



RUN THE SEASONS



Hi

We look forward to seeing you this Saturday for the Autumn 'Run the Seasons' at Cowdray.

The weather forecast for Saturday, depending which forecast you look at, is currently showing light cloud and sunny intervals with a temperature of 9 degrees, so fairly chilly.

All the information and maps you need can be found on the event page at Raw Energy Pursuits. <https://rawenergypursuits.co.uk/autumn-trail-run-saturday-12th-october-2024-cowdray-estate/>

The new start times are: 10 Mile 09:10hrs, 10km 09:15hrs, 10m & 10k Cani 09:25hrs, 5k incl Cani 09:30hrs. Please make sure you arrive in plenty of time, the Car Park opens at 07:45hrs.

Race numbers can be collected from Race HQ which is located at the start.

Please make sure you read the race info, but most of all, make sure you are familiar with the course. The course is well signed & key points are marshalled by the Sussex Search & Rescue team. Orange arrows mark the majority of the course, but there are also pink arrows for the 10 mile section and yellow signs for the 5km section.

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.

Raw Running & Cowdray Estate