

ATW WATFORD HALF & 10K

Sunday 1st February 2026



WATFORD HALF & 10K

Thank you for entering the
2026 ATW Watford Half & 10k!

We advise you read this
information document carefully in
advance of event day so that you
can enjoy the event to its fullest.

EVENT HQ

Cassiobury Park, Watford, WD18 7LG
What.3.Words location // hung.limes.fuzzy
Here you'll find the registration desk, toilets, stalls and
food & drink vendors.



PARKING & TRANSPORT

Parking is not available at the venue itself, however the venue is only a short walk away from Watford Town Centre with ample multi-story car parks available. Please arrive with plenty of time to park and walk to the venue. A map of the venue, entrance points and parking/public transport locations can be found below.

Additional car parking info can be found here:

Watford.gov.uk/carparks

The venue is also within a short walk from several underground stations, and can also be accessed by bus. For more information visit Watford.gov.uk/cassioburypark

There will be bicycle racking available for use at the HQ, (bring your own lock) so if you would like to cycle to the event, please feel free to do so!



EARLY NUMBER COLLECTION



For those who wish to avoid the queues on Sunday morning, we are offering early number collection on Friday and Saturday.

Saturday 31st January 9am-2pm Gade Avenue Car Park, Cassiobury Park, WD18 7LG
What.3.Words location [///owners.leap.dust](http:////owners.leap.dust)

We are also looking to host a Friday registration. Timings and location of this will be announced via our socials, so give us a follow (@eventsATW) and keep an eye out for more info.

You can also collect as usual on the day of the event from registration.

Sunday 1st February 7:30am-9:45am
Watford Half Marathon HQ
What.3.Words location [///hung.limes.fuzzy](http:////hung.limes.fuzzy)

If you pre-paid for an event t-shirt you must collect this on event day ONLY at the t-shirt stand.

Please arrive and register with plenty of time for you to prepare for your listed start time.

Runners will be called to the pre-start area on the PA System 10 minutes before the start time.

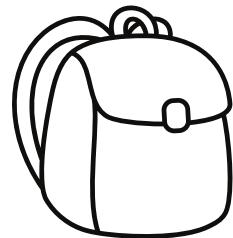
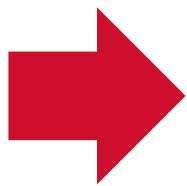
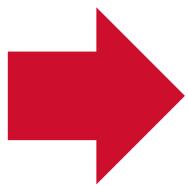
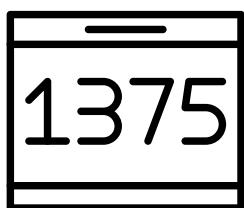
START TIMES

Fun Run - 9:30am

10k & Half Marathon - 10:00am



BAGGAGE



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

Drop your belongings off at the Baggage tent

After the race, bring your race number to the bag drop tent to collect your belongings.

CHANGING AND TOILETS

We advise participants to come changed, with their running kit on underneath warm layers.

Toilets will be provided in the form of portable toilets, urinals and disabled facilities. Portable toilets will also be positioned at the half-marathon water stations.

FOOD AND REFRESHMENTS

There will be vendors selling hot drinks and food in the event village. In addition, there is a café in the park selling drinks and food.



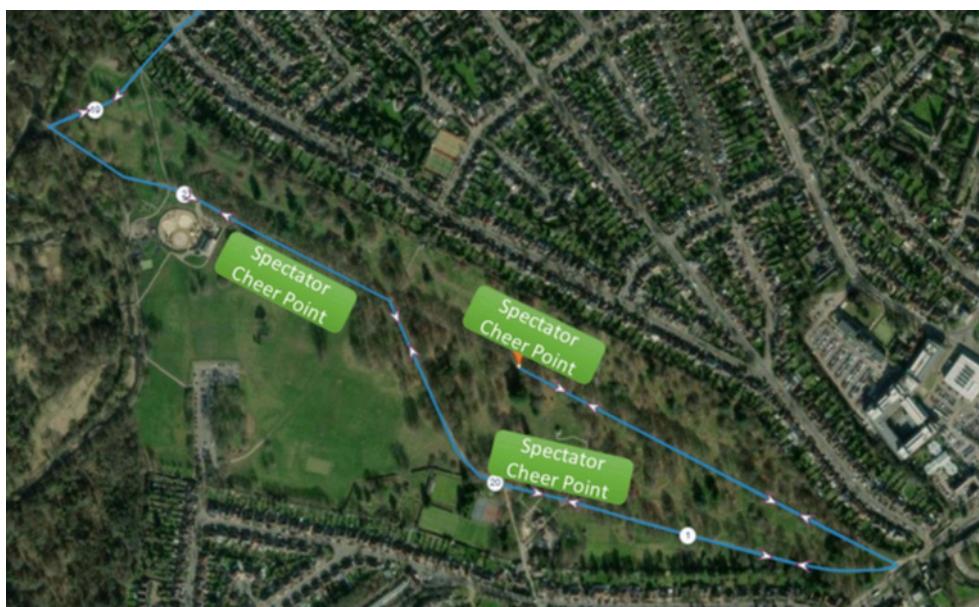
PHOTOGRAPHY

We have an official photographer at the event. The pictures from the day will be uploaded to the ATW HUB app ready for you to download for FREE! Share on socials and tag us using @eventsatw and #watfordhalf

Due to the amount of FREE photos, please keep in mind it may take a day or two for them all to be uploaded online. If you wish for any images that appear of you online to be taken down, please email events@atwevents.co.uk

Our photographers work really hard to try and capture everyone on the day but due to the large number of runners, this is not always possible.

SPECTATORS



We actively encourage spectators and would love for you to add to the atmosphere. Please come along ready to make some noise and cheer loudly. The course is on closed roads, so access to the course between miles 2.5 and 10.5 is limited. However, there are great viewing points within Cassiobury Park as per the map.



HEADPHONES

Bone conductor headphones are allowed within this race. Whilst this race is held under full road closures, it is unfortunately not possible to guarantee that the course will be 100% traffic free. It's important for the safety of all competitors that any vehicle and marshal instructions can be heard clearly, therefore if you do decide to use bone conducting headphones please keep the volume low.

Please be aware that anyone wearing in-ear/over-ear headphones will be disqualified and removed from the results.

PACERS

Look out for the ATW pacer team's coloured flags at the start line, red is half and blue is 10k!

Half pacers range from 1hr30 to 2hr30 and 10k from 40mins to 75mins. Listen out for the pacer time announcements in the event village, so you can line up with the correct pacer. They'll keep you on track!

ATW HUB

The ATW HUB – the number one place for all things ATW;
including photos, results, podcasts and partner deals.

Download the app today!

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](#)

DO IT FOR YOU



PERFORMANCE & RECOVERY **PRE AND POST EVENT MASSAGES**

" Up your game with our on-site
Sports and Physiotherapy
experts! Your performance and
recovery are our priority.

-Gabe Segall, Founder

www.gsphysicaltherapy.com



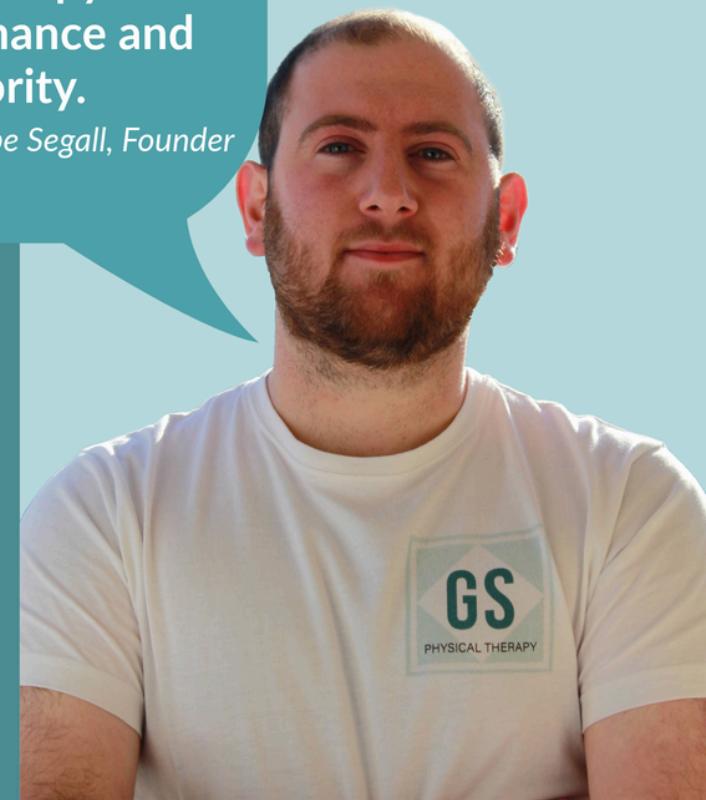
+44 (0) 7891 985446



gabe@gspht.com



@gsphysicaltherapy



ATW ACCESS

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 outside to the right hand side of the event village, towards the car park. 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



James

We pride ourselves on being inclusive and accessible and we know this looks different for everyone!

Pre-event, if you have any questions you can email access@atwevents.co.uk

On event day Holly and 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 between them they will do everything they can to help :)



TIMING & RESULTS

The event will be chip-timed by ATW's partner, Event Chip Timing. You must collect your number from the event registration before the race. When you pick up your number you can also pick up some safety pins if you need them, to attach your number to your front.

Your number will have a unique timing chip attached to the back covered by a foam pad. **DO NOT REMOVE THE FOAM PAD**. It is also important that you **DO NOT BEND OR FOLD** your number.

Your race time will not start until you cross the start line and will not stop until you cross the finish line. The start & finish is the same line marked by the ATW inflatable arch, also known as Archie.

To view your time, access the Results button on the ATW HUB app. The results will be uploaded within seconds of you crossing the finish line!

The time displayed online will be based on your chip time (the times you personally go over the start/finish line), however please be aware that if you're competing for any podium places, including those in the Hertfordshire Vets County Championships, these awards will be based upon your gun-time (the position you crossed the finish line). Therefore if you want to compete for a prize we recommend you start near the front.

Please note: the chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before emailing us at queries@eventchiptiming.com.

PRIZE GIVING

As soon as the results are finalised we will be presenting prizes at the bandstand in the event village area. If you are one of our prize winners, please keep warm and within earshot so you don't miss the prize giving. All podium prizes are based on gun time.

ATW Podium Prizes – 10k & Half Marathon:

- First 3 men
- First 3 women

Prizes will also be presented for the Hertfordshire County Championship

Results will be published on the [RunBritain website](#). Following this, the 'Power of 10' rankings will be updated by RunBritain which normally takes around 7 days and only applies to the Half Marathon.



£2,000 SPOT PRIZE

Will you win it?!

One lucky finisher at this year's Watford Half Marathon will win a spot prize of £2,000!

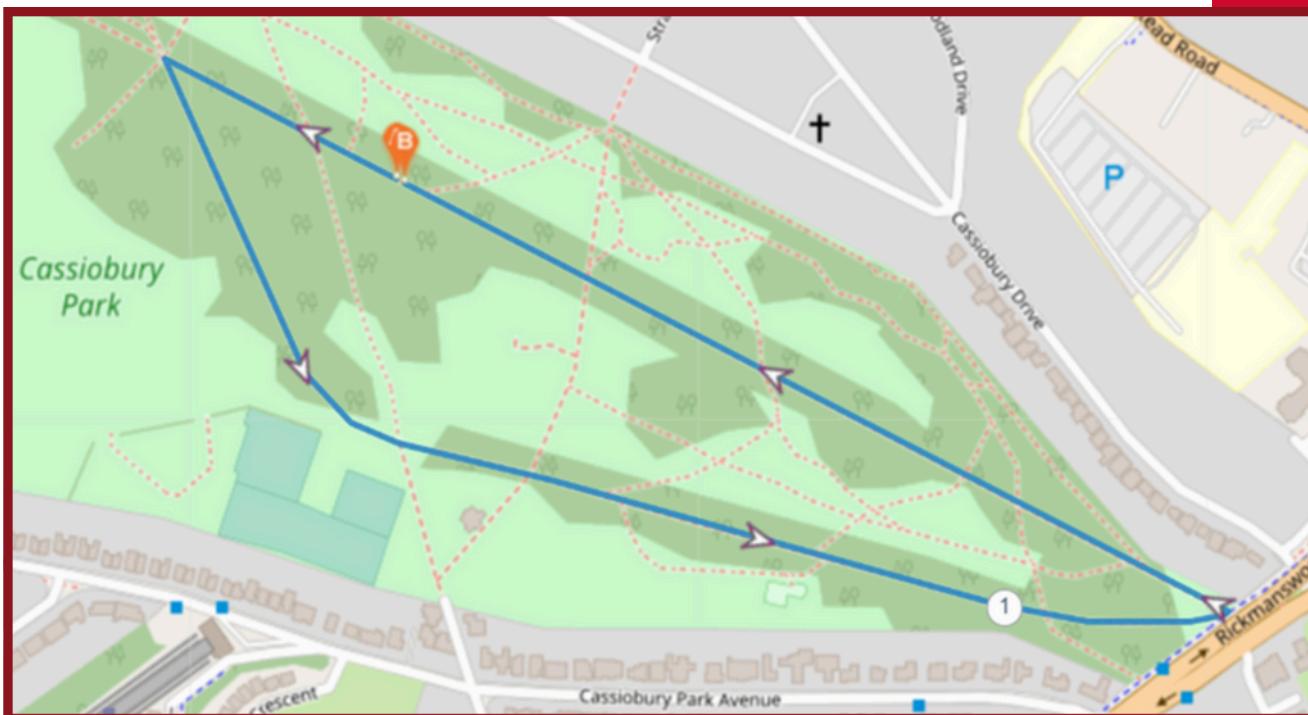
A finish time will be selected at random prior to the race start (and kept a secret!) – the runner who finishes at this time (or the closest before the selected time) will win £2,000. The time used for this prize will be based on the 'gun time' from the official chip-timing, meaning the time the race clock starts.

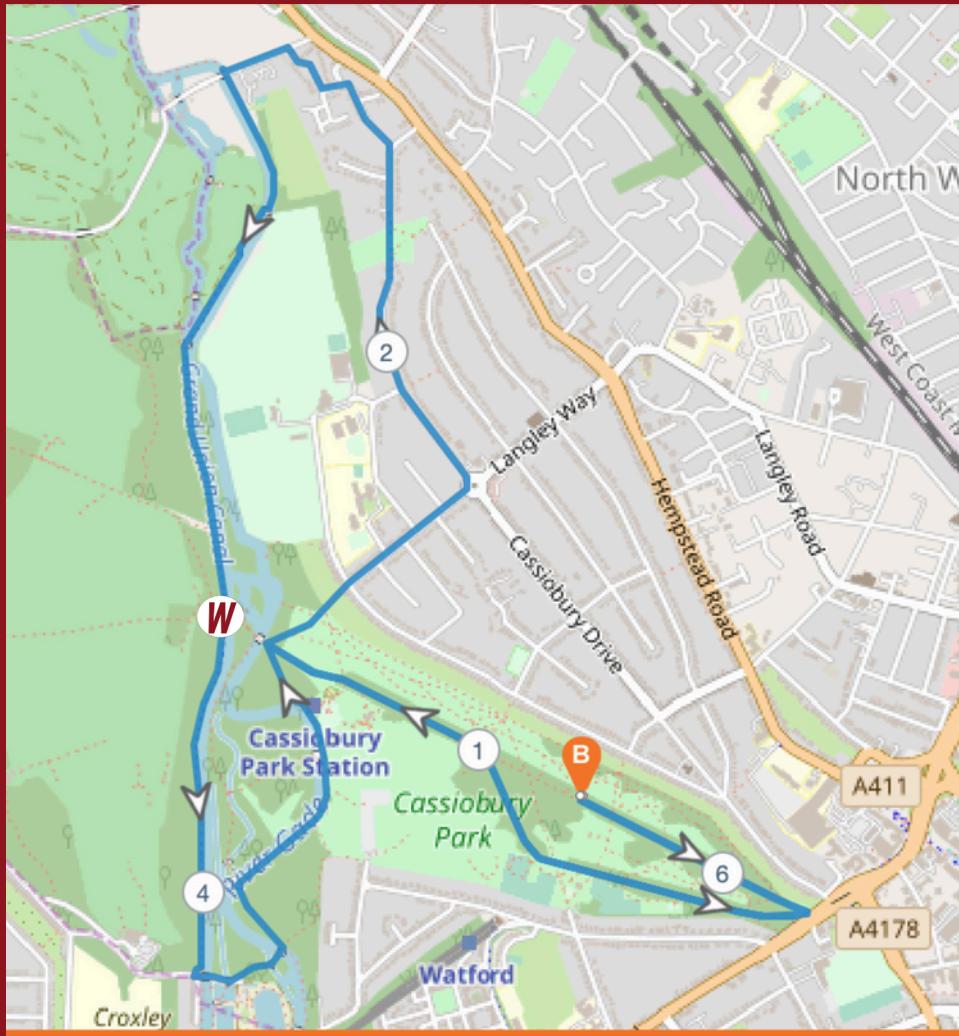
There will be a presentation to the winner on the day of the event, so make sure to stick around if you want to see who's won. Good luck to all of our runners!

FUN RUN



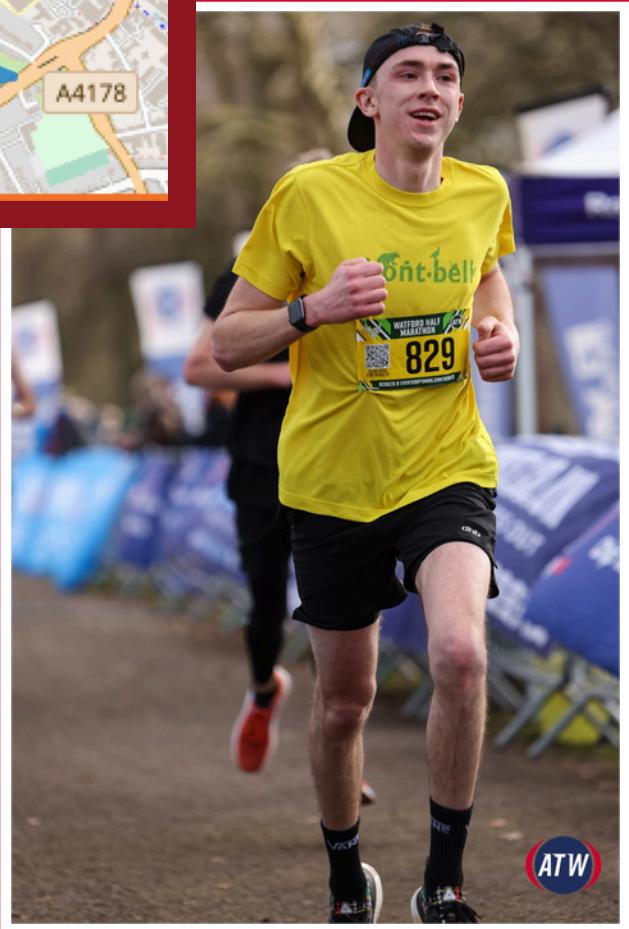
The Family Fun Run starts at 9:30am and will start and finish at the ATW arch. The one-lap course runs in an anti-clockwise direction and provides a superb opportunity for spectators and supporters to cheer on the participants. Note: as all our fun runners are winners, there is no podium prizegiving, but you are all welcome to come up on the prizegiving stage and have your picture taken with your finisher's medal.





**Canal &
River Trust**
Making life better by water

10K

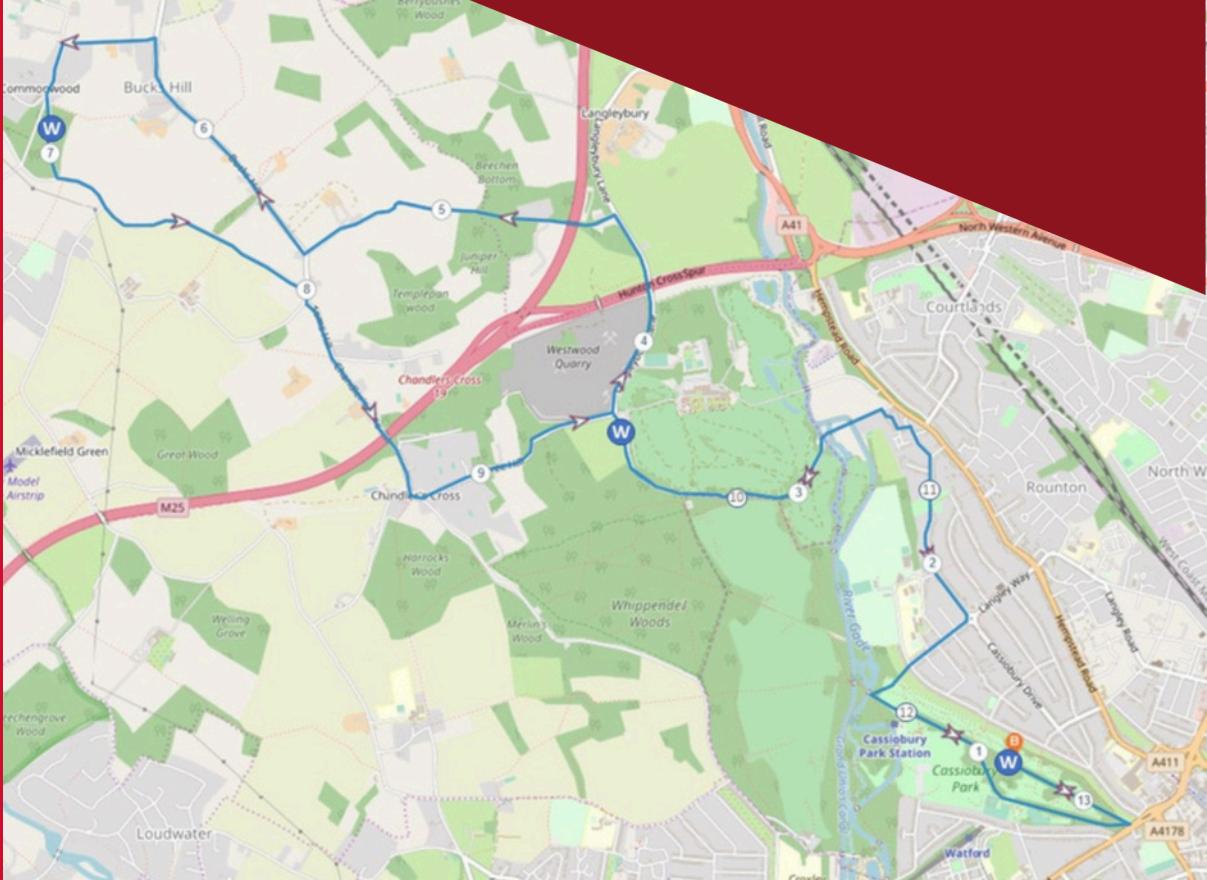


ATW

The brand new 10K will start alongside the Half Marathon, in Cassiobury Park. Taking you along a fully closed road route. Heading onto Langley Way and out onto Cassiobury Drive. You will then turn onto Grove Mill Lane, before running along the Grand Union Canal! You will return to the park for the final leg of your 10K, to the applause of your cheer squad. There will be a water station at the 5km point, as shown on the map with the **W**

The numbers on the map indicate mile points.





HALF MARATHON

This course starts within Cassiobury Park before heading out onto surrounding roads bisecting the gorgeous Grove Golf Course via Grove Mill Lane. It then travels towards Chandlers Cross, Bucks Hill and Common Wood before returning to the Park for the finish. Water stations can be identified by W's on the map above, please note runners will pass the central water station twice. The numbers on the map indicate the mile markers.

Course Accuracy: This course has been accurately measured by one of the world's specialists in course measurement, Hugh Jones (1982 London Marathon Winner) from the Association of UK Course Measurers.

Certificate number 21/382



Set up your page today and fundraise for Alzheimer's Research UK. The countdown is on! You've got this, rally your friends, kickstart your fundraising, and let's achieve something incredible together before you even get to the start line.

Why Your Support Matters

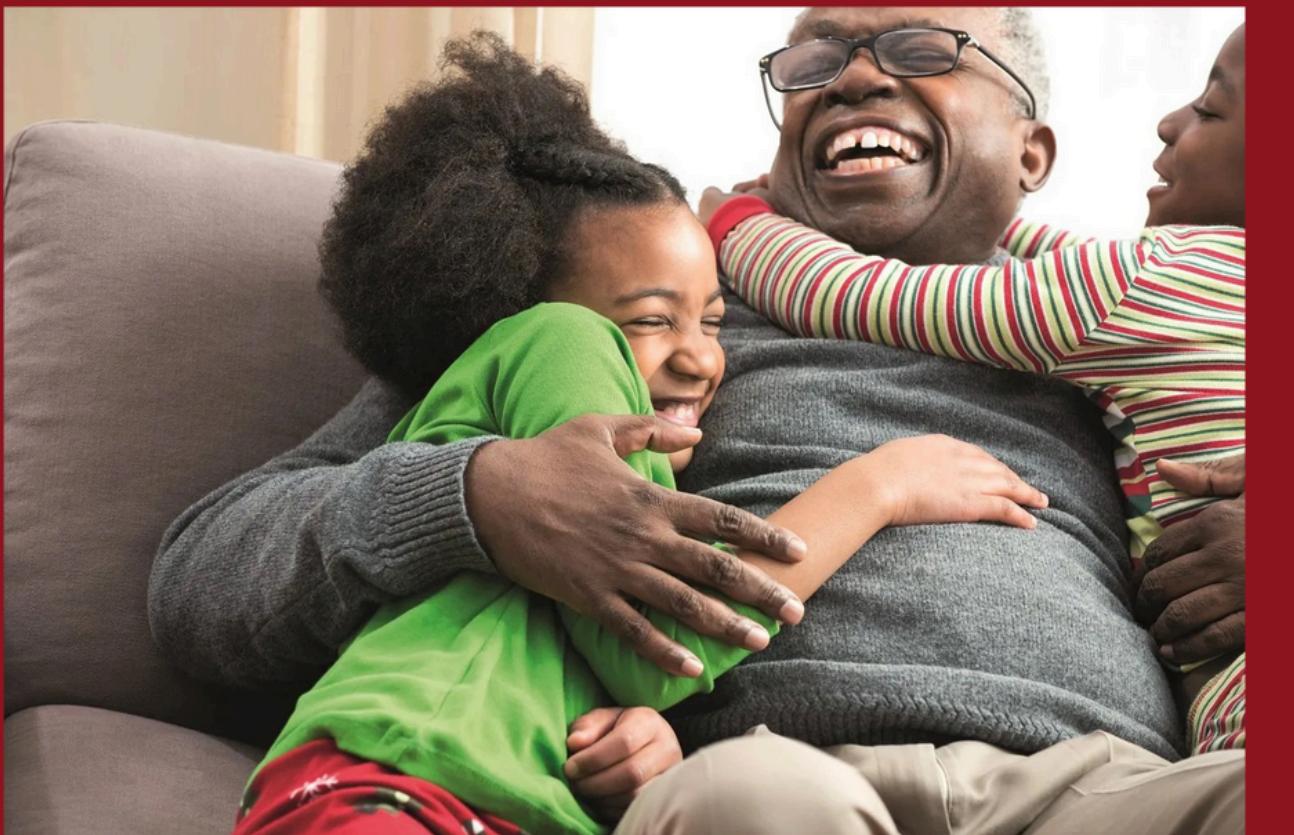
- Accelerate Research: Your fundraising efforts directly contribute to vital research that could lead to new treatments and, ultimately, a cure for dementia.
- Inspire Others: By sharing your journey and fundraising page, you can inspire friends, family, and fellow runners to support this crucial cause.
- Feel the Difference: Take pride in knowing every step you take brings us closer to a future without dementia.

Need Help Getting Started?

Our team is here to support you every step of the way. Reach out for personalised fundraising tips, promotional materials, or help setting up your page!

Thank you for considering joining Team Alzheimer's Research UK. Together, we can make every step count. [Set up your page now](#)

[Donate here](#)



**ALZHEIMER'S
RESEARCH UK**

**FOR A
CURE**

FINAL WORD



We hope you're excited to be a part of this long running annual event! We're looking forward to the Watford Half & 10k and can't wait to cheer you across the line.

Share your photos with us using [#watfordhalfand10k](#) and tag [@eventsatw](#)

SAVE THE DATE

SUNDAY 7TH FEBRUARY 2027



**ALZHEIMER'S
RESEARCH UK** **FOR A
CURE**

**LOVE,
CORN[®]**
p.s. we're crunchy, we're delicious!

 **TriDot**  **RunDot**