



## Run the Seasons – Spring 5km, 10km & 10 Mile runs

**Saturday 5<sup>th</sup> April 2025 | Car Park open from 07:30hrs**

**Start Times: 10m & 10k Cani 09:15hrs | 10 Mile 09:20hrs | 10km 09:22hrs | 5k Cani 09:24 | 5k 09:28hrs**

### **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. The start is by the picnic tables and close to the Farm Shop – you can't miss it!

### **Registration:**

Race numbers can be collected on the day from the registration gazebo. 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.

### **Water:**

Water is located at the finish & start. There will be water for the 10m and 10km at the entrance to Cowdray House (2 mile/3k point) which you'll pass again (9m/8k). There will also be water at 6 miles on the 10mile course. These are self service or you can be self-sufficient. Dog water bowls will also be at these locations. There are no dog water bowls on the 5km course.

### **COURSE DESCRIPTION (PLEASE READ)**

The run starts from the picnic area near the Farm Shop. All routes run down the long tarmac drive between the polo fields. 10k & 10m follow it round the right, 5k turn left.

### **10km & 10 Mile routes:**

Follow the tarmac drive around the polo fields, turn left onto the lower track which takes you into the Walled Garden and Cowdray Ruins. Turn left at the bridge, over the river and then immediately left onto a trail by the river. Continue through a gate, along the river and then cross over Cowdray Wharf Bridge and onto a narrow footpath. **IMPORTANT: KEEP LEFT** on the footpath and follow it past the kennels and dairy until you reach the road. Run straight across and then **TURN RIGHT** up a muddy trail (not on the road). Continue uphill and straight on (bear slightly right at the footpath sign) and continue until you merge onto an open field. Follow the signs around the edge of the field until you reach the disused railway line. **IMPORTANT: TURN RIGHT** and then immediately **LEFT** towards the lookout tower. This section is likely to be very muddy. Pass

the tower and continue straight on before turning right along a sandy stretch. Continue straight on and follow the signs through the plantation. **COURSE SPLIT (5.5k/3mile). 10km TURN LEFT, 10 MILE TURN RIGHT.**

**10km Run: (From the Course Split location)** Turn left and follow the trail down towards the pylons where you turn RIGHT. This section is very sandy and uneven with some drop-offs, so watch your footing. TURN LEFT across the common through the forest managed section. TURN right, run over the old railway line and then left on a wide track. Continue along the trail until you reach the road by Cowdray House and the water location.

### **10 mile run (From the Course Split location)**

TURN RIGHT and follow the signs which eventually bring you alongside a field. Please note, there are numerous paths and trails on this section, please pay attention and concentrate on where you're going. There will be numerous signs & tape for you to follow. Turn RIGHT along a path along which leads to a residential road. Continue straight on until you reach the footbridge, LEFT BEFORE the footbridge, through the gate and RIGHT at the end. Keep an eye out here as you then need to TURN LEFT which emerges onto another residential road. IMPORTANT, turn left along a narrow footpath, across the green and onto a narrow road. LEFT again and as you approach some houses, TURN RIGHT. Again, there are numerous trails running parallel with each other so make sure you stay on the signed path. STRAIGHT OVER through the woods, vere RIGHT and follow this sandy section all the way until you reach the Serpent Trail. This section is muddy. TURN RIGHT and then when you reach another sandy section TURN LEFT. Across the common there are many paths through the heather, **concentrate where you're going.** This trail will eventually arrive at a car park (WATER). Turn RIGHT across the road CAUTION and up the stoney track. Follow the pylons uphill, turn left, then right and RIGHT again down a steep stoney path. Once at the bottom it's a steep climb uphill to the top, then follow the path under the pylons. Bear left and then RIGHT. This section is through the heather and gorse and eventually brings you out on the road. CAUTION. Cross the road and onto the track which veres right towards the disused railway line. Follow the line under the bridge and eventually turn right & left and you're now back on the track towards Cowdray House with the 10km runners. 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.

10km and 10 mile runs both follow the private road to the rear of Cowdray House at which point you'll be joined by some of the 5k runners. Turn left, through the gate and then right which is at the foot of the polo fields. Turn right again, then left and climb alongside the polo field towards the Farm Shop and finish.

### **5km COURSE**

Once at the bottom of the tarmac road between the polo fields, turn left, then right, passing the pond. At the bottom, turn left until you reach the rear of Cowdray House. Then turn RIGHT down the tarmac road so a few metres, then LEFT BEFORE the bridge. You are now within the estate's private fishing grounds. Follow the river all the way (there's a narrow water jump across one section!) when you reach the farm track turn right and then right again before the farm. You're now on the opposite side of the river. Follow this all the way back to the bridge, turn right and you'll be joined by the 10m and 10km runners on the way back to Race HQ. Turn left along the track from which you originally ran, through the gate and then right towards the pond. You'll emerge at the foot of the polo fields. Turn right, then left and climb alongside the polo field towards the Farm Shop and finish.

**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'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 or mocktail from 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.

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