**Revised Courses and Classes for WA Middle Distance Championships**

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| **Course** | **Difficulty** | **Men** | **Women** | **Length**  **(% of H1)\*** | **Winning time** | **Comment** |
| Course 1 | Hard | M20, M21, M35 |  | 100% | 25-35 mins |  |
| Course 2 | Hard | M16, M45, M55 | W20, W21 | 70% | 25-35 mins |  |
| Course 3 | Hard | M65, M70 | W16, W35, W45 | 40% | 25-35 mins |  |
| Course 4 | Hard | M75, M80 | W55, W65, W70, W75, W80 | 30% | 25-35 mins | Less physically challenging than other Hard courses |
| Course 5 | Moderate | M14, MOpen B | W14, WOpen B |  | 25-35 mins | Not too long |
| Course 6 | Easy | M12, M14B | W12, W14B |  | 20-25 mins |  |
| Course 7 | Very Easy | M10 | W10 |  | 15- 20 mins |  |

Please note that W20, W21, W16, W35, W45, and W55 are now on a different course to that shown in the original document.