



Categories and Distances:

<u>CATEGORIES</u>	<u>DISTANCE</u>
1. Senior Men Category 1	20 MILES
2. Senior Men Category 2	20 MILES
3. Under 23 (Espoires)	20 MILES
4. Senior Men Category 3	20 MILES
5. Senior Men Category 4	20 MILES
6. Senior Men Category 5	20 MILES
7. Senior Women Category 1	20 MILES
8. Senior Women Category 2	20 MILES
9. Senior Women Category 3	20 MILES
10. Senior Women Category 4	20 MILES
11. Master Men 30 to 34	20 MILES
12. Master Men 35 to 39	20 MILES
13. Master Men 40 to 44	20 MILES
14. Master Men 45 to 49	20 MILES
15. Master Men 50 to 54	20 MILES
16. Master Men 55 to 59	20 MILES
17. Master Men 60 to 64	10 OR 20 MILES
18. Master Men 65 to 69	10 OR 20 MILES
19. Master Woman 30 to 34	20 MILES
20. Master Woman 35 to 39	20 MILES
21. Master Woman 40 to 44	20 MILES
22. Master Woman 45 to 49	20 MILES
23. Master Woman 50 to 54	10 OR 20 MILES
24. Master Woman 55 to 59	10 OR 20 MILES
25. Master Woman 60 to 64	10 OR 20 MILES
26. Master Woman 65 to 69	10 OR 20 MILES
27. Tandem Men 70 Plus	20 MILES
28. Tandem Men 90 Plus	20 MILES
29. Tandem Men 120 Plus	20 MILES
30. Tandem Mixed 70 Plus	20 MILES
31. Tandem Mixed 90 Plus	20 MILES
32. Tandem Mixed 120 Plus	20 MILES
33. Tandem Woman 70 Plus	20 MILES
34. Tandem Woman 90 Plus	20 MILES
35. Tandem Woman 120 Plus	20 MILES
36. Juniors 10 to 14 (Men or Woman)	10 MILES ONLY
37. Juniors 15 to 16 (Men or Woman)	10 MILES ONLY
38. Juniors 17 to 18 (Men or Woman)	10 OR 20 MILES