## **Henley - Run Course**



## **Run Course information**

- ➤ One lap of the run course = 1.25k
- $\triangleright$  Sprint & Relay x 4 laps = 5k
- ➤ Super Sprint, Fun & Pink Wave x 2 laps = 2.5k
- > The whole of the run course will be post and taped.
- > The whole of the run course is on good surface grass.