

| Distance   | Class   |
|--|---|
| <b>A START</b>   |   |
| 3.5km  | Under 12 Men;<br>Under 12 Women<br>Under 10 Men,<br>Under 10 Women,   |
| <b>B START</b>   |   |
| 6.5km  | Over 54 Men,<br>Over 59 Men,<br>Over 64 Men,<br>Over 69 Men,<br>C1 - Under 18<br><b>3 min Break</b><br>Under 14 Men,<br>Under 14 Women,<br>Under 12 Men,<br>Under 12 Women,<br><b>3 min Break</b><br>Over 54 Women,<br>Over 59 Women<br>Over 64 Women,<br>Over 69 Women |
| <b>C START</b>   |   |
| 26Km<br>26Km<br>20km<br><br>26Km<br>26Km<br>20km<br><br>13km<br>13km     | Senior Men,<br>Under 23 Men,<br>Under 18 Men,<br><b>4 min Break</b><br>Senior Women,<br>Under 23 Women<br>Under 18 Women<br><b>4 min Break</b><br>Under 16 Men<br>, Under 16 Women,   |
| <b>D START</b>   |   |
| 20km<br>20km<br>13km<br>13km<br>13km<br>13km<br>13km<br>13km<br><br>13km | over 34 men<br>Over 39 men<br>over 44 men<br>ovr 49 men<br>over 34 women<br>over 39 women<br>over 44 women<br>over 49 women<br><b>4 min Break</b><br>C1 senior  |

| Distance   | Class  |
|--|--|
| <b>E START</b>                                       |  |
| 3.5km  | U12<br>U10   |
| <b>F START</b>                                       |  |
| 6.5km  | Over 54 Men,<br>Over 64 Men,<br><b>4 min Break</b><br>Under 14 Men,<br>Under 14 Women,<br>Under 12 Men,<br>Under 12 Women,<br><b>4 min Break</b><br>Over 54 Women,<br>Over 64 Women, |
| <b>G START</b>                                       |  |
| 26Km<br>20km<br>26Km<br>20km<br><br>13km<br>13km     | Senior Men,<br>Under 18 Men,<br>Senior Women,<br>Under 18 Women<br><b>4 min break</b><br>Under 16 Men<br>, Under 16 Women,   |
| <b>H START</b>                                       |  |
| 20km<br><br>13km<br><br>13km<br>13km<br>13km<br>13km | over 34 men<br><b>5 min Break</b><br>mixed<br><b>5 min Break</b><br>over 44 men<br>over 34 women<br>over 44 women<br>c2 senior   |