



**THE FULFORD FIVE**

1st lap turn left here. 2nd lap straight on

The Race starts on the Southern side of the Strand pedestrian area and follows an anti-clockwise circuit of the pedestrian area before veering off down Victoria Road (See page 5)

From Victoria Road it follows an anticlockwise lap: Left along the Sea Front / Maer Road / Douglas Avenue / Rolle Street / Left into High Street / Alexander Terrace and back to the Sea front.

That loop is then repeated until the junction of Rolle Street and High Street where the runners carry straight on down Rolle Street turning left into the Strand pedestrian area where they complete a clockwise loop around the perimeter to the finish just past the Indoor Market. (See page 6 for the Finish details).

4.