

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

This information pack contains everything you need to know ahead of your event on Sunday 14th December. 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:**

## 14th December 2025

#### 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 <a href="https://www.parksherts.co.uk/parks/fairlands-valley-park/">https://www.parksherts.co.uk/parks/fairlands-valley-park/</a>

#### Timings:

8:00am

Registration opens

9:00am

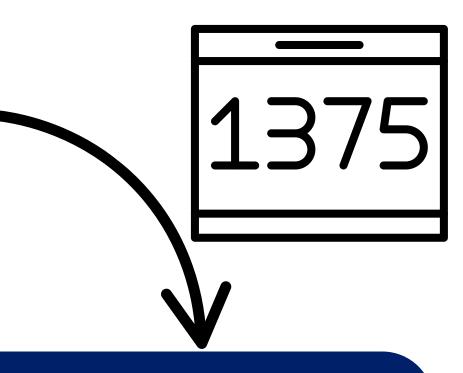
Free Family Fun Run

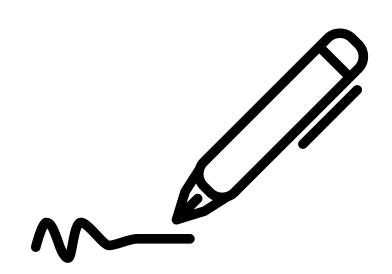
9:30am

Half Marathon & 10k start

## When you arrive:

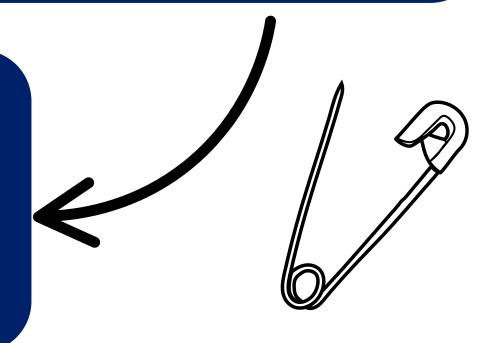
Head over to registration to collect your race number - all you need is the name you signed up with

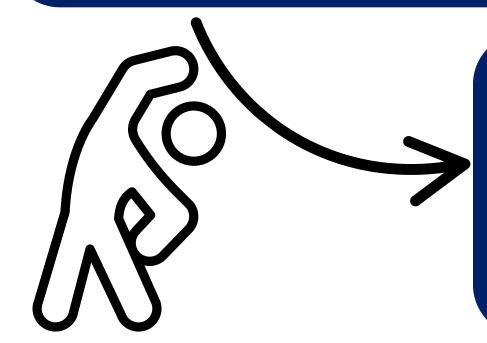




Fill out your information on the back, this helps us identify you quickly if something happens on course

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



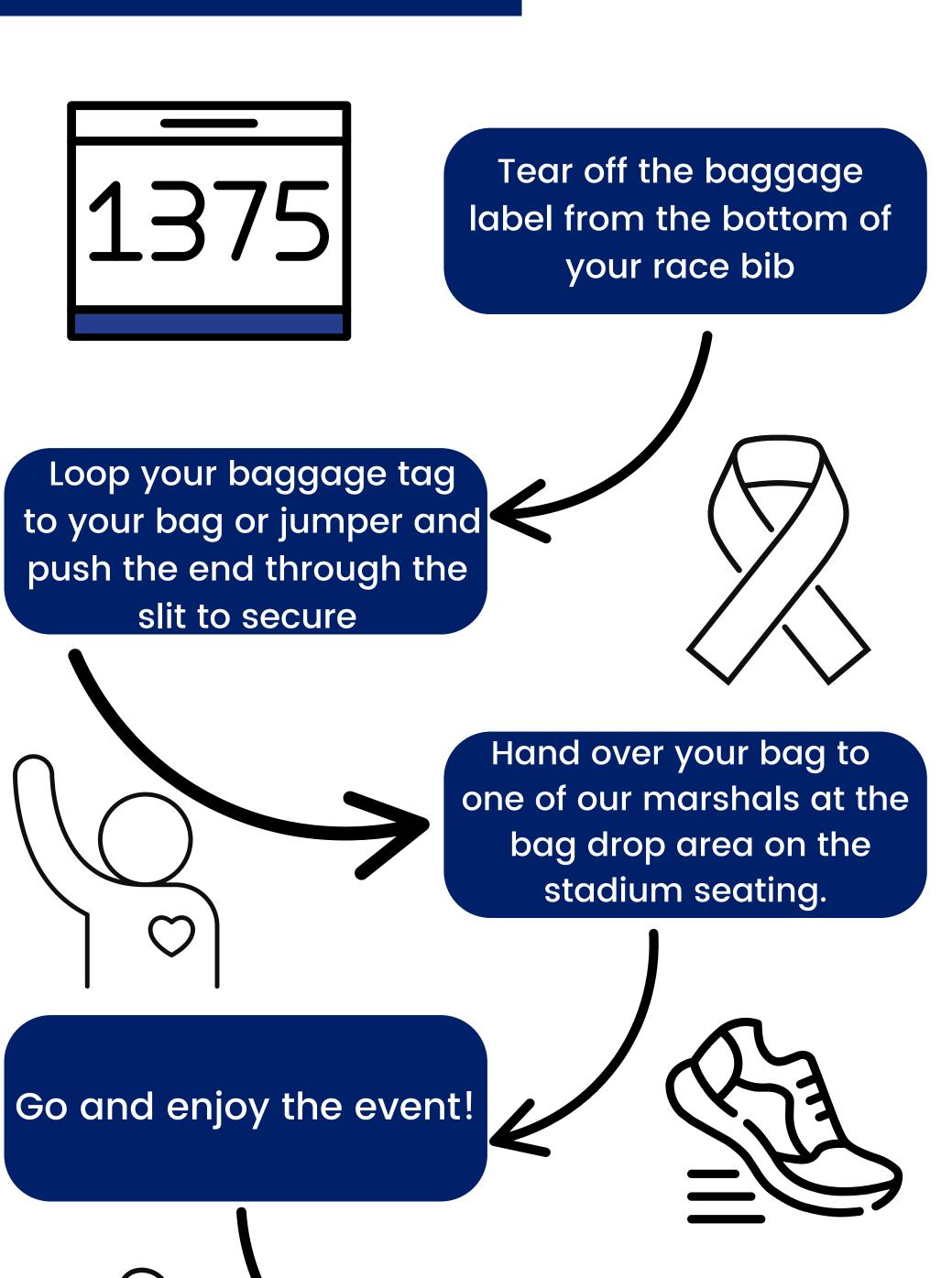


Explore HQ, warm up and get ready for your race start

Join the start funnel10 mins before the start
the commentator will
announce pace groups,
slot in at your target pace.
Have fun!



## Bag Drop:



Bring your race number

back to the bag drop area

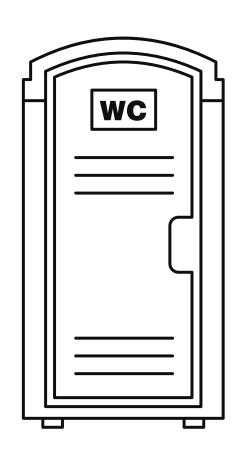
to collect your belonginga

## 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 port-a-loos.

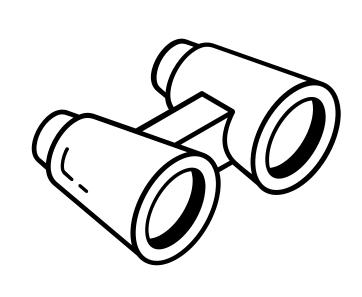
There are minimal changing facilities on site, please come ready to race.





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

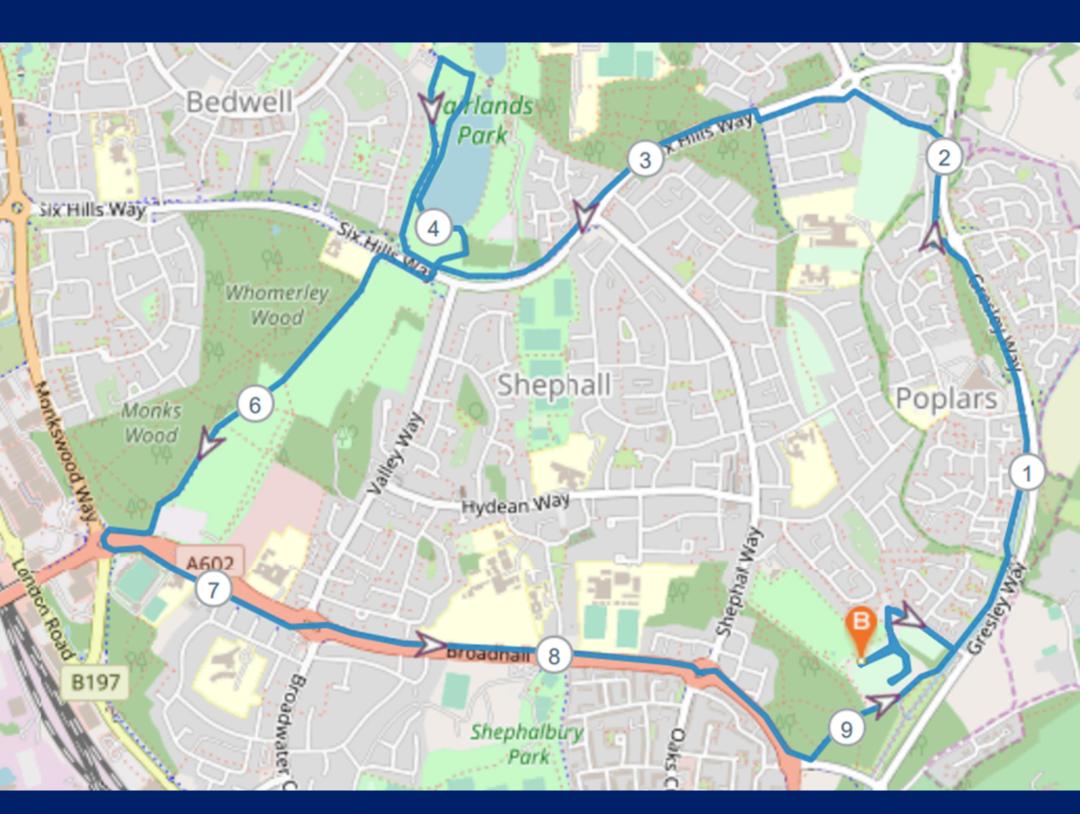
Friends or family coming to support?
Help us build the magic of event day and celebrate every runner over the line.
Cheer runners on at the finish funnel!





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

#### 10k and Half Marathon Lap 1:



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

10k course map & Half Marathon Loop 1

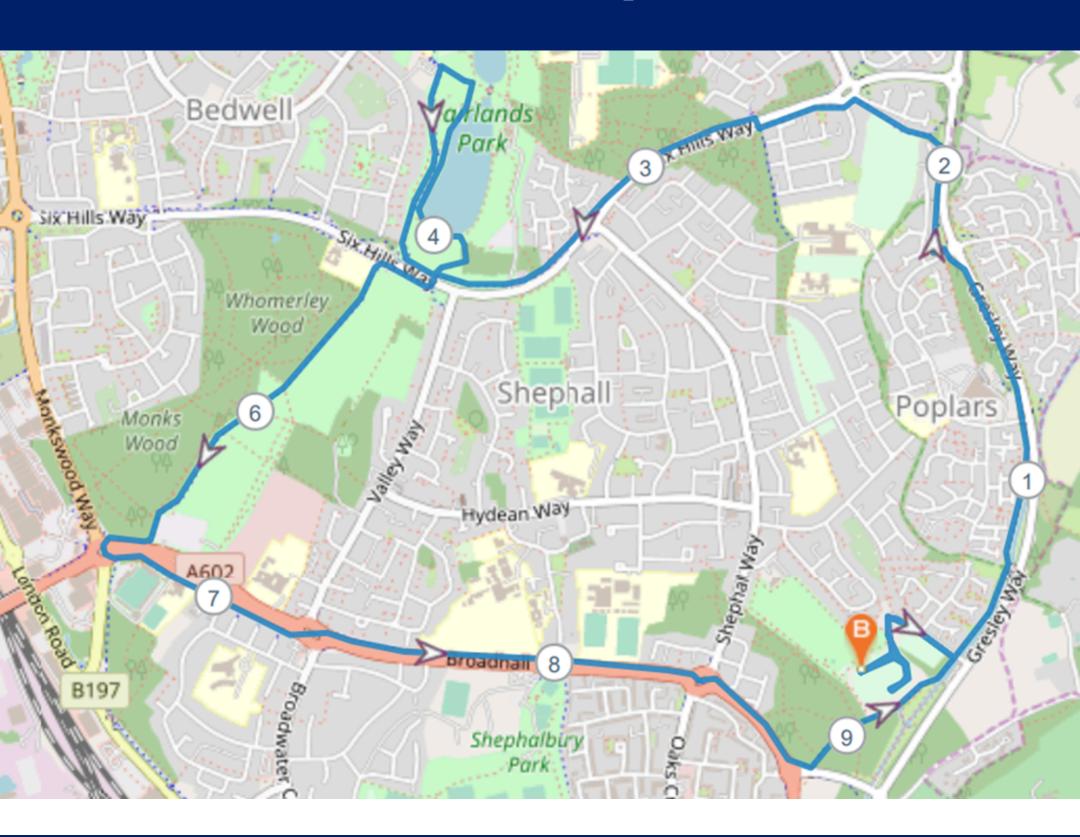
The 10k course is a single loop run predominently on cycle paths and pavements.

The course is marked with arows 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 runers wil turn right up the hill keping on the left hand side of the road back to the track. Half marathon runers will continue straight on.

#### Half Marathon Lap 2:



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.

Half Marathon Loop 2 Map

## 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





























<u>Download on the AppStore</u>

<u>Download on Google Play</u>

All that's left to say is...

# GOOD LUCK AND HAVE FUN!!

## Our partners:



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Get ready for your swim or triathlon event with a ZONE3 Wetsuit.

Easy event day hire & season rentals

**WETSUIT HIRE** 



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**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





