

# RACE DAY INFORMATION



## 10 OCTOBER 2021

Blenheim Palace, Woodstock, Oxfordshire, OX20 1PP

### KEEPING COVID SAFE

Before attending participants and spectators need to self-assess for symptoms of coronavirus (COVID-19). These are:

- ◆ a high temperature
- ◆ a new, continuous cough
- ◆ a loss of, or change to, your sense of smell or taste

If you have one or more of these symptoms you should not attend and follow [NHS guidance on testing and self-isolation](#).

### At the event

Please keep your distance from other competitors and spectators as much as possible and especially at the finish and places where congestion is possible

Hand sanitiser will be provided at bag check in, Race HQ, sign up, and water stations.

### Water

Ideally please bring your own water with you.

### Medals.

You will be asked to pick up your medal—rather than it being presented to you at the finish.

### Test and Trace

There will be Test and Trace QR codes on site to check in .

### PROGRAMME FOR THE DAY

Arrive with plenty of time to get into the grounds, park and visit the loo!

**10:05** Warm up for the 1 mile race  
**10:15** 1 mile race starts  
**10:45** 7k warm up  
**11:00** 7k first wave runners with dogs only  
**11:02** 7k main wave  
**11:05** 4 mile race starts  
**Noon** Winners trophies will be presented by Sarah Foster of Freeths Solicitors and Jodie McNamara of the Oxford Business Park.

All the races start and finish at the arch.

Please pin your race number on your front, it has your timing chip on it. Also complete the form on the back.

### Car Parking

There is free parking .

### Facilities

Toilets are provided. (there are more in the Pleasure Gardens). There will be a stall selling crepes, and a café for refreshments .

### Bag Storage

Bag storage is provided by the Youth Challenge Oxfordshire (YoCo) for a donation.

### The Warm Up

The Warm Up will be led by Geraldine Jennings, fitness guru at the Oxford Business Park.

### The Route

Please see the map overleaf.

### Water

**Please bring your own water if you can. It will help keep you COVID safe and help the environment.**

There will be a water station on the 7k and 4- mile route and at the end.

The water bottles provided are made of 25% recycled materials and are 100% recyclable.

Please place used bottles in the bins provided for recycling or take them home.

### Medals and Prizes

There will be medals for all finishers and trophies for the winners of the: 7k, 1 mile and 4-mile races , the first team (2 fastest times) and school team.

### Photography and film

There will be photographs and film taken at the event.

### Results

The results will be available on [www.racedirector.co.uk](http://www.racedirector.co.uk) [www.blenheim7k.co.uk](http://www.blenheim7k.co.uk).

**We look forward to seeing you and hope you have a fabulous day.**



Note the 7k route is slightly over 7k