

NORTHERN URBAN LEAGUE – 2024

For 2024, we are delighted to announce that the Northern Urban League is returning but with a slightly expanded five event series.

The series coordinators are Andrew Campbell (MOR) and Colin Salisbury (INVOC).

Provisional 2024 Event Dates and Locations

- Wed 29-May-24 BASOC Grantown-On-Spey
- Fri 07-Jun-24 INVOC Milton & Drakies (Inverness)
- Wed 19-Jun-24 MOR Forres
- Wed 03-Jul-24 MOR Elgin
- Fri 23-Aug-24 INVOC Lochardil (Inverness)

Courses

For 2024, two courses will again be offered. Unless otherwise indicated, Juniors (under 16) must be accompanied by an adult when running either course. Adults running with juniors will be responsible for the safe crossing of any roads. The short course will be suitable for beginners and novices. Adults running with juniors must run their own course first if they want to count in the league.

Long: 5.0 km to 6.5 km.

Short: 3.0 km to 3.5 km.