



O.K. 10K 2025 Event Information for Participants

KEY INFORMATION

WHEN: Sunday 19th October 2025

WHERE: Rangers Lawn, Cornbury Park, Hatching Lane, Charlbury, Oxfordshire, OX7 3HL

Event Entrance Gate locationWhat3words //dragons.polar.captions

Event entrance and car park location access via dedicated gate not the main entrance to the estates office.

TIMINGS

9.00am Car Park Opens, and you will be able to grab a tea/coffee or bacon/egg roll from the food trailer adjacent to the Information/Registration marquee.

Each participant has been allocated a group based on which category they are in, please see these below. Each group will have its own registration time, briefing time, warm up and start time. Please see these below.

Please arrive allowing enough time to Check In before your designated Registration Check In time ends to avoid impacting other participants and the event timings.

<u>Category</u>	<u>Registration and T-Shirt Time Zone</u>	<u>Warm Up Optional</u>	<u>Race Director Brief</u>	<u>Start Time</u>
Group 1: 10k Walkers	09:30 - 10:00	10.15 – 10.25	10:25	10:30
Group 2: 10k Runners	09:30 - 10:30	10.15 – 10.25	10:55	11:00
Group 3: 5K Walkers	09:45 - 10:45	10.45 – 10.55	11:10	11:15
Group 4: 5k Runners	10:00 - 11:00	10.45 – 10.55	11:25	11:30

Pre purchased O.K. 10K 2025 Tshirts will available for collection from the Registration Team when you check in.



Prize Giving – 1pm

Event Closes – 1.30pm

GETTING THERE

The event is being held close to the Estates Office however access is via a separate gate 400m NW further along Hatchings Lane.

Sat Nav or Google Maps – nearest post code address to head for

Cornbury Park Estates Office
Hatchings Lane
Charlbury
Oxfordshire
OX7 3HL

There are three approaches to Hatchings Lane:

- From direction of Leafield (nearby village)
Look out for the Estates Offices Gate on your left, go past this (take the left fork in the road) for 400m staying on Hatchings Lane you'll see the OK10K 2025 entrance on your left.
- From direction of Charlbury (nearby village)
You'll leave Charlbury on B4437 after approximately 1 mile at a junction look out for an OK10K sign with an arrow pointing left to Hatchings Lane after approximately 100m you'll see the OK10K 2025 entrance on your right.
- From direction of Burford A361 turn right onto B4437 towards Charlbury after approximately 4miles look out for an OK10K sign with arrow pointing right to Hatchings Lane then after approximately 100m you'll see the OK10K 2025 entrance on your right.



What3Words Alternative – direct to OK10K entrance gate

Using the What3Words App to navigate enter //dragons.polar.captions which will navigate you to the event entrance gate.

If you have difficulties finding the OK10K 2025 entrance gate head for the Estates Office Gate using the above address, there will be a Marshal there who will be able to direct you.

OK10K 2025 Event Important Information

Please also check FAQ on our website www.OK10k.org

Parking

There is ample parking on the site within 200 metres of the event hub and start / finish line.

Please ensure that you follow the instructions you receive from our volunteer marshals when you arrive.

Registration check-in

Registration check-in starts from **9:30 am**. Look at your chosen run/walk for guidance of when to check in.

Check-in desks will be situated in the Information/Registration/Bag drop marquee at the main hub. Here you will be able to collect your race number and T shirt if you have purchased one. You will be able to grab 4 safety pins at the desk to attach your race number to the front of your top.

Every race number will have a timing chip within it triggered when you go over the start and finish line. Please make sure you go over that line to ensure you get your race time.

Medical Information



Please let the registration check in team know if there are any changes to your medical information or emergency contact that you provided previously.

First responders will be available to handle any medical issues on the day.

Being Excluded from Photographs

Adults, please cross your arms across your chest if you do not wish to be photographed.

If you have children running or walking with you who you do not wish to be photographed, we will provide a coloured ribbon to put on their wrist.

Age Limits

Olivia wanted the event to be inclusive so children can participate but for safety reasons all children under 18 must be accompanied by an adult (18+).

Babes in arms carried by adults on the walking routes is allowed.

Children aged 4 and over need to have been registered.

Children aged 11 and over can run/walk on their own if an accompanying adult is in attendance (they do no need to be on the same race).

Toilets

There will be 2 blocks of toilets, one adjacent to the main event hub and one close to the start/finish line.

Bag Drop

A supervised bag drop will be available in the registration marquee. You may leave your belongings at your own risk. We suggest leaving anything valuable at home or taking it with you or in your car. Organisers will not be held responsible for any potential loss or damage to belongings that may occur.

Water Stations

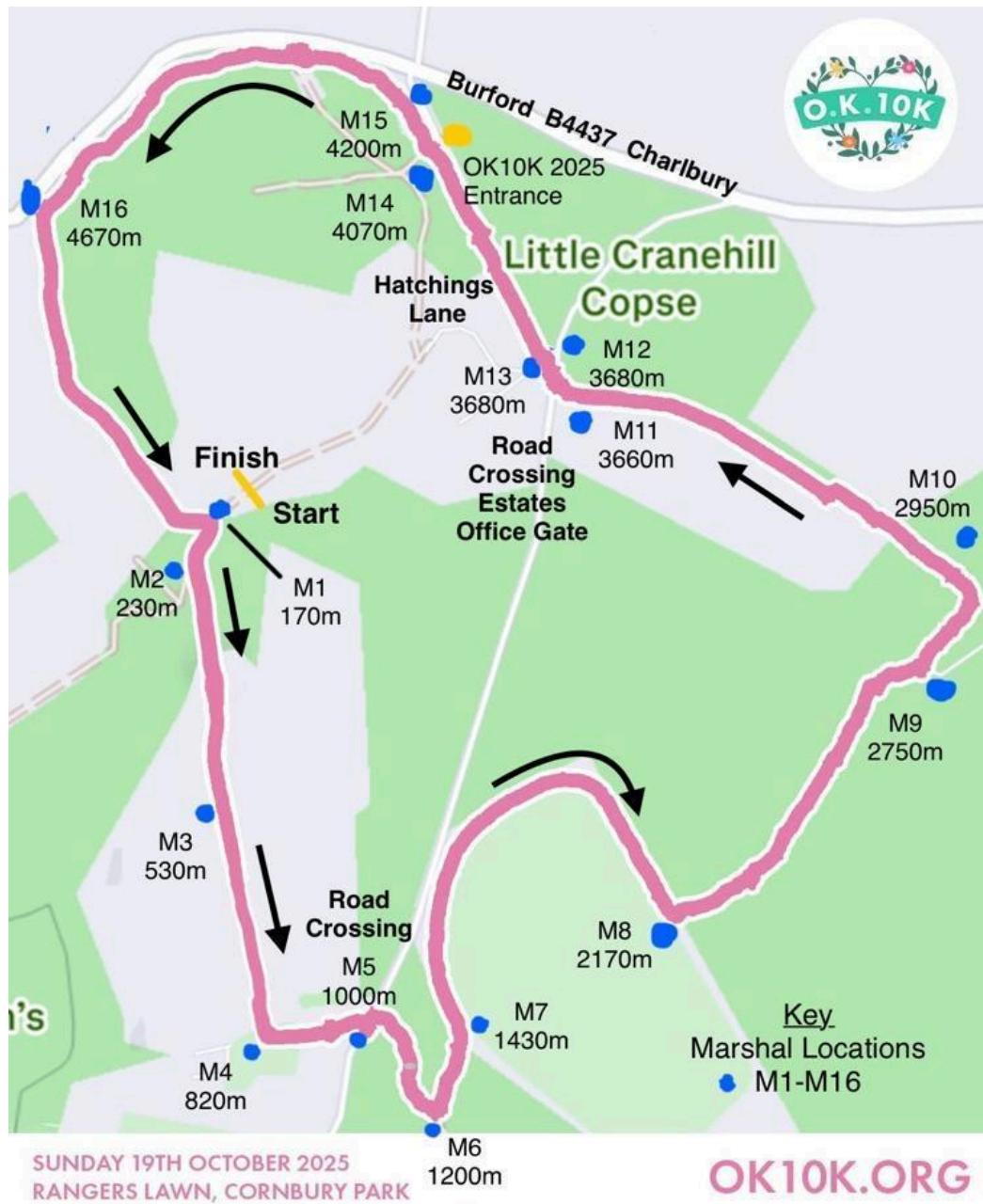


Two locations, one after the finish line the other at the start of the second 5km lap. Participants are encouraged to wear suitable clothing and carry additional water themselves if they are likely to need water before the 5 km mark. **Please bring additional water with you for before the event and if you'll need it before our water stations.**

[First Aid Station](#)

One at the main event hub which is close to the start/finish area. Seek out marshals wearing hi-vis vests if you require medical assistance and they will contact the medical team.

[5K & 10K Route Map](#)



Other Important Information

No buggies, scooters, bikes, pushchairs or similar are allowed on any of the courses as they pose a safety hazard to runners. In areas where the route is narrow, please



"keep left" to avoid any collisions and to allow faster runners or walkers to pass safely without delaying them.

Dogs and Other Spectators

Dogs are not allowed on the estate grounds or on the trail. We would welcome and encourage spectators to support the runners/walkers close to the start and finish line.

Child Safety

We will do all we can to create a safe environment for all people coming to the event, however, parents/carers bringing children are responsible for their wellbeing. There will be officials wearing hi-vis vests, so please talk to an official if you have any concerns.

In the rare event of a lost/found child (or vulnerable person), please report the incident immediately to the Information Desk at the main event hub.

Disposal of rubbish

Please can you take your litter away with you. These are private country estate grounds, and any litter could pose a serious risk to wildlife and farm animals.

Runners and walkers are asked **not to dispose** of any litter along the trail.

There will be bins after the water stations for walkers and runners to throw their paper cups in to.

Refreshments

There will be a trailer in the main event hub selling bacon/egg rolls and teas and coffee from 9am when it opens.

Headphones



As there are 2 road crossing on the trail runners/walkers must be able to hear instructions from the marshals, please bare this in mind for your own and others safety.

Uneven Surfaces and Terrain in Certain Areas

These are multi-terrain with several uphill and downhill sections. It goes through woodland, meadow, grass fields and gravel tracks. There will be uneven surfaces where animals have passed.

Exhausted Runners/Walkers

If you can't finish the run/walk and want to turn back or are near the point of collapse, please find your nearest marshal wearing a hi-vis vest so they can direct you to the safest path back to the start/finish line or contact the medical team. Please do not go backwards on the course as this poses unnecessary risks to other runners and yourself.

Run/Walk Timing Results

Each runner will have a chip with their number that records their race times.

We will provide a link to the website where you will be able to find your race results

Medals and Prizes

All runners/walkers will receive a finisher's medal shortly after crossing the finish line.

There will be a trophy for 1st 2nd and 3rd places male and female for the running events only.

Warm Up and Cool Down

Warm Up sessions will be provided for those who require them, please see the Timings section in this document.

Delays and Cancellations



In case of adverse weather conditions or other circumstances beyond our control, we reserve the right to delay or cancel the event. Details of an event delay or cancellation will be communicated across our [website](#) and social media channels.