



RUN THE SEASONS



Hi

Thank you for entering the inaugural 'Run the Seasons' Winter Night Run at Cowdray on Saturday 9th December 2023, we look forward to seeing you.

We think this is going to be great little race. The location is second to none and you'll experience all things 'Cowdray'. In addition to your 4 piece collectors medal and free photographs, our friends at Oatopia and Protein Ball have provided tasty flap jacks and energy supplements. The Cowdray Estate have also arranged for Silly Moo mulled cider and their own Cowdray's non alcoholic mulled apple juice to be available free of charge at the finish. If you're feeling hungry, pop into the Farmshop Café and try their mince pies & sausages!

Race numbers for this event can be collected from the registration gazebo which will be located near the Farm Shop & Café. Make sure you get there early and then you can chill out at the café.

We'll be emailing you again next week, but in the meantime all the information and maps you need can be found on the [event page](#) at [Raw Energy Pursuits](#).

Please make sure you read the race info [HERE](#), and make sure you are familiar with the course. The course will be signed on Saturday morning and re-checked prior to the start at 5pm when we'll put out the glow sticks. Marshals will cover all the key locations around the course, but it is still your responsibility to know where you're going. The course is very straightforward and there shouldn't be any navigation problems. GPX links are available on the event page.

Any last minute updates will be posted online or via [Facebook](#) and [Instagram](#)

We look forward to seeing you next Saturday.

Raw Energy & Cowdray Estate

Best regards

Cowdray Estate Trail Run Series 2023/24