



Run the Seasons – Autumn 10km & 10 Mile runs

Saturday 14th October 2023 | Start 09:00hrs | Car Park open from 07:45hrs

Thank you for entering our inaugural run on the Cowdray Estate. The autumn run will be held on the north side (Golf Course side) of the A272 at Easebourne, Midhurst. 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 (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 will be posted out to competitors the week before the event. If for any reason you have any queries, there will be a registration & information desk 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, 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 **or download the RunGo app** which gives turn by turn route guidance.
- 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 are **no water stops on the 10km course, but there will be water at 2.5m and 5.75m on the 10mile course** so you need to be self-sufficient.

10km 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. **THIS IS WHERE THE COURSE SPLITS. 10KM TURN RIGHT, 10 MILE VERES SLIGHTLY LEFT.** The 10km run goes fairly steeply downhill to the road, so please take care. When you reach the road (4km), turn right (back on yourself) and follow the Serpent Trail for about 1km and then **TURN RIGHT** onto a bridleway (marshal), follow this down a steep narrow path before emerging onto a wooded section of the course. Climb to a small common by the viewing bench (5.73km) (marshal) and then go **STRAIGHT ACROSS**

down some narrow rocky lanes for another 1km until you reach the Sussex Diamond Way. Follow this 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 and follow the track 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 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. 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. THIS IS WHERE THE COURSE SPLITS. 10km turn right and the 10 Mile run goes straight on (it veers very slightly left) . Follow the trail until you reach a fingerpost which will be signed and marshalled. TURN RIGHT, down a steep downhill section until you reach the road. BE CAREFUL. Once at the road STOP and cross when clear. This is a very quiet and narrow road so it should be easy to hear oncoming traffic. A marshal will be at this location, but they cannot stop traffic. Head straight over to Verdley Wood and pick up the Serpent Trail which is clearly marked on numerous fingerposts across the woods. The trail eventually reaches a small planked bridge at Henley. Follow the footpath to the Duke of Cumberland Pub (marshal) TURN RIGHT, then almost immediately RIGHT again (marshal) along a driveway. Whilst this looks like a private driveway, it is footpath/bridleway which follows the perimeter of Verdley Wood. Remain on this track for half a mile until you reach a green gate (marshal) TURN RIGHT into Verdley Woods and follow the signs and marshals. 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. Some of the tracks are private, so please respect them. Eventually you'll pick up on The Serpent Trail again (marshal) where you turn left and follow it back to the road (water & marshal). TURN LEFT down Highstead Lane (CAUTION NARROW ROAD) for about 400m when you'll rejoin the 10km course on The Serpent Trail. Remain on the trail for about 1km and then TURN RIGHT onto a bridleway (marshal), follow this down a steep narrow path before emerging onto a wooded section of the course. Climb to a small common by the viewing bench (5.73km) (marshal) and then go STRAIGHT ACROSS down some narrow rocky lanes for another 1km until you reach the Sussex Diamond Way. Follow this 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 and follow the track 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.

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

Mobile app and additional route information. Please download the free 'RunGo' app on your phone as it'll guide you round the course.

10km Route <https://routes.rungoapp.com/route/fZKahEgpVO>

10mile Route <https://routes.rungoapp.com/route/rAwjUeaG01>

If you already have the RunGo app, search for 'Cowdray Autumn 10 Mile 081023 Loves Farm' or 'Cowdray Autumn 10km NEW 081023 Loves Farm'

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 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.



