



15 MAY 2022

Blenheim Palace, Woodstock, Oxfordshire, OX20 1PP
Sponsored by Freeths Solicitors and the Oxford Business Park

RUNNING WITH DOGS

You are responsible for keeping your dog under control and on a lead at all times.

If the weather is hot, please be responsible and use your judgement about bringing and running with your dog on the day. You can still participate without your dog.

Please clear up after your dog

PARTICIPATING WITH A WHEELCHAIR

The course includes uphill stretches. Participants can bring help to get them around the route if required (no additional charge).

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

11:05 7k main wave

11:10 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). The palace café serves refreshments .

Bag Storage

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

The Warm Up

The Route

Please see the map overleaf.

Water

Please bring your own water if you can. It will help the environment.

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

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 teams.

Results

The results will be available on www.blenheim7k.co.uk.

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



Harry
Potter
Tree



k route is over 7k. (7.4k)