

STEVENAGE

SPRING HALF & 10K



Thank you for entering the ATW Stevenage Spring Half Marathon & 10k.

This information pack contains everything you need to know ahead of your event on Monday 6th 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:

Monday 6th April

Address:

Ridlins Athletics Track,
Woodcock Rd, Shephall,
Stevenage

Registration:

Registration will be open
from 08.00am to 9:30am.
This will take place on
the athletics track.

Parking:

There is no parking
available at the venue
except for blue badge
holders.

We have also been
informed by the council
that wardens will be out
on patrol on the nearby
estates.

Below is a link to the
nearest car parks to the
event hq

<https://www.parksherts.co.uk/parks/fairlands-valley-park/>

Timings:

8:00am

Registration opens

9:00am

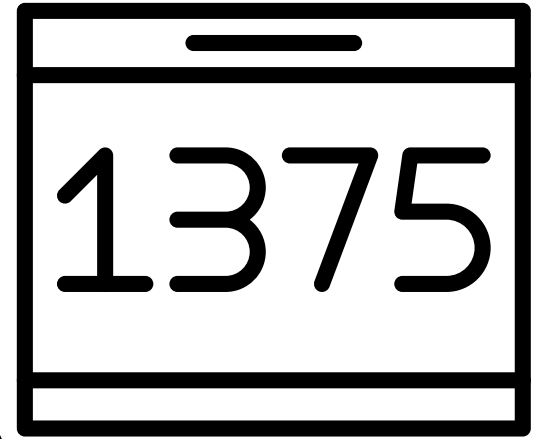
Free Family Fun Run

9:30am

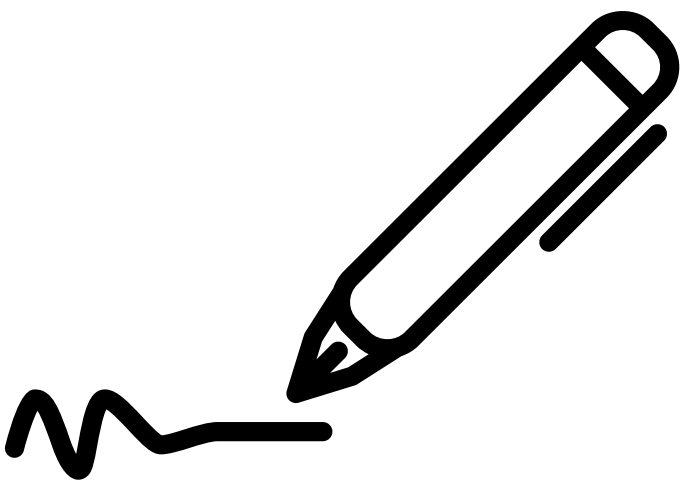
Half Marathon & 10k start

When you arrive:

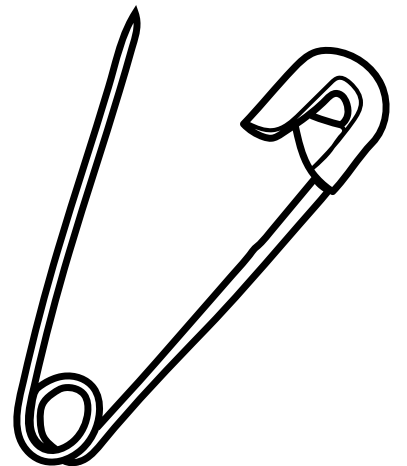
Head over to registration to collect your race number – all you need is the name you signed up with



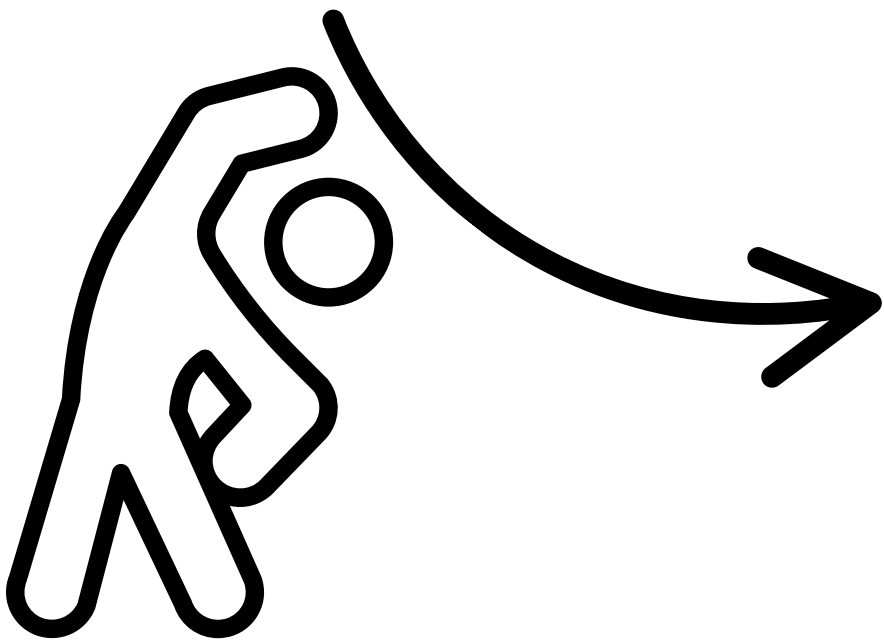
Fill out your information on the back, this helps us identify you quickly if something happens on course



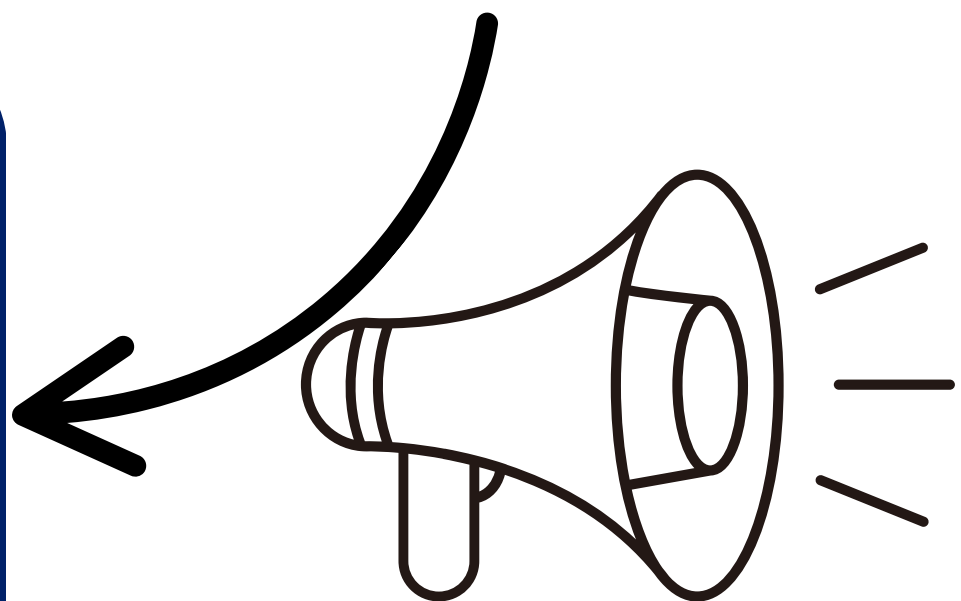
Pin your number to the FRONT of your t-shirt- do not remove the foam strip – safety pins can be found on HQ tables



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



Join the start funnel- 10 mins before the start the commentator will announce pace groups, slot in at your target pace. Have fun!

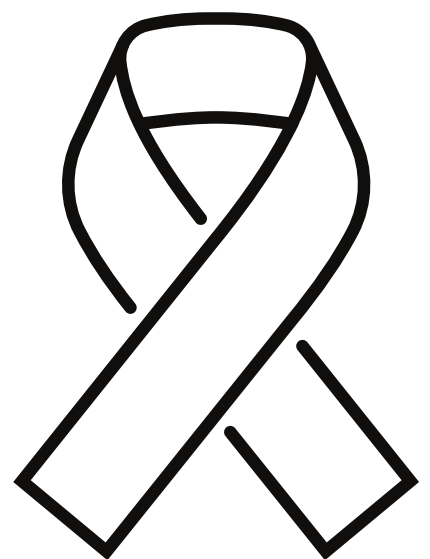


Bag Drop:



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 area on the stadium seating.



Go and enjoy the event!



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

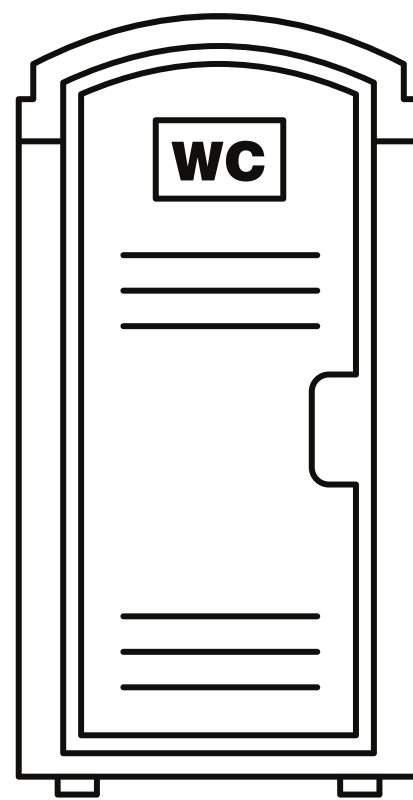


Some Key Info:

Toilets & Changing:

Toilet facilities are on site in the form of portable toilets outside the entrance to the track. There are also some toilets inside. Free sanitary products will be available in the portable toilets.

There are minimal changing facilities on site, please come ready to race.

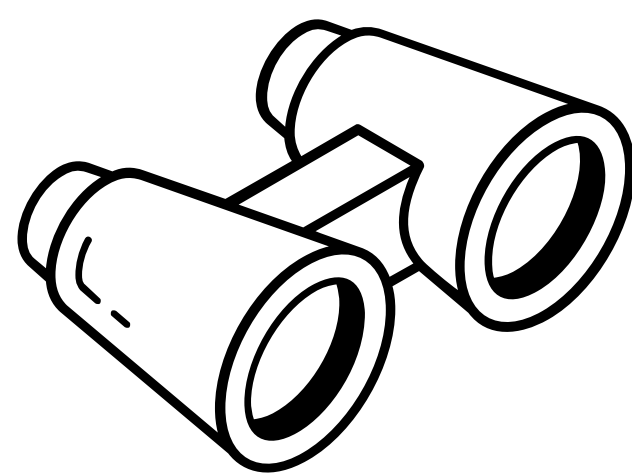


A coffee van will be serving food and drink at event HQ.

Friends or family coming to support?

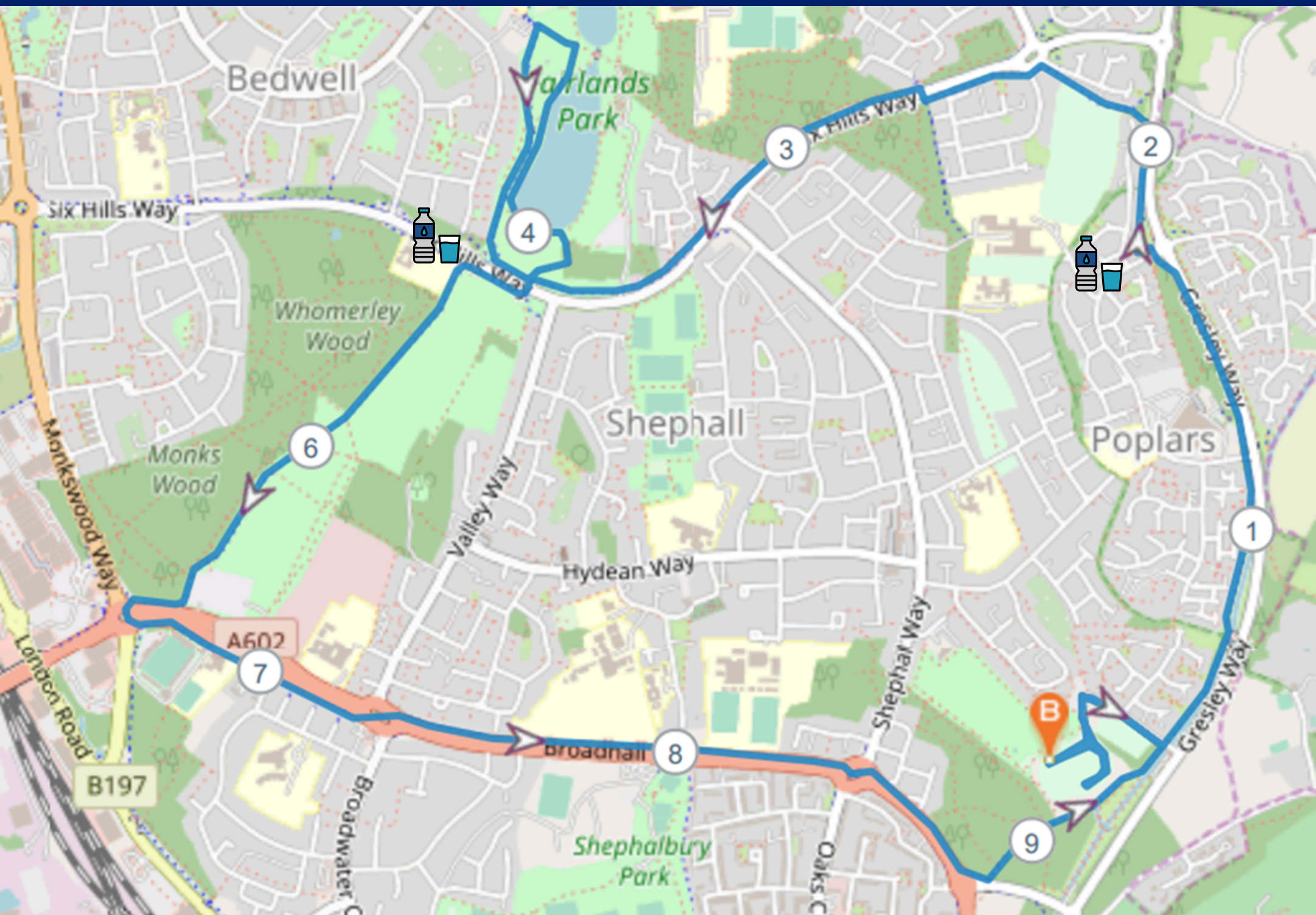
Help us build the magic of event day and celebrate every runner over the line.

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

10k and Half Marathon Lap 1:



There are water stations at 1.5km, 5.5km, 10.7km and 16.7km, please drop any litter in the bins provided.

[10k course map & Half Marathon Loop 1](#)

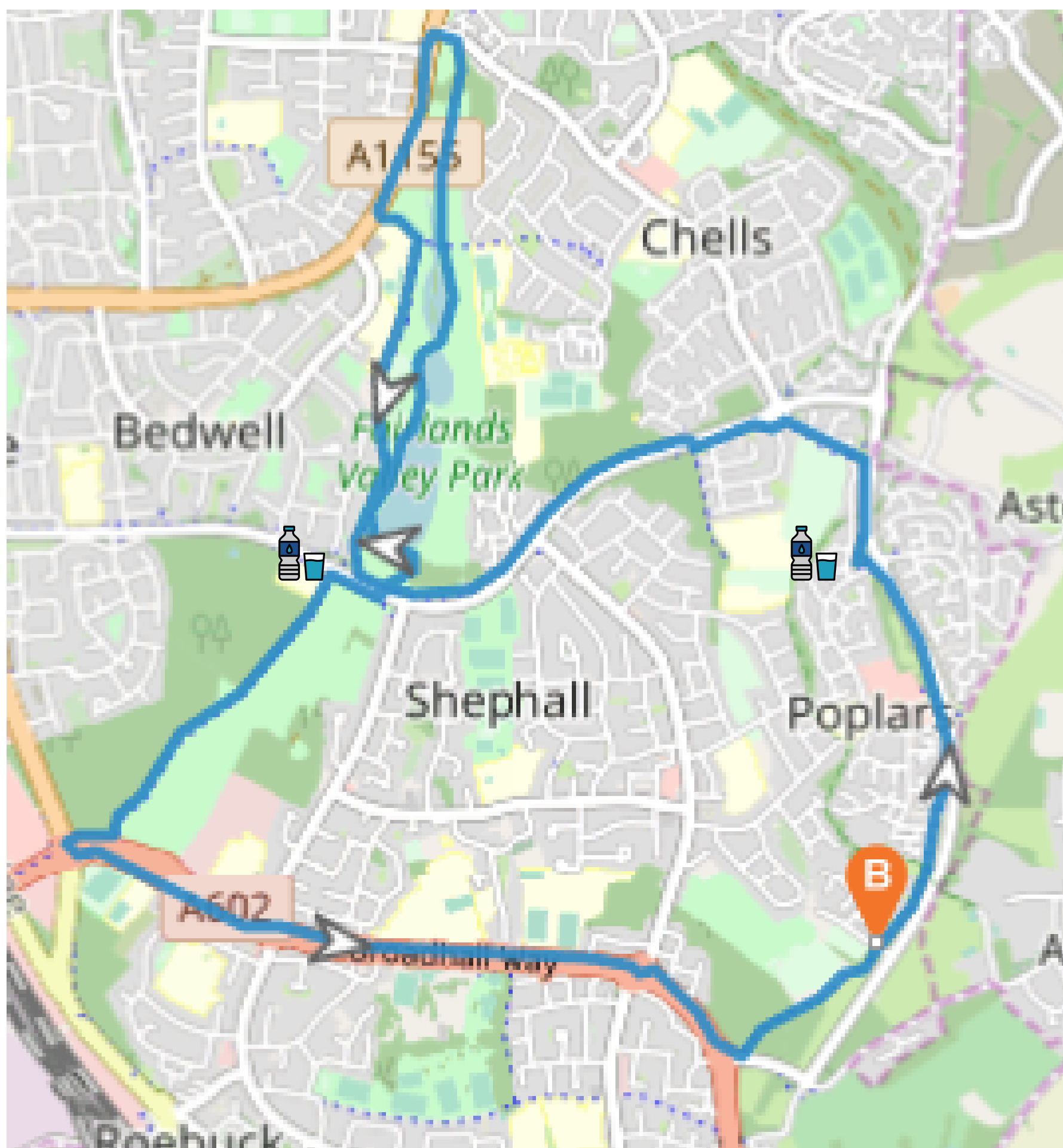
The 10k course is a single loop run predominantly on cycle paths and pavements.

The course is marked with arrows and key junctions are marshalled.

Please note it is your responsibility to ensure it is safe to cross roads not a marshals.

At the end of the lap 10k runners will turn left up the hill keeping on the left hand side of the road back to the track. Half marathon runners will continue straight on.

Half Marathon Lap 2:



[Half Marathon Loop 2 Map](#)

The second lap of the course has an extension going further through Fairlands Valley Park before rejoining the 10k course. On the second lap there will be a split point at the end of the lake where half marathon runners will be instructed to continue straight on instead of turning left.

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

[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, all contained within a green rounded 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](#)



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PERFORMANCE**

OUR ALL NEW RUN SPONSOR!

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

YellowJersey
Insurance for cycling

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://zone3.com/atw)



ATHLETE APPROVED. PERFORMANCE PROVEN.