

Castle Vale supplementary information.

Competitors who have pre-entered via Fabian can find their allocated bibs next to the Stadium entrance. They can follow the taped route direct to their start. Half hour start blocks have been allocated to smooth the flow of runners through the start.

Please use the zebra crossing when approaching the Senior start and returning from the Senior finish.

A recent update to the WMOA policy on whistles means that they are no longer compulsory for the Senior courses at this event.

The 2017 UK Urban League Prize Presentation will take place as soon as those results have been confirmed.

Course numbers are as follows:

Course Number	Men	Women	Length (straight line route, km)	Controls
1	MYJ(12-)	WYJ(12-)	2.0	12
2	MJ(16-)	WJ(16-)	3.3	17
3	Senior		7.7	31
4	Vet(40+)	Senior	6.8	25
5	Supervet(55+)	Vet(40+)	6.2	28
6	Ultravet(65+)	Supervet(55+)	5.4	21
7	Hypervet(75+)	Ultravet(65+)	4.1	17
8	-	Hypervet(75+)	3.0	12