

Run the Seasons – Terms & Conditions (2025/26 Series)

Welcome to *Run the Seasons at Cowdray* – a unique series of running events hosted by Cowdray and Raw Running ("The Organisers"), offering the chance to explore the Cowdray Estate in West Sussex throughout the changing seasons. By entering any of our events, participants agree to the following Terms & Conditions.

1. Event Details

- 1.1. The Run the Seasons series consists of four seasonal races: Autumn, Winter, Spring, and Summer.
- 1.2. Distances available: 5km, 10km, and 10 mile (with options to run with your dog available) + Kids Races
- 1.3. Participants can choose to enter individual races or sign up for multiple races as a series.
- 1.4. A 15% discount applies when registering for three or four races in the same Series on one order.
- 1.5. Each event features a custom medal which forms part of a 4 piece set.
- 1.6. Series winners for the 5km and 10km distances will be determined based on a points-based system, with the best 3 of 4 race results counting towards the final score.
- 1.7. There is no overall Series winner for the 10 mile races.

2. Registration & Entries

- 2.1. Entries are non-transferable between individuals and may not be sold or gifted.
- 2.2. Entry is only confirmed once full payment is received and an email confirmation has been issued.
- 2.3. Entries may not be deferred to another year or another series (e.g., deferral from the 2025/26 series to the 2026/27 series is not permitted).

3. Cancellation, Transfers & Deferrals

- 3.1. If you are unable to attend a race, you must notify us at least 48 hours before the event start time to be eligible for a deferral.
- 3.2. If notice is given more than 24 hours in advance, you may request to roll over your entry to the next race in the same series.
- 3.3. Entries cannot be rolled over to future series or events beyond the current Run the Seasons 2025/26 series.
- 3.4. Cancellations within 48 hours of the event, or failure to attend without notice, will result in forfeiture of your entry fee and no deferral will be possible.
- 3.5. If an event is cancelled by the organisers due to unforeseen circumstances (e.g., extreme weather, safety concerns), we will offer a rollover or alternative date wherever possible.

4. Running with Dogs Participation

- 4.1. Well-behaved dogs are welcome in the designated “Run with Dogs” events.
- 4.2. Dogs must be kept on a suitable lead/harness and under control at all times.
- 4.3. Owners are responsible for ensuring their dog is fit and healthy to run and for cleaning up after them.
- 4.4. Owners are responsible for the behaviour of their dogs and the Organisers reserve the right to remove participants from a race if they deem the behaviour of a dog to be unacceptable or unsafe.

5. Health & Safety

- 5.1. All participants must be in good health and physically capable of completing the chosen distance.
- 5.2. You enter the event at your own risk. Organisers are not responsible for injury, illness, loss, or damage arising from participation.
- 5.3. Medical and first aid support will be available on site for all events.

6. Photography & Media

- 6.1. By taking part in the events, you agree that photographs and video may be taken and used for promotional purposes by Cowdray, Raw Running, and partners.
- 6.2. If you prefer not to be photographed, please notify staff on the day of the event.

7. Conduct

- 7.1. All participants must follow the marked route and instructions from marshals and event staff.
- 7.2. Respect for fellow participants, volunteers, the environment, and local wildlife is expected at all times.

8. Bib Numbers & Timing

- 8.1. All participants must wear their assigned bib number clearly visible on the front of their shirt. Bib numbers are not to be attached to shorts, legs or back.
- 8.2. Bib numbers must not be altered or exchanged.
- 8.3. Timing will be managed via android timing, and results will be published on our website during & after the event.
- 8.4. We do not accept any changes to your chosen distance within 24hrs of the race start. You must not run in a different race to the one you are entered into.

9. Changes to the Event

- 9.1. The organisers reserve the right to:
 - Alter the route or distance for safety or logistical reasons.
 - Delay the start time due to weather or other unforeseen circumstances.

- Cancel or reschedule the event if required by local authorities or in cases of force majeure (e.g., extreme weather, flooding, pandemic restrictions).

10. Environmental Responsibility

10.1. Participants must not litter. Bins will be provided at designated points.

10.2. Anyone seen deliberately discarding waste on the route may be disqualified.

10.3. We encourage sustainable travel to the event where possible.

11. Children & Age Limits

11.1. Minimum age limits apply:

- 5km: 12+
- 10km: 15+
- 10 mile: 17+

11.2. Participants under 18 must have permission from a parent or guardian.

11.3. All under-16s must be accompanied by an adult during the race unless otherwise agreed in writing with the organisers.

12. Liability Waiver

12.1. By registering, participants agree to take part at their own risk and acknowledge the potential hazards of trail running.

12.2. Organisers, landowners (Cowdray Estate), and associated partners accept no liability for loss, injury, or damage caused during the event.

13. Refund Policy

13.1. We do not offer refunds under any circumstances, including injury, illness, or double-booking.

13.2. Please make sure you are fit, available, and aware of the cancellation policy before entering.

13.3. We recommend participants take out personal insurance if they require cover for cancellation or injury.

If you have any questions about these Terms & Conditions or your registration, please contact the Run the Seasons event team.