

Victorian Middle Distance Championships

Course	Classes	Distance (km)	Climb (m)	# Controls
1	M21E	5.8	255	23
2	W21E	4.6	195	22
3	M20E	5.1	220	21
4	W20E	4.0	155	20
5	M21A, M35, M40	4.4	185	19
6	M45	4.1	175	17
7	M20A, M50	4.0	145	17
8A	M55, W35	3.7	145	16
8B	M16, W40	3.7	145	16
9	W21A, W45	3.4	115	15
10	M60, W50	3.2	115	13
11	M65, W55	3.0	110	12
12	M70, W60	2.6	80	12
13	W16, W20A	2.7	70	13
14	M75, W65	2.4	60	13
15	W70	2.2	50	11
16	M80, W75	1.9	45	10
17	M85, M90, W80, W85, W90	1.5	30	9
18	M14, M J B, M O B, W O B	3.3	80	15
19	W14, W J B	2.9	75	14
20	M12, W12, M/W O E	2.5	40	13
21	M10A, W10A, M O VE, W O VE, M/W 10N	1.7	35	10