



LET'S DO THIS! RATED 4.9/5.0



 **MIDHURST MILERS**

COCKING 10K TRAIL RACE

A 10k Trail Race on The South Downs near Midhurst. A technical uphill trail at the start, some glorious views and a flying downhill to the finish!

10:00 Sunday 7th May 2023

Cadence Cycle Club, Flint Barn, Cocking GU29 0HT

**Chip timing • Finisher's medal • Prizes for leading runners • Parking
Refreshments at Cadence Cycle Club • Enter early, limited to 350 runners**

**NEW
FOR
2023**

JUNIOR TRAIL RACE

3km Junior Trail Race for 6–8, 9–11 12–15 year olds.
£3 entry online. Medals and prizes. See website for details.

**JUNIOR
MIDHURST
MILERS**

£15/£17 • ENTER ONLINE AT www.midhurstmilers.org