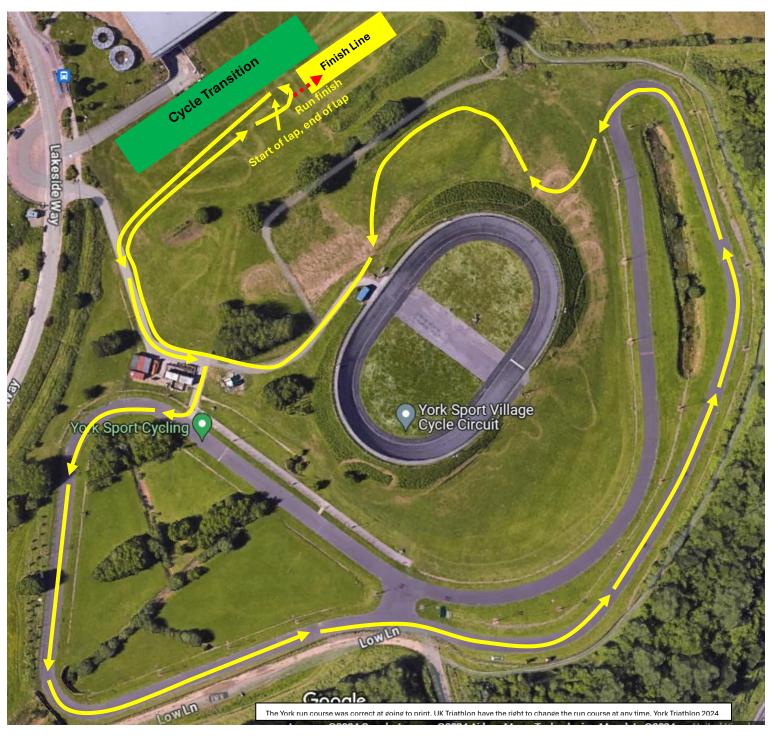
York Run Course



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.