



Run the Seasons – Summer 10km, 5km and Kids 3km Run

Friday 26th June 2026 | Start 19:00hrs | Car Park open from 17:15hrs

Start times: ALL CANICROSS (5k/10k) 19:00hrs. 10km 19:05hrs. 5km 19:10hrs 3km Kids 19:15

Thank you for entering our 'Summer' run on the Cowdray Estate which will be held alongside the famous Polo Lawns on the south side of the A272. Both runs will start from this location.

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 downhill to the Polo Fields – You can't miss us. Race HQ is in a slightly different location to the last two years, it's still alongside the main polo field but it's further down the track opposite the Cricket Club and Castle Ruins in the distance.

Registration:

Race numbers and safety pins can be collected on the day. If for any reason you have any queries, there will be a **registration & information desk at Race HQ**. 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 near 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, but unlike our Autumn & Spring run, this one is more or less flat on a mix of terrain. Most of the course will be firm, there may be the odd muddy or sandy section on the 10k course depending on the weather, but essentially it's flat & fast. Whilst the route will be signed, we suggest you consider downloading the GPX route just in case. **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.
- **IMPORTANT 1.** Please make sure you start in the correct wave. ALL CANICROSS (5k/10k) 19:00hrs. 10km 19:05hrs. 5km 19:10hrs 3km Kids 19:15
- **IMPORTANT 2.** If, for any reason you cut short your run or take the wrong course, please let us know.
- All runners will receive a bespoke medal, free photos and some of Cowdrays famous hospitality.

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 (5km & 10km) (PLEASE READ)

The run starts to the side of one of the polo fields and heads slightly uphill towards the Cricket Pitch entrance. TURN LEFT along the road towards Cowdray Ruins, once there TURN RIGHT across the river and immediately LEFT onto the footpath which takes you along the River Rother. Run over wharf bridge and then TURN LEFT and follow the New Lipchis Way passing the kennels and dairy. This emerges onto the road **which is the COURSE SPLIT location**. **5km runners TURN LEFT** towards the rear of Cowdray House, 10km runners go STRAIGHT ON and then RIGHT into the woods.

10km. The terrain is quite different to most of Cowdray and there will be some soft sandy tracks. Follow the signs and marshal instructions, we're not heading to the disused railway line this year, but keeping on the main track where you turn right and then onto Heyshott Common where the vegetation has recently been cleared. Follow this track to a narrow & uneven sandy track. PLEASE pay attention to this section as there are some areas which have eroded with uneven drops. TURN LEFT and **follow the telephone pylons**, LEFT again and the track will emerge back onto the railway line. STRAIGHT ACROSS then follow the tracks all the way to Selham Road at Todham Farm. CAUTION: Turn right on the road and then immediately LEFT through the farm until you reach the River Rother. This year you'll run on the north side of the river and will cross over on the Bailey Bridge and then TURN LEFT and follow the riverbank until you reach the private road near Cowdray House. Cowdray installed a small 'bridge' over a deep muddy gully, please be careful at this location. At the end of the river section, TURN RIGHT over the bridge, then left on the private track towards the castle ruins. NEW this year, you'll TURN LEFT and run onto the River Ground Polo Field. Follow this until you emerge by the Walled Garden and Castle Ruins. Turn left and run around the ruins and up the road which leads back to the top of the Cricket and Rugby Club. Turn right and the finish is straight ahead.

5km. Once on the road to the rear of Cowdray house, run over the bridge, then left on the private track. NEW this year, you'll TURN LEFT and run onto the River Ground Polo Field. Follow this until you emerge by the Walled Garden and Castle Ruins. Turn left and run around the ruins and up the road which leads back to the top of the Cricket and Rugby Club. Turn right and the finish is straight ahead. [Please look at the maps online.](#)

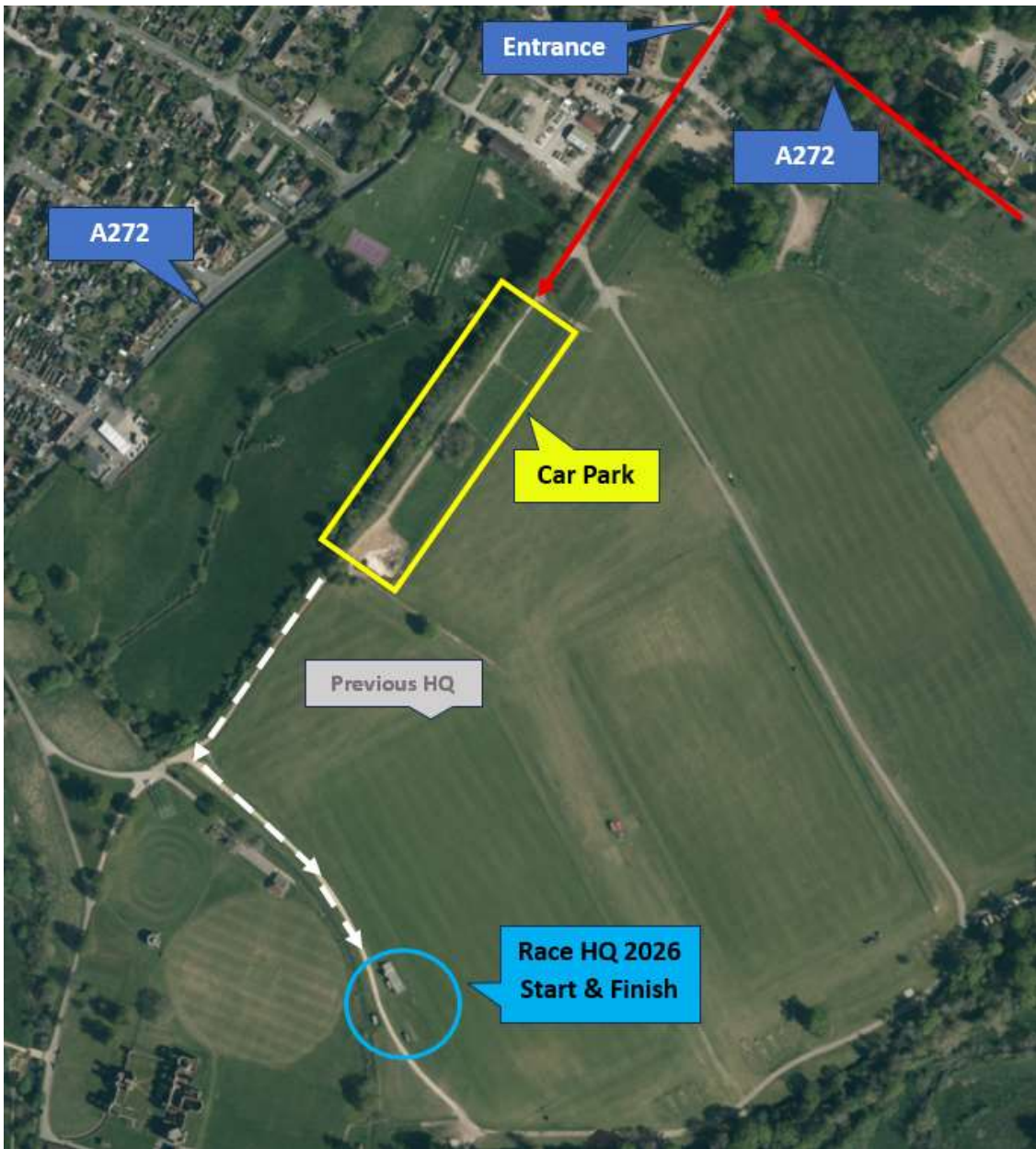
IMPORTANT: If for any reason you withdraw during the race, PLEASE make sure you let the race organiser know.

Safety advice

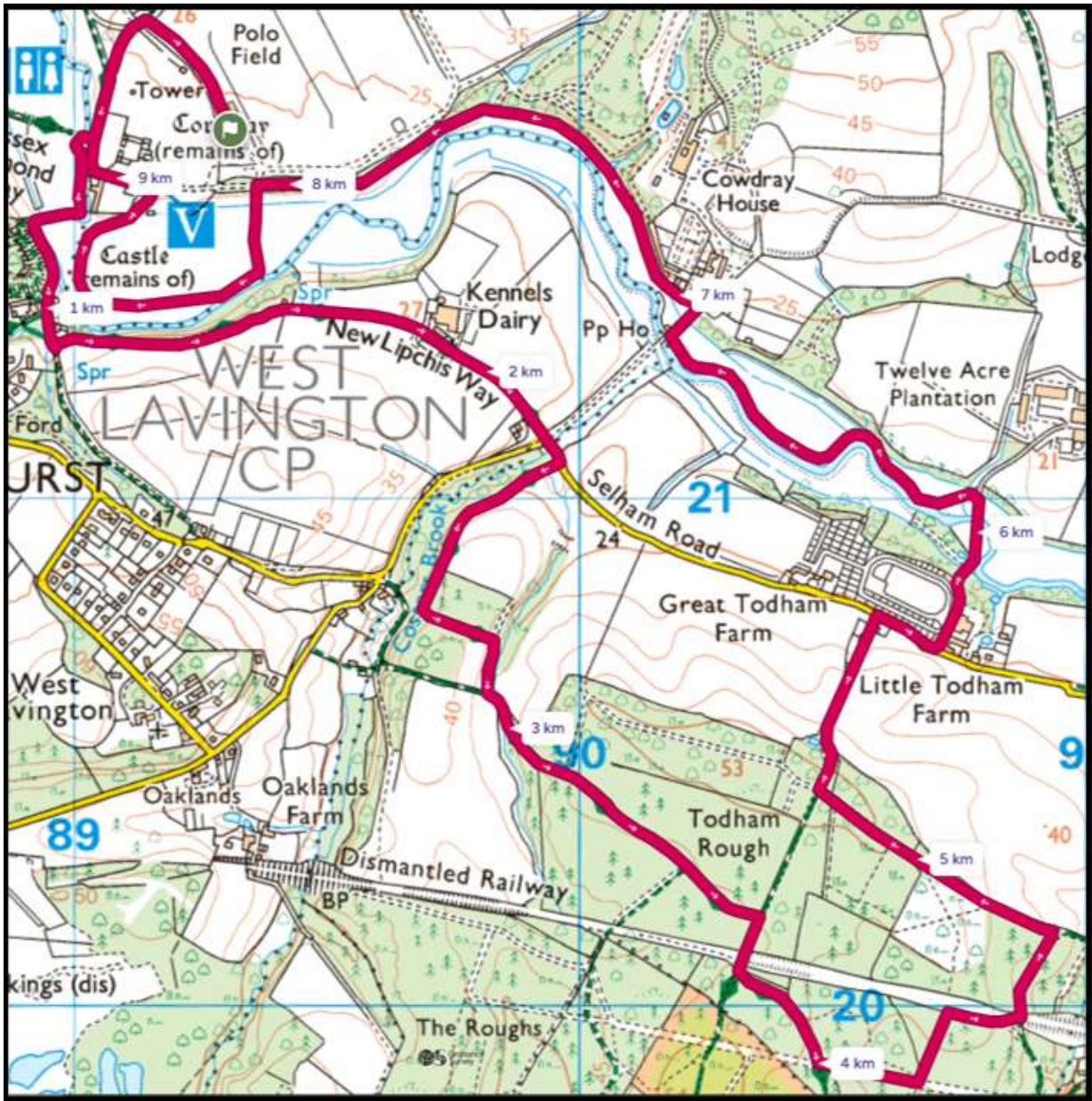
- The emergency contact number for the race crew is 07414 859984.
- We advise taking a mobile phone with you (make sure it's charged)
- Consider downloading the 'what3words' app, which is a location tool to trace exactly where people are in an emergency. *(Every 3-metre square of the world has been given 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 some great food and drink at the finish and hang arounds as there'll be some great spot prizes and overall awards presented.

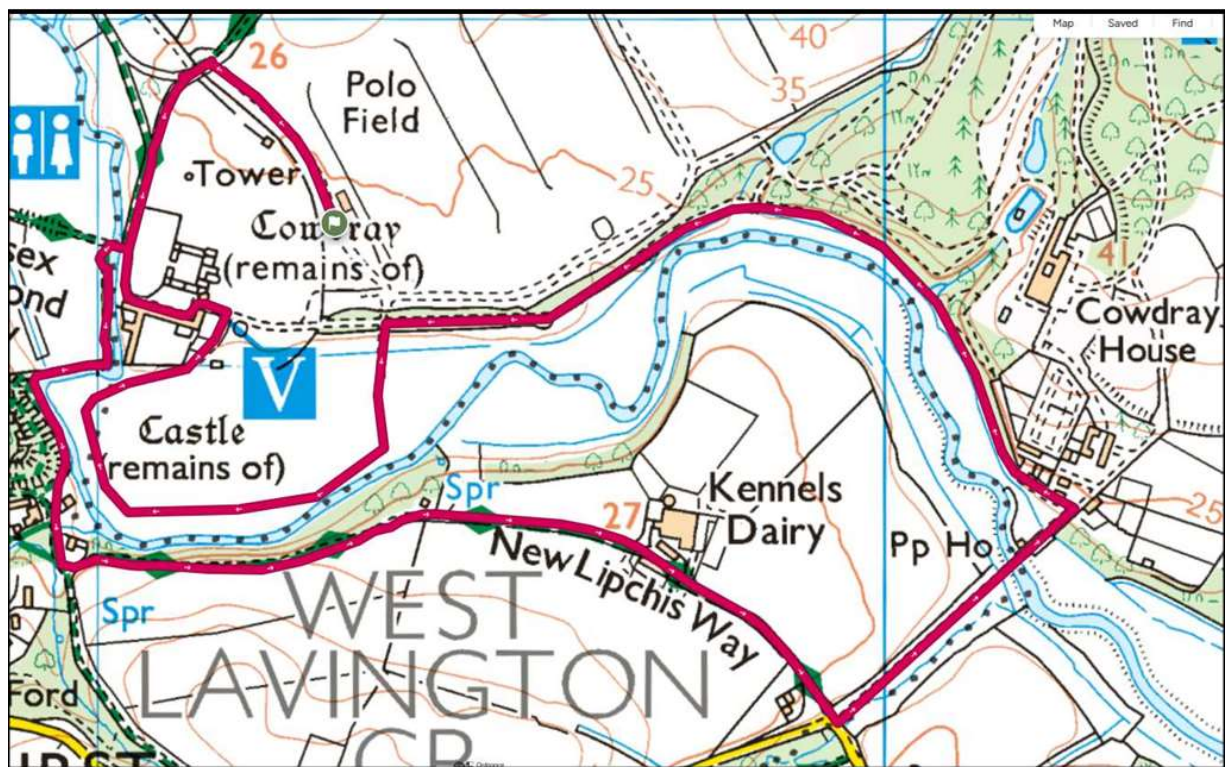




Kids 3km Run (2.90km) (Marshal locations)



NEW 10km Course (9.67km) 91m Ascent



NEW 5km Course (5.30km) 25m Ascent