

# York Run Course



## Run Course Logistics

**1 lap of the run course = 1.25km**

**Sprint & Relay x 4 laps = 5km**

**Super Sprint, Fun & CRUK x 2 laps = 2.5km**

**The run course is multi-lapped, flat and mostly on a great tarmac running surface.**

**This run course is closed to traffic.**