



Maize Maze Run: 5km, 10km & 3km Kids' race

Monday 26th August 2024 | Start 9am | Car Park open from 07:30hrs

Start times: 5km & 10km 09:00 | 3km Kids Run 09:10

Thank you for entering our first Maize Maze run on the Cowdray Estate which will be held between the famous Polo Lawns on the south side of the A272.

Arrival and Parking:

Parking is on the south side of the A272 (Polo Fields). Follow the signs for the Maize Maze or the **Cowdray Farm Shop & Cafe, Midhurst, GU29 0AJ**, where the car park team will get you parked right next to the maze. You can't miss us!

Registration:

Race numbers can be collected on the day. If you have any queries, there will be a **registration & information desk near the Maze entrance**. Safety pins, water & toilets will also be at this location in addition to the Cowdray catering team. Please make sure you 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 and more importantly, we'll guide you through the maze – you really don't want to get lost in there, it's huge!
- **Marshals** will only be at the key points on the course, so please make sure you know where you're going and check out the routes online.
- Timing will be via Results Base android timing system and will be live at the finish.
- All runners will receive a bespoke medal, guest entry to the Maze after the run and some of Cowdrays famous hospitality.

Water:

Water is located at the finish & start. There are **no water stops on either course** so you need to be self-sufficient.

Warm-Up. Here's a [great warm up and stretch routine](#) from our partners Dynamic Movement Therapy

COURSE DESCRIPTION (PLEASE READ)

The run starts right next to the Maze and will run down the side of Sunflower Meadow with great views across the polo fields. Turn right along a footpath and the wildflower picking patch before turning right again and follow the signs to the Maze. We'll guide you into the maze and then it's down to you, but you'll have the quickest route through the maze marked so you 'run free' without worrying about getting lost. Once you

pop out of the maze, follow the perimeter of the field until you TURN LEFT down a private track. Turn right at the bottom and then left onto the lower polo field. Keep to the perimeter of the field before emerging by the Walled Garden and Cowdray Ruins. Turn right alongside the rugby field before emerging onto the tarmac track by the famous Gold Cup Polo Field. Follow the signs and marshals up to Sunflower Meadow and you're then into the maze again for a different route. The first route is the horse and the second is tractor! Once you escape from the maze either finish (if you're doing the 5km) or start lap 2 for the 10km Run. The 3km kids' run does both the horse and tractor sections of the maze and also the sunflower meadow & wildflower picking patch.

[Maize Maze Run Route 2024.pdf](#)



Maize Maze Run Route | 10km 5km 3km

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.
- 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/>

We look forward to seeing you on Bank Holiday Monday!

Raw Running & Cowdray Estate