

Saturday August 10th, John XXIII College, Mt Claremont

Courses and Classes available

(distance are indicative and straight line)

Course 1 :	2.8 km for M21, M17-20, M-35, M-45
Course 2 :	2.0 km for W21, W17-20, W-16, W-35, W45, W55, M-16, M-14, M-55, M-65
Course 3 :	1.5 km for W-65, W-75, M-75, W-14, W-12, W-10, M-12, M-10

How age classes work:

Competitors are divided into classes according to sex, age, course length (and degree of difficulty). Women may compete in men's classes.

Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.

Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.