

### Novice, Under 20 & Juvenile Even Ages

Age Group	Distance	Start Time	Duration of Race (minutes)
Girls u/12	2,000m	11.30	15
Boys u/12	2,000m	11.45	10
Girls u/14	3,000m	11.55	15
Boys u/14	3,000m	12.10	15
Girls u/16	4,000m	12.25	20
Boys u/16	4,000m	12.45	15
Combined u/18 Girls & u/20 Women	5,000m	13.00	25
Combined u/18 Boys & u/20 Men	5,000m	13.25	20
Novice Women*	4,000m	14.05*	25
Novice Men	6,000m	14.30	25

\* There will be a gap of 20 mins between the end of the Combined u/20 Men & u/18 Boys race and the start of the Novice Women race

Championship programme will be preceded by non-Championship races for girls and boys

Girls u/10	800m	11am
Boys u/10	800m	11.15am