

Hi

Here is the latest update ahead of Saturday's 'Run the Seasons' Winter Night Trail Run.

At the moment, the weather forecast for Saturday is uncertain. There's currently a yellow weather warning across the UK for strong winds and rain from Friday evening to Sunday morning. As you might expect, things change quickly, so we're keeping an eye on things and will **keep you updated tomorrow**. The ground conditions at the venue have been relatively firm, but again this could change and cause issues in the wooded areas as the weather front blows through.

Please allow plenty of time to arrive as the roads and parking are likely to be very busy. Most parking areas are an 8- 15min walk away. We've put together some suggested areas to park [HERE](#). **Please don't leave it to the last minute to arrive.**

- **RACE NUMBERS:** Collected from the registration gazebo between 3:30-4:45pm
- **START:** The 10km & 5km race will start first at 17:00hrs (5pm), followed by all Canicross at 17:05hrs (5:05pm).
- **FOOD & DRINK:** Cowdray's Heritage Café will be open all day.
- **FREE** Glow sticks and face paint – help yourself!
- **TOILETS:** Unlike a typical morning run, there's unlikely to be so much of a rush to use the loos which are located close to Race HQ, there are also toilets in the café.
- **AFTER RACE:** It's almost Xmas, so make sure you help yourself to Sussex's best flapjack provided by Oatopia and Protein Balls. The café will be serving hot soup & rolls and there Gusbourne's sparkling wines will be on sale too. [Skinners](#) will once again be supplying their popular recovery bars for the Canicross runners
- **TIMING:** We will be using our Android timing system hosted by Results Base – there are **NO CHIPS**.
- **RESULTS:** Live results will be available at the finish on your smartphone/android/iPhone device via www.resultsbase.net/mobile/ or via www.resultsbase.net. Please let us know if you have any timing queries.
- **IMPORTANT:** Please make sure you read the [race details and check out the maps](#)
- **WATER:** **Please bring your own water.** There will be a water station at the 'Course Split' location close to the finish for the 10km runners and dog bowls for the canicross.
- **PHOTOS & MEDALS:** Don't forget your race entry fee includes free unlimited image downloads and a finishers medal.

We're pleased to announce [Exposure Lights](#) will be showcasing their amazing lights but please ensure you arrive early as there will be approx 40 headtorches for people to demo on the night, available on a first-come, first-served basis.

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. If you want to book a specific pre or post slot for a massage on the night, then you can do that [HERE](#): To make sure you're ready for the run, check out their [tips and stretches](#) ahead of the race

We look forward to seeing you on Saturday.

Cowdray Estate and Raw Running
www.rawrunning.co.uk

[Click here to unsubscribe from any further e-mails from Cowdray Estate Trail Run Series 2024/25.](#)