

Hi

Thank you for entering the Autumn 'Run the Seasons' Trail Run at Cowdray on Saturday 12<sup>th</sup> October 2024, we look forward to seeing you.

We'll be emailing you again next week, but in the meantime all the information and maps you need can be found on the event page at Raw Energy Pursuits. Race Info is towards the bottom of the page.

<https://rawenergypursuits.co.uk/autumn-trail-run-saturday-12th-october-2024-cowdray-estate/>

Please make sure you read the race info, but most of all, make sure you are familiar with the course. The course will be signed on Friday next week and re-checked first thing Saturday morning. Marshals will cover key locations around the course, but it is still your responsibility to know where you're going.

Any updates during the week will be posted online or via Facebook and Instagram

<https://www.facebook.com/RawEnergyPursuits/>

<https://www.instagram.com/rawenergyman/>

**CUT-OFF 10k/10m:** There will be a cut-off time of 1 hour at the 'Course Split' location which is at 4km or 2.75m. We don't think we'll need to impose it based on previous slowest times for this race and an average walking pace is 5km per hour.

Both the 10k and 10m courses are tough and have some steep hills and technical descents. Please watch your footing. The new 5k has a newly cut track around the deer park, in true Cowdray style! This is a beautiful course with great views but it's still pretty tough and has quite a bit of soft ground at the moment.

We look forward to seeing you on the 12<sup>th</sup>.

Raw Running & Cowdray Estate