

## **Run the Seasons – Terms & Conditions (2026/27 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, which include the conditions set by Raw Energy Pursuits Ltd and Raw Events Sussex Ltd.

### **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).
- 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.
- 1.5. Each event features a custom medal which forms part of a four-piece interlocking 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 or the CaniRun Series

### **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 2026/27 series to the 2027/28 series is not permitted).
- 2.4. Registration must be completed by someone aged 18 or over. Participants under 18 may enter with the consent of a parent or guardian, and anyone aged 16 or under must be accompanied by an adult.
- 2.5. If you are registering someone else, you confirm they are aware of and accept these Terms & Conditions.

### **3. Cancellation, Transfers & Deferrals**

- 3.1. Withdrawals must be submitted via email only to [info@rawenergypursuits.co.uk](mailto:info@rawenergypursuits.co.uk). Telephone notice will not be accepted.
- 3.2. Deferring your entry to another event is only available for events in the Series and must be requested at least 6 weeks prior to the event. No deferrals will be rolled over to the following Series.
- 3.4. Refunds will be processed on the following basis:
  - More than 6 months before the event: Full refund minus £10 admin fee

- Between 4–6 months before the event: 50% refund
  - Less than 4 months before the event: No refund
- 3.5. You may transfer your entry to another person up to 4 weeks before the event.
- 3.6. If an event date is changed, you have 14 days to notify us and receive a credit toward a comparable event. After that, standard terms apply.
- 3.7. If an event is cancelled or postponed due to extreme weather or circumstances outside our control, we will offer you a place at another event of equal value in the same year. Entry fees cannot be refunded.
- 3.8. No entries can be rolled over to a different year or series.

#### **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. The Organisers reserve the right to remove participants if a dog’s behaviour is deemed unsafe or disruptive.

#### **5. Health & Safety**

- 5.1. All participants must be in good health and physically capable of completing the chosen distance.
- 5.2. Participants are responsible for their own actions while attending the event. The organisers accept no responsibility for those actions.
- 5.3. Any competitor who withdraws during a race must inform a member of staff immediately.
- 5.4. You enter the event at your own risk. The organisers are not responsible for injury, illness, loss, or damage arising from participation.
- 5.5. Medical and first aid support will be available on site for all events.

#### **6. Photography & Media**

- 6.1. By participating, you grant permission for Raw Running, Cowdray, and Raw Energy Pursuits Ltd to use any photographs or video of you for promotional purposes.
- 6.2. You waive any right to compensation for appearing in promotional materials.
- 6.3. Photography and footage may be used by Cowdray to capture and promote the event, including in future marketing, on Cowdray websites and social media, in digital and printed advertising, email marketing, press and promotional materials.

We take particular care when photographing children.

If you do not wish you or a child in your care to be included in official photography or filming, please let a member of the Cowdray team know on arrival. We will explain the identification arrangements in place so that our photographers can avoid photographing you or your child.

For posed or close-up photographs where a child is the principal subject and the image is intended for promotional use, Cowdray may seek specific permission from their parent or guardian.

Further information about how Cowdray uses photographs and personal information is available in our Privacy Notice

## **7. Conduct**

7.1. Participants must follow the marked route and instructions from marshals and staff.

7.2. You must be courteous and considerate to fellow participants, marshals, and other trail/road users.

7.3. Respect for the environment and local wildlife is expected at all times.

## **8. Bib Numbers & Timing**

8.1. Participants must wear their assigned bib number visibly on the front.

8.2. Bib numbers must not be altered, swapped, or transferred.

8.3. Timing will be done manually, and results published online after the event.

8.4. No distance changes are allowed within 24 hours of the race. You must run only in the race you are registered for.

## **9. Changes to the Event**

9.1. The organisers reserve the right to:

- Adjust the published route for safety or logistics. No refunds are due if the route is changed.
- Delay the start time due to unforeseen circumstances.
- Cancel or reschedule the event in case of force majeure (e.g., weather, flooding, pandemic restrictions).

## **10. Environmental Responsibility**

10.1. Do not litter. Bins will be provided.

10.2. Participants seen deliberately discarding waste may be disqualified.

10.3. Please consider car-sharing or using sustainable travel.

## **11. Children & Age Limits**

11.1. Minimum age limits:

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

11.2. Participants under 18 must have parental consent.

11.3. All under-16s must be accompanied by an adult unless agreed in writing.

## **12. Liability Waiver**

12.1. By registering, participants accept full responsibility for their participation.

12.2. The organisers, Cowdray Estate, and partners are not liable for any loss, injury, or damage except where caused by negligence.

## **13. Refund Policy**

13.1. Refunds are processed only as outlined in Section 3.

13.3. We recommend taking out personal race insurance.

## **14. Data Protection (GDPR)**

14.1. By entering this event, you consent to us using your details for event administration.

14.2. If the event is cancelled or rescheduled, you consent to your entry and data being transferred to the revised event