



RUN THE SEASONS



Hi

Here is your final update prior to Saturday's 'Run the Seasons' Winter Night Trail Run.

The weather forecast for Saturday is potentially heavy rain in the morning and either sunny intervals or cloud in the afternoon, depending what forecast you read. It is much milder though at 10-12 degrees, but with a moderate breeze.

The venue and course in general is very wet, so some areas will be muddy. As a result, we've had to move the start and registration area to somewhere with firmer footing. The course itself is more or less unchanged, its only the immediate start area that's moved.

Please allow plenty of time to arrive as the roads and parking are likely to be very busy. When you arrive at Cowdray, follow the signs and you'll be directed to the parking by the Cowdray team, this is not too far from registration. Walk back up the estate road towards the Farm Shop & Café and turn right alongside the main gravel car park. Head to the registration gazebo and collect your race number. **Please don't leave it to the last minute.**

[Parking and registration map NEW](#)

- **RACE NUMBERS:** Collected from the registration gazebo between 3:30-4:45pm
- **START:** The 10km race will start first at 17:00hrs, followed by the 5km race at 17:05hrs and all Canicross 17:08hrs.
- **FOOD & DRINK:** Cowdray's Café and Farm Shop will be open all day. There'll also be hot drinks at the finish.
- **TOILETS:** Unlike a typical morning run, there's unlikely to be so much of a rush to use the loos which are now located at new Race HQ. If you're using the Farm Shop & Café before the run, there are coded toilets there too.
- **GPX.** The original GPX links are still good in respect of the course itself. It's just the immediate start location that's changed.
- **AFTER RACE:** It's almost Xmas, so make sure you help yourself to a complimentary mulled cider from Silly Moo and Sussex's best flapjack provided by Oatopia. Then head over to the farm shop where you can purchase hot mince pies, honey & mustard sausage in a roll and tasty snacks before you head home.
- **TIMING:** We will be using our Android timing system hosted by Results Base – there are **NO CHIPS**.
- **RESULTS:** Live results will be available at the finish on your smartphone/android/iPhone device via www.resultsbase.net/mobile/ or via www.resultsbase.net. Please let us know if you have any timing queries.
- **IMPORTANT:** Please make sure you read the [race details and check out the maps](#)
- **WATER:** Please bring your own water. There will be a water station at the 'Course Split' location close to the finish for the 10km runners and dog bowls for the canicross.
- **PHOTOS & MEDALS:** Don't forget your race entry fee includes free unlimited image downloads and a finishers medal.

Make sure you help yourself to some free samples of [Protein Ball](#).

We look forward to seeing you on Saturday.

Cowdray Estate and Raw Running
www.rawrunning.co.uk