



Thank you for entering the ATW Welwyn Half Marathon and 10k.

This information pack contains everything you need to know ahead of your event on Sunday 4th October.

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:

4th October 2026

Address:

Gosling Sports Park,
Stanborough Road,
Welwyn Garden City,
Hertfordshire, AL8 6XE

Parking:

Limited Parking (150 spaces)
is available at the race venue,
we advise using alternative
options

Please see parking slide for
best options

Timings:

8am

Registration opens

9.30am

Registration closes

9.15am

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

9.30am

Half & 10k start

PARKING

Below is a map of all local parking spaces. Parking outside of the venue is shown on the map. We'd advise you head straight to either Howard Centre or Stanborough Park as you have a higher likelihood of finding a space.

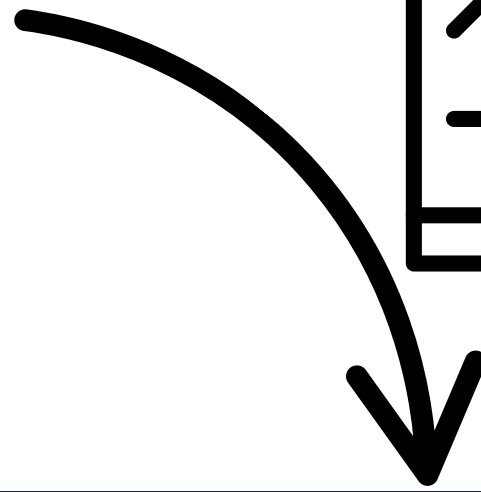
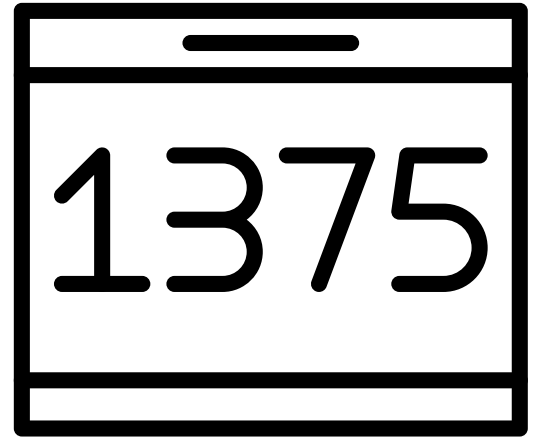
Leave sufficient time to find a parking space. Please make sure to pay the appropriate fee at your chosen parking location.

ATW accepts no responsibility for any parking tickets received

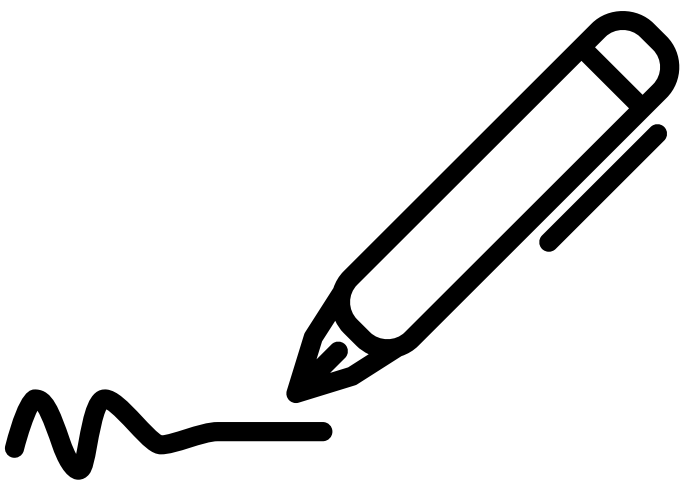


When you arrive:

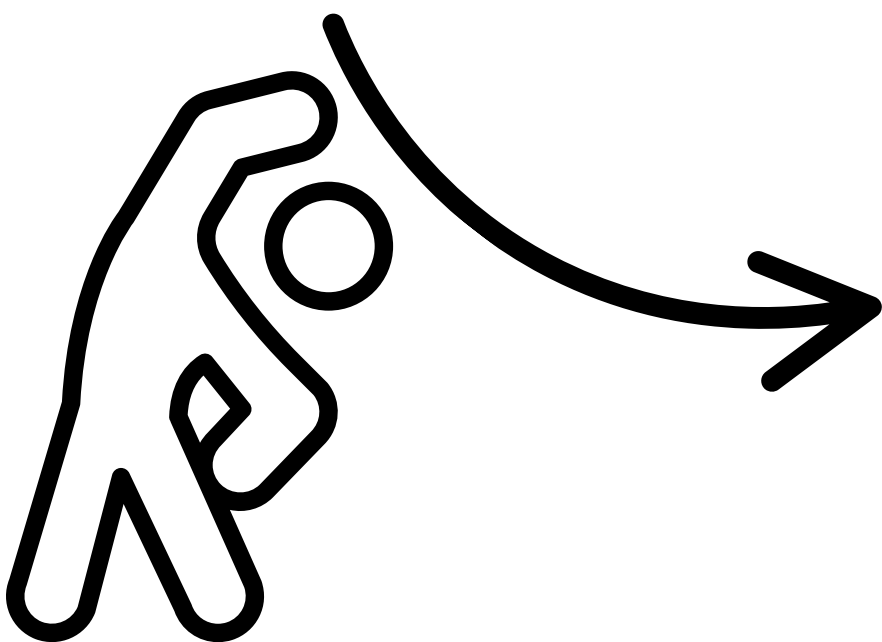
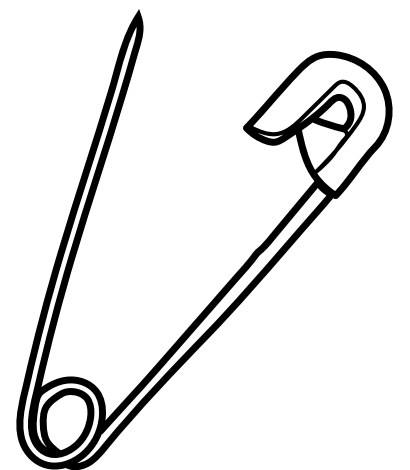
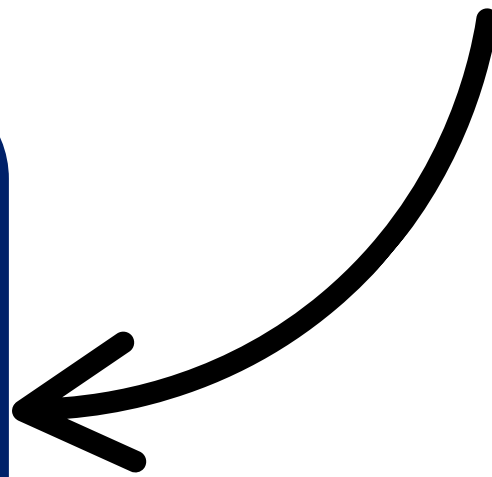
Head over to registration to collect your race number – all you need is the name you signed up with



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

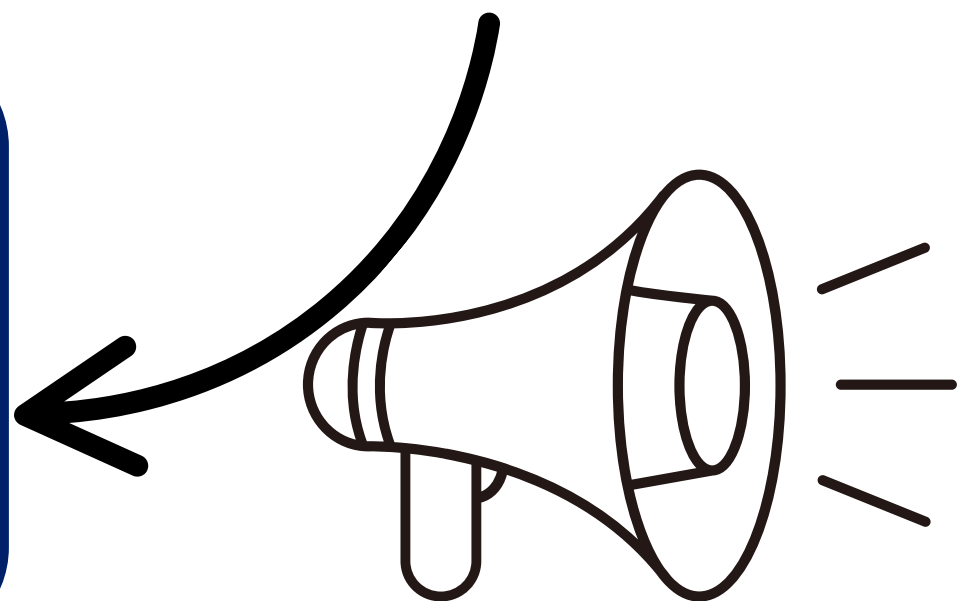


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on HQ tables



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



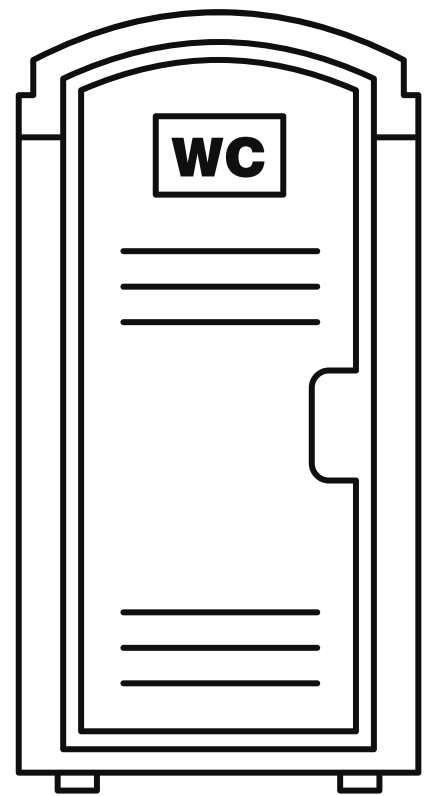
Some Key Info:

Toilets & Changing:

No changing facilities on site.

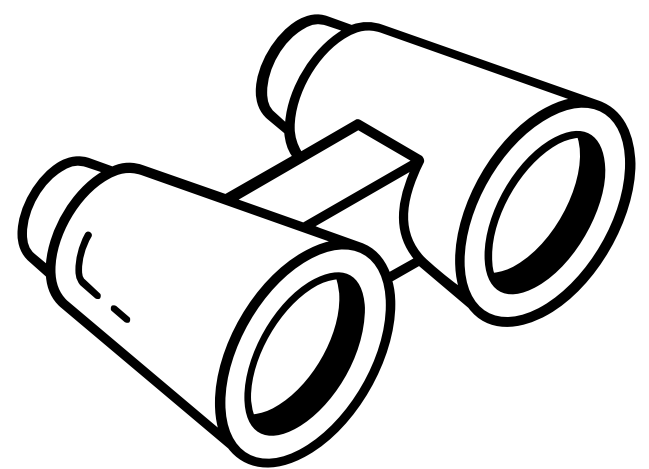
Portable toilets at event HQ.

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:

Half Marathon Course

There are three water station opportunities on the course at 3.5, 7.2 and 10.2 miles. There will be several bins positioned after each water station. Please use these and **Do Not Litter!**



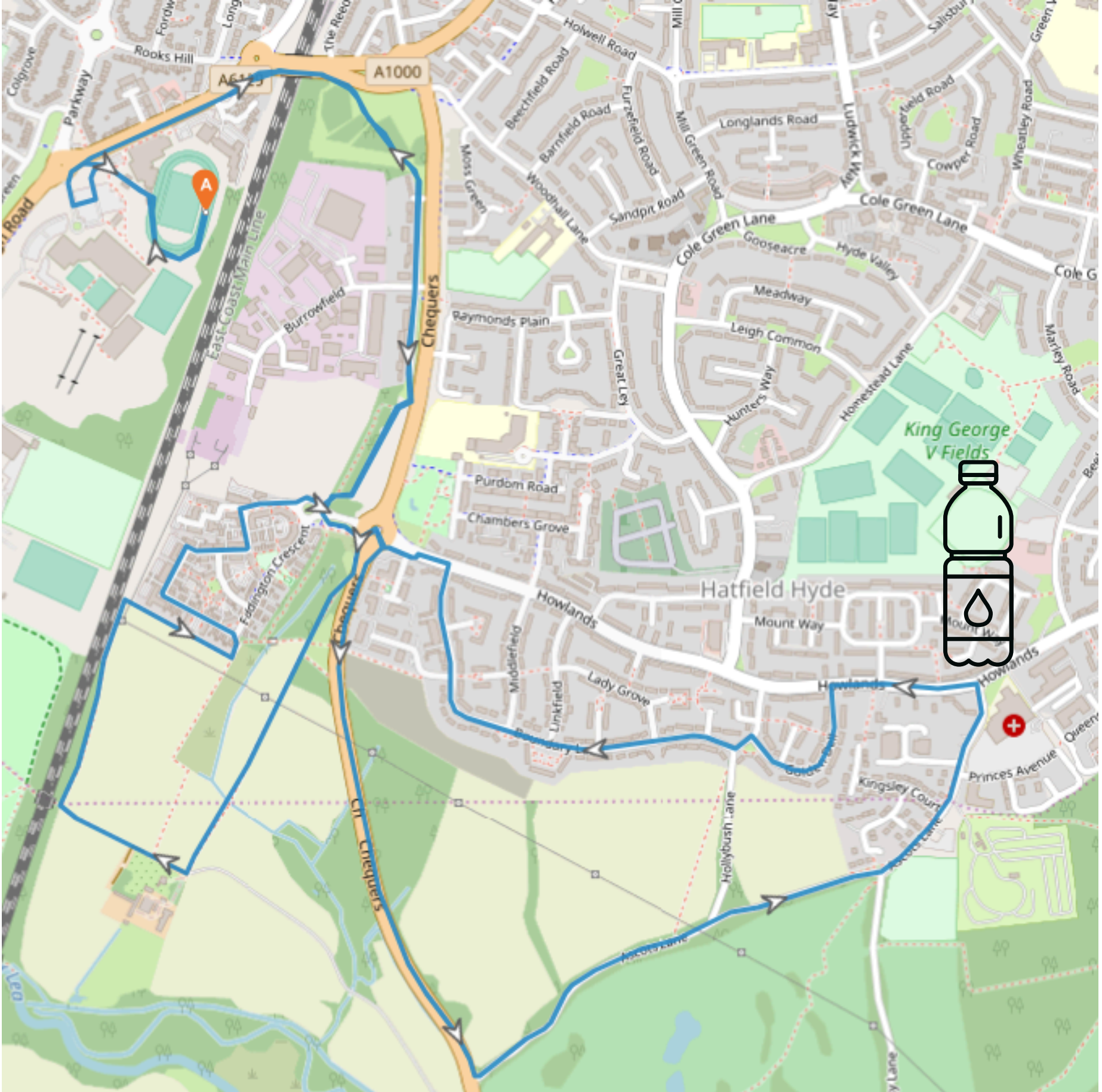
The course is mainly pavement and should be used unless directed otherwise. This race is within a busy residential setting. Please take care and obey the course marshal's instructions at every point. Give way to traffic and members of public, especially at the locations where the race changes from one side of the pavement to the other.

The roads are not closed and motor vehicles have the right of way. Please don't just follow someone else in front. Make sure you check it is clear for you to cross before proceeding. The route includes approx 1.5 miles of trail path and some grass sections which may be wet and slippery.

[Interactive course map](#)

The Route:

10k Course



There is 1 water station on the 10k course, this is at approx 4.5km, just after you split from the half marathon route

[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 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


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Our partners:



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](#)



OUR RUN SPONSOR!

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

YellowJersey
Insurance for cycling

[Bike insurance](#)

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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](#)

SunGod.

Our running sunglasses are built to keep you focused on every stride. Designed with market-leading optical clarity, 100% UV protection, and an award-winning zero-bounce frame, they deliver the ultimate performance and comfort. Plus, they're backed by our unrivalled Lifetime Guarantee.

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See Better.



Our partners:



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THE MOTIVATION,
WE HAVE WHAT IT TAKES



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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.

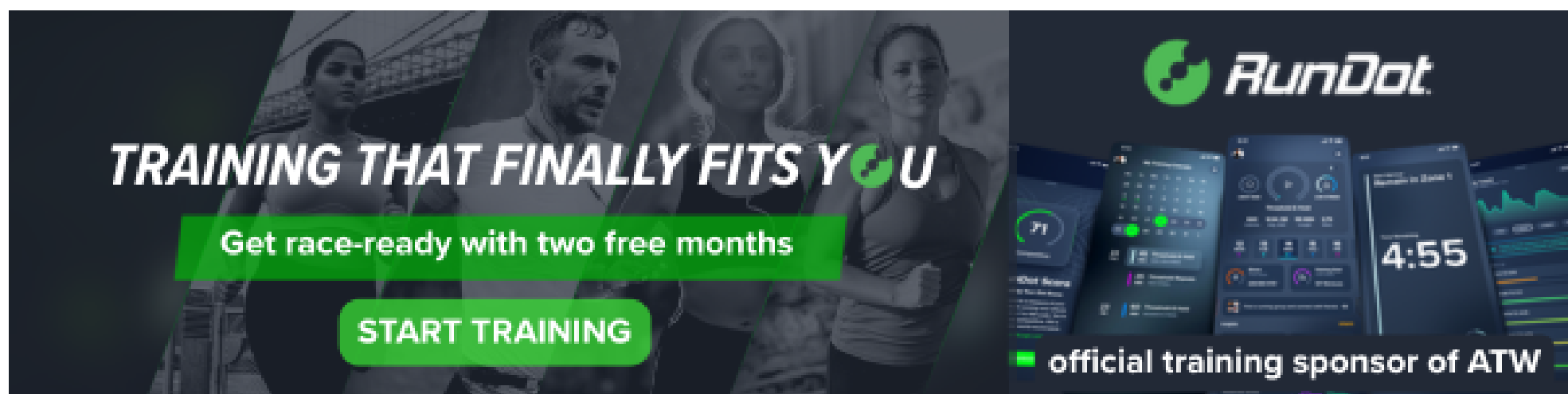
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



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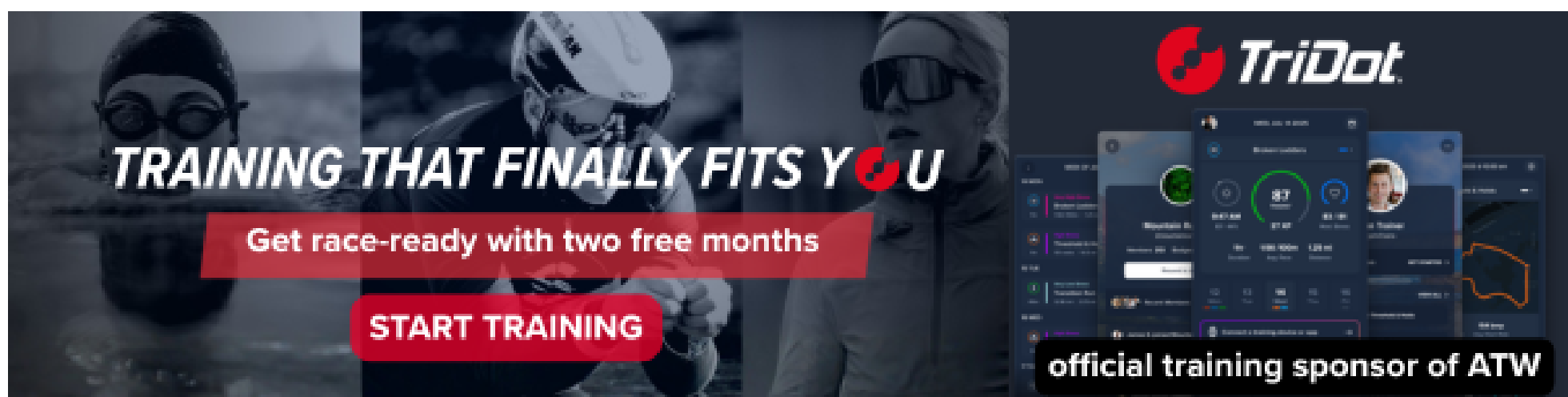
Train smarter, not harder: RunDot builds a personalized running plan tailored to your body, schedule, and conditions.

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