Run the Seasons – Autumn. 10 Mile, 10km, 5km and 3km Kids Run

Saturday 10th October 2026 | Car Park open from 07:45hrs

The autumn run will be held on the north side (Golf Course side) of the A272 at Easebourne, Midhurst

Start Times:
09:05hrs 10 Mile CaniRun
09:07hrs 10 Mile
09:15hrs 10km CaniRun
09:18hrs 10km
09:25hrs 5k CaniRun
09:28hrs 5km
09:30hrs Kids 3km

Arrival and Parking:
Parking is on the south side of the A272 (Polo Fields). Head for the **Cowdray Farm Shop & Cafe, Midhurst, GU29 0AJ,** where the car park team will get you parked opposite the polo fields. From there it's a very short walk (300m) to the A272. The start is on the opposite side of the road (north side). PLEASE BE CAREFUL CROSSING THIS BUSY ROAD.

Registration:
Race numbers can be collected on the day from the registration gazebo on the grass close to the Estate Office. Safety pins, water & toilets will also be at this location in addition to the Cowdray catering team. Please make sure you have warm clothing and are warmed up before the start. You can leave any clothing at one of the gazebos at your own risk, but please no valuables. There will always be one of the crew with the gazebos.

Race briefing will take place on the start line.

- The route will be signed and marshalled, but it is ESSENTIAL YOU FAMILIARISE YOURSELF WITH THE COURSE.
- The route is a proper trail run and whilst signed **Marshals** will only be at the key points on the course, so please make sure you know where you're going.
- Timing will be via Results Base android timing system and will be live at the finish.
- All runners will receive a bespoke medal, free photos and Oatopia flapjack.

Water:
Water is located at the finish & start. There are **no water stops on the 10km course, but there will be water at 2.75m and 6m on the 10mile course** so you need to be self-sufficient. Dog water bowls will also be at this location in addition to 4k on the 10k course. There are no dog water bowls on the 5km course.

COURSE DESCRIPTION (PLEASE READ)

The run starts from the bottom of a long straight track called The Race. Follow this track all the way until you reach a 5-bar gate and enter the wooded section. Follow the signs and marshals and you'll emerge on the road. Go straight on, up a driveway which picks up a footpath and eventually a stoney track. Keep on the track all the way (under the pylons) until you reach the old barn at Grevatts. TURN LEFT on the bridleway (marshalled) and continue on this track until you reach a grassy crossroads. STRAIGHT ON where you'll see in the distance a marshal. 10km & 10 mile TURN RIGHT down a fairly steep & technical descent to the road, please take care. When you reach the road, you have reached the COURSE SPLIT location (4km).

10km turn right down the road and 10 mile TURN LEFT up the road.

10k turn right on the road and then almost immediately right up a driveway which is the Serpent Trail. Remain on the track for about 1km and then TURN RIGHT onto a bridleway (marshal), follow this down a VERY STEEP narrow path before emerging in a wooded section of the course. Climb up a steep hill to a small common by the viewing bench (5.73km) (marshal) and then go STRAIGHT ACROSS down a narrow rocky lane for another 1km until you reach the Sussex Diamond Way. Turn right and then right again around the edge of the field and then TURN RIGHT through a kissing gate and on through the avenue of trees in Cowdray Park. Follow the mowed grass trail and signs and you'll then pass the 1000yr old Queen Elizabeth oak. Continue uphill on the mowed section and then TURN LEFT down a steep section and follow the mown path through a 5-bar gate and small pond in the memorial grounds. Follow the track back up to Oaters Wood where you originally ran and then it's all downhill to the finish via the track known as The Race. Please look at the maps online.

10 Mile section

Once you've reached the COURSE SPLIT location at 4km (2.75m), TURN LEFT up the road and keep to the right hand side. When you reach Verdley Wood turn right into the woods. First Aid and Water will be at this location. You are now on the Serpent Trail which is clearly marked. TURN RIGHT (marshal & sign) just after 3miles and follow the gravel tracks and trails for about half a mile. TURN RIGHT along a grassy and muddy (private) trail which will be wet. Follow this for half a mile and then turn sharp left and follow the track for another half a mile until you re-appear onto the public right of way. TURN RIGHT, look out for signs here as there are a few different paths, and then LEFT down a wide and wet track which leads to the village of Henley. TURN LEFT just before Duke of Cumberland Pub and then LEFT (marshal) opposite the pub by the telephone box. After 200m, TURN LEFT along a narrow footpath between two gardens. This will lead to a small stream and the planked bridge. You're now back on the Serpent Trail, follow this section all the way back to the road where the First Aid post is located (it's undulating and very wet in some places). TURN LEFT down the road and then you'll reach the the COURSE SPLIT location you originally passed. You're now on the 10km course which will lead you back to the finish. See course description above. PLEASE NOTE: There are numerous tracks and paths within the woods so keep an eye out for signs which will be checked before the race starts.

5km COURSE

The run start is the same as the 10k and 10m and follows a long straight uphill track called 'The Race'. Follow this track until you reach a 5-bar gate and enter Oaters Woods. At the crossroads in the woods TURN RIGHT down a steep hill and into the memorial fields. Follow the mown path through another 5-bar gate and then there's a short sharp hill to climb, where you'll see a marshal at the top. Run straight across and follow the route (and the amazing views) until you reach the start of the avenue of trees. At this point, you may find some of the faster runners from the 10k joining you from another direction. Follow the mowed grass trail and signs and you'll then pass the 1000yr old Queen Elizabeth oak. Continue uphill on the mowed section and then TURN LEFT down a steep section and the mown path through a 5-bar gate and small pond in the memorial grounds. Follow the track back up to Oaters Wood where you originally ran and then it's all downhill to the finish via the track known as The Race. Please look at the maps online.

3km KIDS RUN

The start is the same as all the other races and follows a long straight uphill track called 'The Race'. Follow this track until you reach a 5-bar gate and enter Oaters Woods. At the crossroads in the woods TURN LEFT and continue to climb to the log pile – THIS IS THE TURN POINT. Retrace your route back to crossroads in

Oaters Woods and TURN RIGHT downhill through the woods from where you originally ran. Emerge from the woods on to the top of 'The Race' – from here it's 1km downhill to the finish. Watch your step as there are some sections are uneven.

IMPORTANT: If for any reason you withdraw during the race, PLEASE make sure you let the race organiser know.

Safety advice

- The emergency contact number for the race crew is 07414 859984.
- We advise taking a mobile phone with you (make sure it's charged)
- Look out for identifiable objects such as electricity pylons and telecom masts, they'll reassure you you're on the right course.
- Consider downloading the 'what3words' app, which is a location tool to trace exactly where people are in an emergency. *(Every 3-metre square of the world has been given a unique combination of three words) https://what3words.com/products/what3words-app/*

FREE PHOTOS & MEDALS. Sussex Sport Photography will be on the course, so make sure you give them a wave and make it look like you're enjoying yourselves! After the race grab yourself a hot drink from the the Cowdray team and maybe head across the road and enjoy a great breakfast in the cafe after the race; you deserve it. Medals are on the finish line.

The race coincides with the Cowdray Farm Shop Apple Day (10am-3pm), a celebration of this delicious and much-loved fruit. This humble fruit will be celebrated with a chance to press home-grown apples, take part in some apple-themed activities, as well as the chance to sample delicious apple-themed treats created by our head pastry chef and butchery team alongside tastings from local suppliers. Remember to bring your own apples if you have them and a container to take home some of your own fresh apple juice!

Apple Day was launched in 1990 by an association called Common Ground as a way of raising awareness of the provenance and traceability of food, which aligns perfectly with Cowdray's values.

OATOPIA
NATURALLY OAT OF THIS WORLD