



Invite you to
A West Midlands Urban League Event
At
Shrewsbury
On
Sunday 2nd April 2017

Venue: Assembly, Start and Finish will be located within The Quarry Park, at the top end of the park, close to St Chads Church. Nearest postcode: SY1 1JL. Grid Reference: SJ 487 124

Car Parking: Please use town centre Car Parks and arrive at the venue on foot.

Map: 1:5000 with 5m contours, printed on A3 Waterproof paper. Updated 2017 by Rod Postlewaite.

Terrain: Shrewsbury lies on the banks of the River Severn, and has a medieval street pattern, and over 660 listed buildings. There are many narrow streets, and passageways called "Shuts" The Quarry Park extends to 29 acres.

Courses: As per the new classes for the WM Urban League.

Juniors under the age of 16 will only be allowed to run on courses 5 and 6 which do not cross roads.

1: M 21, 35 **2:** M 18, 20, 40, 45, 50, W 21, 35. **3:** M 55, 60, W 18, 20, 40, 45, 50. **4:** M 65+, W 55, 60. **5:** M 14, 16, W 14, 16, 65+. **6:** M 12, W 12.

Course Controls Length Climb

6	12	1.9 km	10 m
5	16	2.6 km	25 m
4	22	3.9 km	40 m
3	24	4.9 km	55 m
2	25	6.9 km	65 m
1	30	8.5 km	80 m

Entries: Seniors £8. Juniors £3. Non BOF members £10

Registration: 10am-12pm. Starts: 10:30am till 12:30pm. Courses close at 14:30pm.

Facilities: Toilets are available in the Quarry Park. Many food outlets are available in the town centre.

Sportident: Electronic punching will be used. Dibbers available to hire £1. Lost dibbers will be charged at £40.

Safety: Competitors take part at their own risk and are responsible for their own safety. **Extreme care must be taken crossing roads. Juniors under the age of 16 will only be allowed to run on courses 5 and 6 which do not cross roads. The River is deep and very cold and must only**

be crossed using the bridges. Please remember to download after your run, or you will be deemed as missing and a search will take place for you. Shorts are permitted.

Photography: Anyone wishing to use a camera more capable than on a smartphone or compact camera, must register with the organiser of the event prior to the event taking place. No cameras to be used in areas people are changing, which includes the car park.

Dogs: Dogs are welcome.

Organiser: Diane Jacks: dijacks@btinternet.com

Planner: Clive Richardson

Controller: Robert Vickers