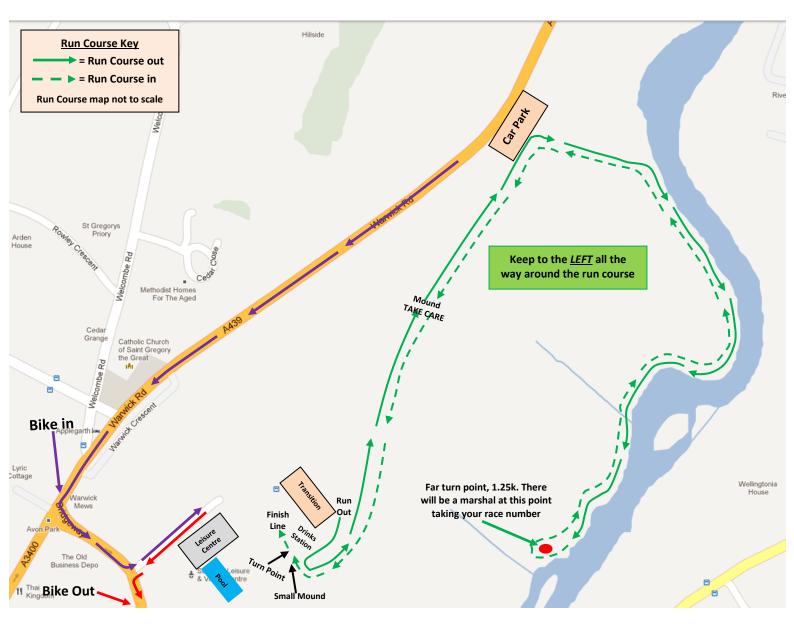


Warwickshire Run Course



Run course information

- > One lap of the run course is 2.5k (not to scale)
- Sprint & Relay competitors
 Super Sprint & Fun competitors
 x 1 lap = 2.5k
- Your run course is on grass and path
- You go past the only High 5 drinks station at the start of your run, once you see the drinks station for a 2nd time you know you have completed a lap
- Just past the drinks station (which will be on your right) you have to go over a small mound, turn left as you go over the mound to embark on your run course, IMPORTANT! You must keep to the LEFT hand side all the way around the run course
- When you come back over the mound to complete a lap, the turn point is for Sprint & Relay competitors only, Super Sprint & Fun competitors head towards the finish line