



## Run the Seasons – Winter Night Run 10km & 5km Saturday 9<sup>th</sup> December 2023 | Start 17:00hrs (5pm)

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

### Arrival and Parking:

Follow the signs to 'Run the Seasons' and head for the **Cowdray Farm Shop & Cafe, Midhurst, GU29 0AJ**. The car park team will get you parked opposite the polo fields and from there it's a very short walk (100m) to the Farm Shop where the Xmas Fare and registration will take place.

### 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. We have no allegiance to any particular brand, so just Google best head torch for trail running and make your own mind up.

### 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 moderate and relatively flat with a gradual climb back to the finish and the start of lap two if you're doing the 10km. 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 & 10km (PLEASE READ)

The run starts opposite the Farm Shop and will follow a private track downhill towards the [Treehouse Retreats](#). At the bottom of the hill turn right and then left passing the pond. Turn right on a wide private track with good visibility which brings you out through the walled garden and illuminated castle ruins. Turn left over the bridge and left again following the River Rother. This section is likely to be muddy and narrow so please keep to the right hand side, away from the steep river bank. Follow the signs on the single track section King John's Walk (New Lipchis Way) until the Kennels and Dairy when it becomes a bit wider. Once you reach the road, turn left on a tarmac road towards the back of Cowdray House. Once over the bridge, turn left and follow the track until you reach the pond where you originally picked up the path. Turn right, then left at the pond and then right to climb through the polo fields up a gradual hill towards the finish for 5km. If you're doing the 10km run, turn right and begin 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.



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

Mobile app and route information. [OS maps RunGo Mapometer](#) (for Mapometer only, click link, left hand side 'Actions' then Export GPX)

#### 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, MEDAL, OATOPIA FLAPJACK.** \*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 hopefully not. Make sure you give them a wave.

The Cowdray Farm Shop will be open throughout the race and will have hot drinks and snacks after the race – it's Christmas, so make sure you try their mulled wine to get in the festive spirit!



