

Stratford Triathlon Run Course



- ❖ The **BLACK ARROWS** indicate which way around the run course you go
- ❖ The Run Course is very flat
- ❖ 95% of the run course is on a very good pathway surface
- ❖ The first 120m is a grass, the last 120m of your lap is on grass
- ❖ Sprint & Sprint Relay x 2 laps = 5km
- ❖ Super Sprint, Fun & CRUK x 1 lap = 2.5km
- ❖ Please look out for the public at all times around the course & run/walk safely