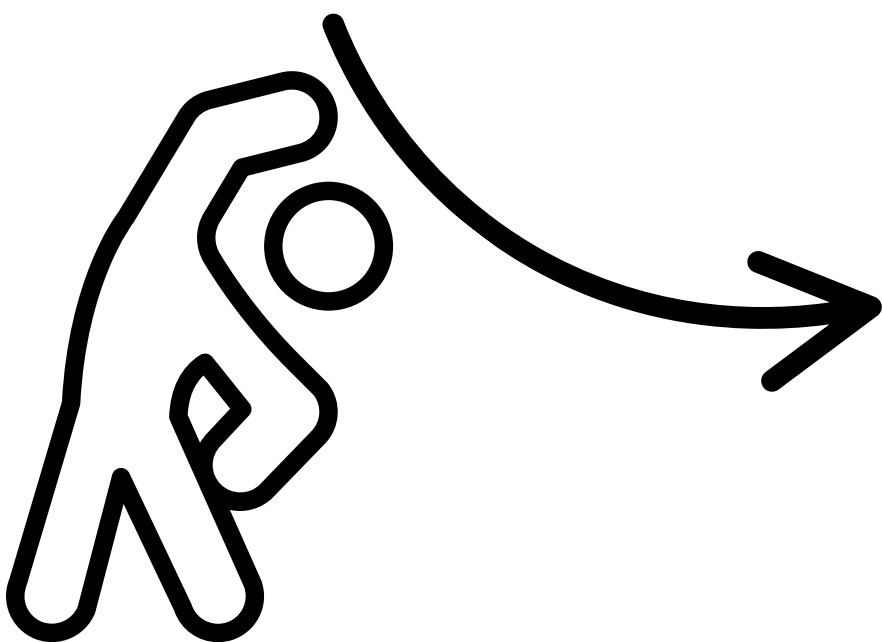
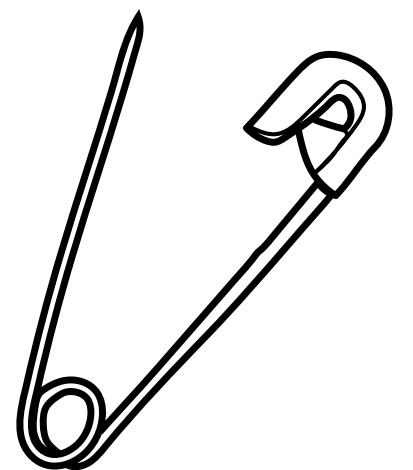
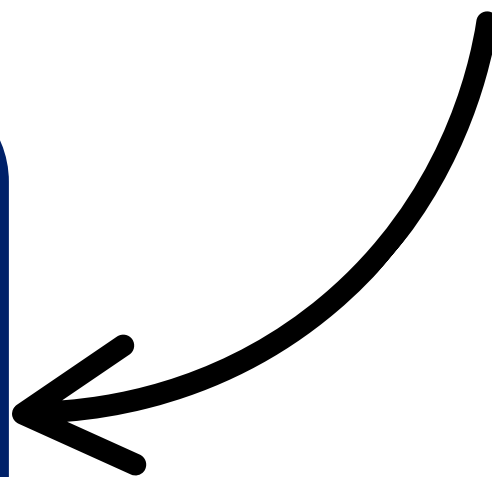
Head over to registration to collect your race number – all you need is the name you signed up with



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

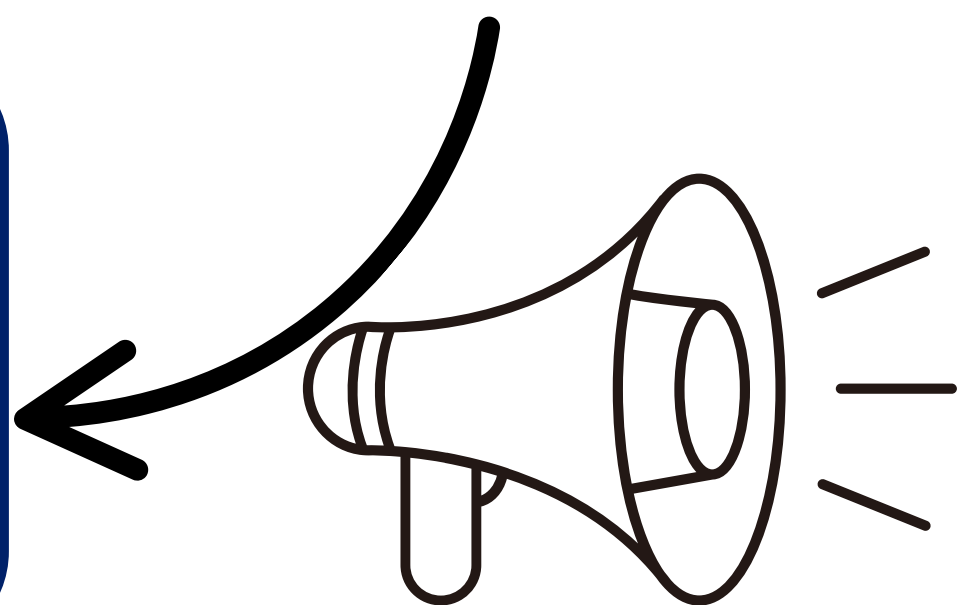


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables



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



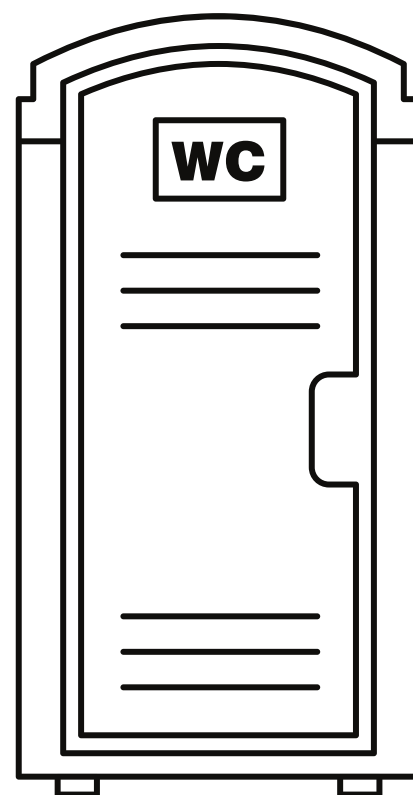
Some Key Info:

Toilets & Changing:

No changing facilities on site.

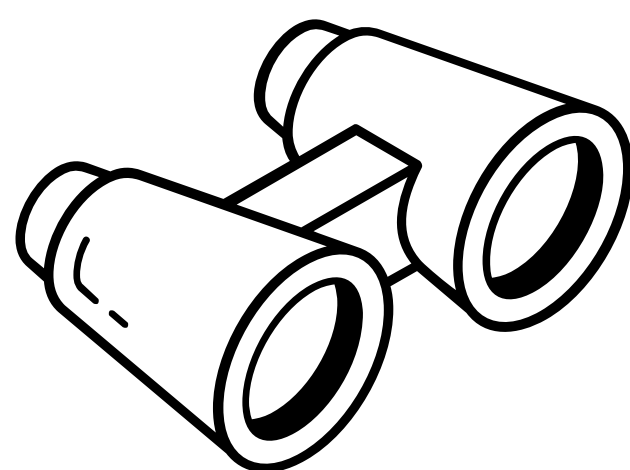
Portable toilets at event HQ.

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



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 turning left.

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](#)

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 competing. 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 register and pick up your race numbers and timing chip 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 please 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, he will do everything he can to help :)

Post Event:

ATW HUB:

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

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



[Download on the AppStore](#)

[Download on Google Play](#)

All that's left to say is...

**GOOD LUCK
AND
HAVE FUN!!**

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](#)



**SKECHERS
PERFORMANCE™**

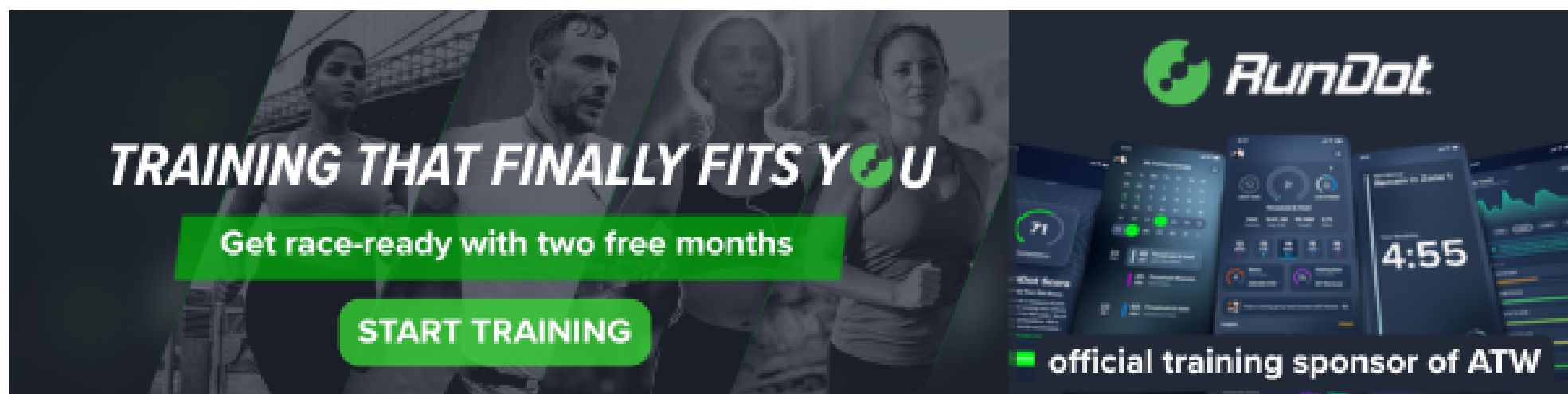
OUR RUNNING SPONSOR!

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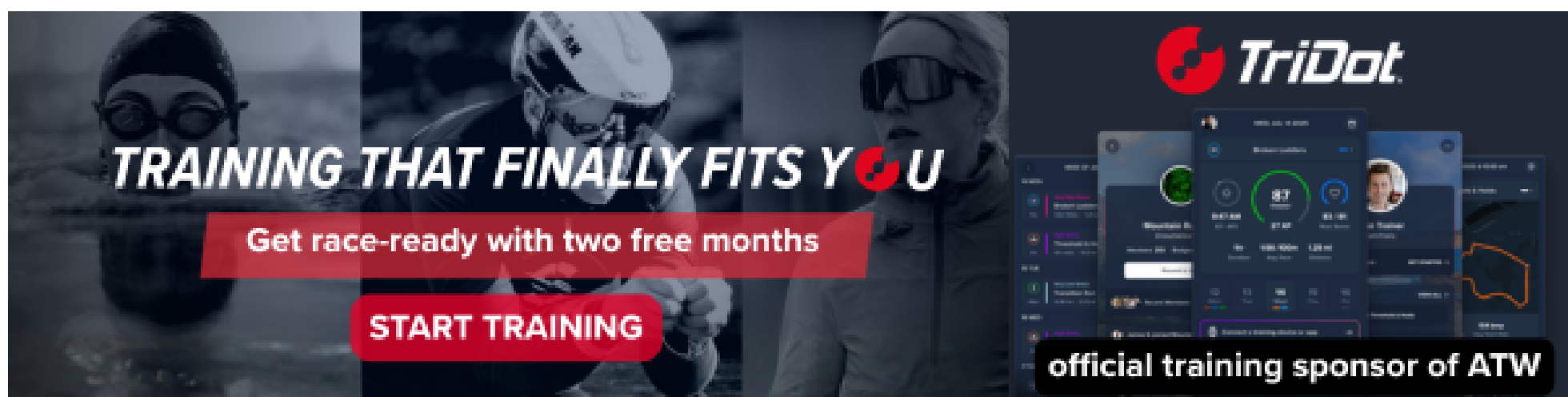
Train smarter, not harder: RunDot builds a personalized running plan tailored to your body, schedule, and conditions.

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and you see more results.

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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.

Our partners:

YOU HAVE
THE MOTIVATION,
WE HAVE WHAT IT TAKES



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