

RACE DAY INFORMATION



19 MAY 2024

Blenheim Palace, Woodstock, Oxfordshire, OX20 1PP

DOGS

British weather can vary considerably! If the weather is hot, or looks like turning hot, please leave your dog at home.

You can participate in the 7k run without your dog.

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

PARTICIPATING WITH A WHEELCHAIR

The course includes up-hill 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!

09:35 Warm up for the 1 mile race
09:45 1 mile race starts
10:30 7k warm up
10:40 7k main wave
10:50 4 mile race starts
11:00 7k runners with dogs and walkers

Noon Winners trophies will be presented

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 of your number.

Arrival

Please allow **PLENTY** of time to arrive and get parked. Traffic can be heavy and there can be traffic queues. Please check your route for road closures.

Car Parking

There is free parking.

Facilities

Toilets are provided. The palace café serves refreshments.

Bag Storage

Bag storage is provided.

The Warm Up

The Warm Up will be led by Geraldine Jennings,

The Route

Please see the map overleaf. Please note that the 7k route is over 7k in distance (7.4k).

Water

To reduce the use of plastics, please bring your own water. There will be a water station on the 7k and 4 mile route and at the end.

The water bottles we supply are made of recycled materials and will be recycled. Please use the bins provided or take your bottle home.

Photography and film

There will be photographs and film taken at the event.

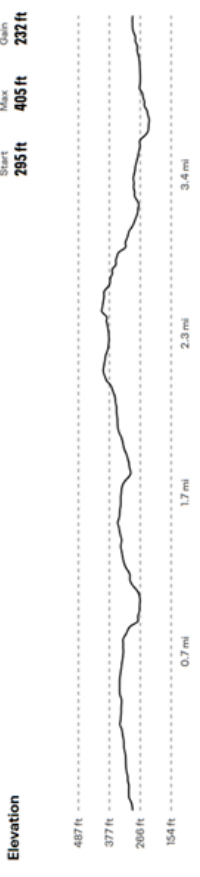
Medals and Prizes

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.



4 mile route elevation.



Click and drag over a section to see approximated elevation data. Exact elevation data is shown when the route is saved.



7k route elevation. Please note the 7k route is over 7k. (7.4k)