



Run the Seasons – Winter Night Run 10km & 5km Saturday 6th December 2025 | Start 17:10hrs (5:10pm)

Thank you for entering our night run on the Cowdray Estate. The run will be held on the south side of the A272 (Polo Fields) at Easebourne, Midhurst.

Start Times: 17:10hrs Kids 3km (6-11 yrs) | 17:35hrs All 5k/10k CaniRun together | 17:40 10km | 17:45 All 5km together (Adult and Juniors 12-15 years) (based on age on race day).

Please note, the 3km kids run will take place first and only when all children have finished the 3km run will the other races start.

Arrival and Parking:

Race HQ is **The Walled Garden, Riverground Stables, Cowdray Park, Midhurst GU29 9AL**

Parking options: 1. Midhurst, North Street, **GU29 9DS** (8am-6pm. First hour free, 2nd hour 80p) 2. Grange Road, **GU29 9LT** (8am-6pm 2hrs free. Distance 0.5mile walk 15min). There is street parking and limited parking at **Cowdray Farm Shop & Cafe, Midhurst, GU29 0AJ** (Distance 0.5mile walk 15min) There is also parking in the High Street. **PLEASE MAKE SURE YOU LEAVE PLENTY OF TIME TO ARRIVE AS IT'S LIKELY TO BE BUSY and this year we are unable to use the local college car park.**

Registration:

Race numbers can be collected from **registration between 3:30 and 4:45pm**. Safety pins, water & toilets will also be at this location. Please make sure you have warm clothing and are warmed up before the start. Clothing can be left at one of the gazebos at your own risk, but please don't bring valuables. There will always be one of the crew with the gazebos.

Head or chest torches are required for this race: Ideally you need something which has around 500 lumens. Why not head over to Exposure Lights who do the best head torches around and will be there on the night to help you. They will have a limited number of torches to try during the race.

Race briefing will take place on the start line.

- The route will be well signed and marshalled, but we suggest you familiarise yourself with the course.
- The course is relatively flat, but there is a gradual climb on the tarmac road between the polo fields just after the start. GPX routes are available online.
- Reflective signs, glow sticks and marshals will guide you around the course.
- Timing will be via Results Base android timing system and will be live at the finish.

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

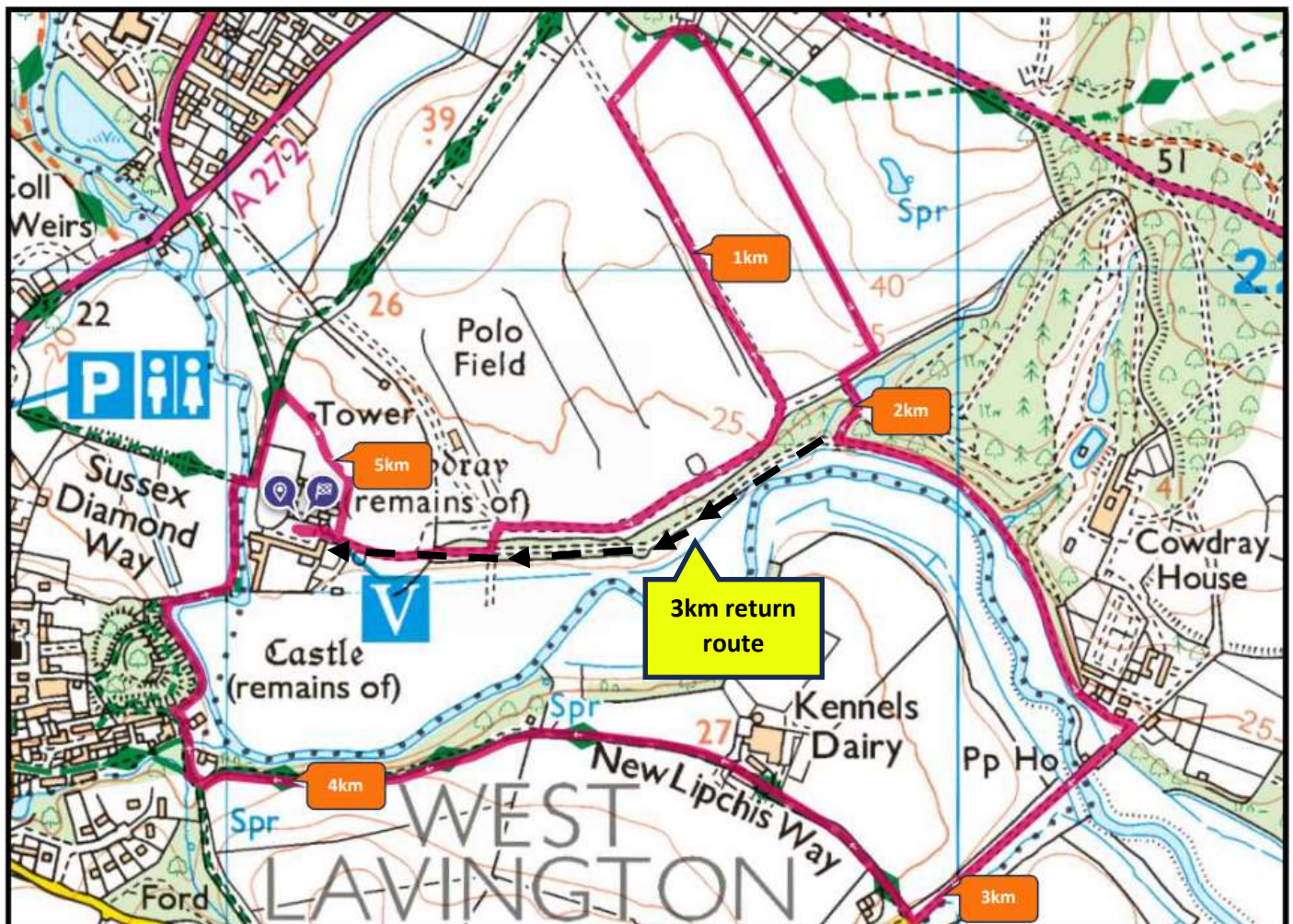
COURSE DESCRIPTION 5km (1 Lap) & 10km (2 Laps)

The run starts within the grounds of the Castle Ruins where the registration gazebo will be located. Run under the start/finish arch and make your way along the tarmac road until you hit the trails within the estate. Within 300m you'll need to turn left and immediately right onto the road around the polo fields. Follow this

road between the fields which will eventually lead uphill. Turn right across the grass polo field until you reach a 5-bar gate and footpath. Follow the track downhill which will eventually lead past the pond and onto the lower track. Turn left (2km) and then left again onto a wide track leading to back of Cowdray House. At the end of the track turn right and follow the road to Selham crossroads where you'll turn right again onto the New Lipchis Way by the dairy. This section is narrow and there are likely to be tree roots and foliage to be aware of, so please watch your footing. Run over the small bridge at Midhurst Wharf and then onto the track alongside the river. Extreme caution here. The river bank will be well signed, but please keep to the left hand side and away from the river. Run through a gate and along a footpath which brings you out directly in front of the illuminated ruins. Run over the bridge and then then turn left in front of the ruins and follow the road along to the Round House where you turn right and run on the grass behind the ruins. 5km runners turn right to finish, whilst 10km runners turn left and start a second lap. All the key junctions will be marshalled by [Sussex Search & Rescue Team](#), there are also reflective signs and glow sticks around the course.

COURSE DESCRIPTION 3km (1 Lap) Kids Run (6-11years)

The course will follow the same route as the other races, but just after 2km, it will TURN RIGHT on the lower track and return to the finish area. Safety: The race will be led and swept by mountain bike riders and there will also be hi-vis safety marshals running amongst the runners. Kids will be issued with an LED safety bracelet.



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/>

Sussex Sport Photography will be on the course near the finish and at the illuminated castle ruins. Whilst they'll be snapping away throughout the race, with night running there is a small chance they'll miss you, but with the bar coded numbers, hopefully not; make sure you give them a wave.

The Heritage Cafe will be open throughout, with soup, hot drinks and snacks available.



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