

Suggested courses to be entered by each age class

Entrants are welcome to enter whichever course they wish. However the following table sets out which course a competitor looking for a longish course appropriate to their age might wish to enter. If they do so, they are more likely to find themselves competing on the same course as their peers.

Course	Mens' classes	Womens' classes
Black	M21	
Brown	M35, M40	
Short Brown	M18, M20, M45, M50	W21
Blue	M16, M55, M60	W35, W40
Short Blue	M65	W18, W20, W45, W50
Green	M70	W16, W55, W60
Short Green	M75+	W65, W70
Very Short Green		W75+
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10
White		

16s and younger - there are 2 marshalled, timed-out, road crossing points on courses Green to Black.