



RUNNERS GUIDE

SPRING TRAIL SERIES

18TH APRIL 2026

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OVERVIEW

The event takes place on Saturday 18th April, with 5 different race distances:

The 110km event starts at 0500

The 50 mile event starts at 0700

The 50km event starts at 0900

The 25km event starts at 1100

The 12km event starts at 1130

Please arrive at least 45 minutes before your start time to give you time to park and pick up your race bib if you are unable to do so on Friday.

Start and Finish location for all races:

Cowdray Farm Shop, Midhurst,
GU29 0AJ

At registration you will be provided with your race bib, timing chip and safety pins. You will be able to leave a drop bag at the race start/finish, more details below.

All checkpoints will have a variety of different food and nutrition options.

Please make you have all the necessary equipment, some is mandatory, some is recommended. There is no mandatory kit list for the 25km or 12km.

We will have photographers out on the course to capture your. Event photos will be emailed out to you all on Wednesday 21st April, these will be available to purchase.

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USE CODE: **ULX SIS FOR 10% OFF**
YOUR ULTRA NUTRITION

TRANSPORT AND LOGISTICS

There are plenty of options to get to and from Race HQ. Hopefully you have already booked your transport via RaceSpace, if you haven't, please do get in touch with us.

For those joining us on Friday 17th April to camp:

Race HQ will open at 18:00, please do not arrive before 17:00. If you have already hired a tent from us this will be set up for you. Please come to the Event Marquee and we will check you in.

For those arriving on race day, Saturday April 12th:

PARKING

For those of you who have purchased parking at Race HQ, please drive to Cowdray Farm Shop where you will be greeted by a marshall who will point you in the right direction.

SHUTTLE BUS

We will have shuttle buses departing from Haslemere train station travelling to the race start / finish at the following times below. You must have purchased a Shuttle Bus pass from your My Race Space account.

Shuttle bus timings are below:

Date	Location	Time
Friday 17th PM	Haslemere Train Station to Race Village	15:30
		16:30
		17:30
		18:30
Saturday 18th AM	Haslemere Train Station to Race Village	07:30
		08:30
		09:30
Saturday 18th PM	Race Village to Haslemere Train Station	16:00
		18:00
		20:00
		22:00
Sunday 19th AM (110k only)	Race Village to Haslemere Train Station	09:00

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EVENT DAY TIMINGS

Friday 17th April

Time	Location	Event
15:30	Haslemere Train Station	First shuttle bus leaves Haslemere train station (1 per hour until 18:30)
16:00	Cowdray Estate	Parking and Registration opens for all distances
17:00	Cowdray Estate	Shakeout 5k (open to friends & family)
18:00	Cowdray Estate	Drinks and food available from our vendors
18:30	Cowdray Estate	Meet & greet around the campfire
20:00	Cowdray Estate	Registration closes

Saturday 18th April

Time	Location	Event
04:00	Cowdray Estate	110km Parking & bag drop opens
04:45	Cowdray Estate	110km Runner briefing
05:00	Cowdray Estate	110km Start
06:00	Cowdray Estate	80km Parking & bag drop opens
06:45	Cowdray Estate	80km Runner briefing
07:00	Cowdray Estate	80km Start
07:30	Cowdray Estate	First shuttle from Haslemere Train Station to Race Village
08:00	Cowdray Estate	50km Parking & bag drop opens
08:45	Cowdray Estate	50km Runner briefing
09:00	Cowdray Estate	50km Race start
10:00	Cowdray Estate	Final shuttle from Haslemere Train Station to Race Village
10:45	Cowdray Estate	25km Runner briefing
11:00	Cowdray Estate	25km Start
11:15	Cowdray Estate	12km Runner briefing
11:30	Cowdray Estate	12km Start

Please ensure you fill out the back of your bib with your emergency contact and medical information

BAG DROP

A bag drop label will be on the bottom of your race bib, please tear this off and loop it around the bag you wish to leave at Race HQ.

We will have different bag drop tents available at race HQ, these will be marshalled by a member of our team and placed in the relevant tent based off your bib number.

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RAIDLIGHT



**OFFICIAL PARTNER
APPAREL & PACK**

USE CODE **ULTRAX_20** FOR 20% OFF YOUR ULTRA EQUIPMENT

CHECKPOINTS

All checkpoints will have a variety of different food and nutrition options, these include:

As our new Nutrition sponsor, Science in Sport will be available with:

ENERGY BAKES
ELECTROLYTE POWDER
BETA FUEL GELS
ISOTONIC GELS

We will also have:

JAM SANDWICHES
HOMEMADE CAKES
SWEETS, BANANAS
ORANGES, WATERMELON
CRISPS, COKE, WATER

Please ensure you have a collapsible cup. If you do not have one, these can be purchased at the race start/finish.



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ROUTE INFORMATION

The route is available to download as a GPX or via Garmin, Coros, Strava, Alltrails etc below:

110KM

50 MILER

50KM

25KM

12KM

You **MUST** have the route on your phone or watch as a backup to our route markings

Following the route:

The route will be signposted with ribbons, laminated arrows and marshals. An example of route signage can be seen below.



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**BE ULTRA
READY.**

ROUTE AND CUT-OFFS

We want all of you to finish and therefore operate generous cut offs of 2 hours per 10km (5km/hour). However, we do enforce these cut-offs for your own safety and that of our crew.

Checkpoint	12km		25km		50km		80km		110km	
	Dist.	Cut-off	Dist.	Cut-off	Dist.	Cut-off	Dist.	Cut-off	Dist.	Cut-off
	Start	11:30	Start	11:00	Start	09:00	Start	07:00	Start	05:00
1	8km	13:06	8km	12:36	8km	10:36	8km	08:36	8km	06:36
2			17km	14:24	20km	13:00	20km	11:00	20km	09:00
3					30km	15:00	30km	13:00	30km	11:00
4					39km	16:48	39km	16:48	39km	12:48
5 (bag drop)							54km	17:48	54km	15:48
6							65km	20:00	65km	18:00
7									77km	20:24
8							73km	21:36	91km	23:00
9									101km	01:12
Finish	12km	13:45	25km	16:00	50km	19:00	80km	23:36	110km	03:00

LIFE'S TOO GOOD FOR BAD ENERGY

TENZING



Rab

30% OFF WITH CODE: UltraX

EMERGENCY INFO

To contact the event director or medical team, please use the following phone number

Event Director

Medical Team

07540379991

07799158860

RESULTS


Results will be live as soon as you cross the finish line! Our timing providers ResultsBase will be on site next to the finish line to answer any questions you may have. The link to results is [here](#)



PHOTOS

We will have photographers out on the course to capture your. Event photos will be emailed out to you all on Wednesday 16th April, these will be available to purchase.



 **FRACTEL**

ULTRA


OFFICIAL HEADWEAR PARTNER

USE CODE: **ULTRA-X-10** FOR 10% OFF

JOIN US AT ANOTHER EVENT

We would love to see you back on an Ultra X start line in 2026

As a Spring Trail Series participant, you will have access to 10% off any 2026 Ultra X event with code:

STSFINISHER26

A reminder of what we've got coming up in 2026:

ULTRA X SCOTLAND
MAY 2ND & 3RD

ULTRA X FINLAND
JUNE 27TH & 28TH

ULTRA X WALES
JULY 25TH & 26TH

ULTRA X SLOVENIA
SEPTEMBER 5TH & 6TH

ULTRA X ENGLAND
SEPTEMBER 12TH & 13TH

ULTRA X JORDAN
SEPTEMBER 28TH

ULTRA X SOUTH AFRICA
SOLD OUT

ULTRA X MADEIRA
OCTOBER 31ST & 1ST NOVEMBER

ULTRA X MOROCCO
NOVEMBER 14TH & 15TH





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