

Hi

Thank you for entering this years 'Run the Seasons' Spring Trail Run at Cowdray on Saturday 5<sup>th</sup> April 2025, we look forward to seeing you.

Race numbers can be collected from Race HQ on the morning.

Start Times:

- 10m & 10k Cani 09:15hrs
- 10 Mile 09:20hrs
- 10km 09:22hrs
- 5k Cani 09:24hrs
- 5k 09:28hrs

We'll be emailing you again during the week, but in the meantime all the information and maps you need can be found on the event page at Raw Energy Pursuits.

<https://rawenergypursuits.co.uk/spring-run-the-seasons-cowdray-9am-saturday-5th-april-2025/>

This years Spring Run is on a completely new course which heads out to Ambersham & Heyshott Common. The commons are sites of Special Scientific Interest and Grade 2 Nature Conservation sites. Both are mainly heathland with a wide range of invertebrates, including three nationally rare species! This really is a stunning landscape and course ([take a look at our Flickr album](#)), which you're unlikely to find anywhere else in the UK.

**HOWEVER**, whilst it's now become our favorite course, it's also a bit of a maze on the common! Rest assured it'll be well signed and marshalled, but if you don't pay attention you could find yourself going astray. We suggest you download the Strava or OS Map links towards the bottom of the page. <https://rawenergypursuits.co.uk/spring-run-the-seasons-cowdray-9am-saturday-5th-april-2025/> For the 5km run, the Cowdray Estate are putting the finishing touches to a new out & back course on their private fishing grounds along the River Rother.

The team from [Dynamic Movement Therapy](#) will be on hand to help with any niggles pre or post-race. They are also fully equipped to provide taping and strapping if necessary, all of which will be offered at no charge

Please make sure you read the race info. The course will be well signed on Friday 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.

Race Information | [10 Mile Course](#) | [10km Course](#) | [5km Course](#)

<https://rawenergypursuits.co.uk/wp-content/uploads/2018/06/Race-Info-Spring-2025.pdf>

<https://rawenergypursuits.co.uk/wp-content/uploads/2018/06/Cowdray-5km-Spring-River-Route-2025.pdf>

<https://rawenergypursuits.co.uk/wp-content/uploads/2018/06/Cowdray-10km-Spring-Topographic.pdf>

<https://rawenergypursuits.co.uk/wp-content/uploads/2018/06/Cowdray-10-Mile-Spring-Topographic.pdf>

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

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

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

We look forward to seeing you next Saturday.

Raw Running & Cowdray Estate