

## What is Age-Group Running?

The non-elite format of the sport is known as Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by gender and age and are set apart by three age bands, Juniors, Seniors Division and Masters divided into ten year age bands, from the age of 35 for women and 40 for men.

The distance which juniors can compete in will vary depending on their age on the day of the event. U15s are restricted to 6,000 metres, age 15 are restricted to a maximum distance of 10,000 metres, age 16 to 15,000 metres, age 17 to 25,000 metres and age 18-20 are restricted to marathon distance.

The age band category that you fall into depends on your age on the day of the competition. Example: If you are 20 on race day, you will compete within the Open category.

<b>Key Category</b>	<b>Age</b>	<b>Key Category</b>	<b>Age</b>
FJ Female Junior	15-19	MJ Male Junior	15-19
FS Female Seniors	20-34	MS Male Seniors	20-39
F35 Female Masters	35-44	M40 Male Masters	40-49
F45 Female Masters	45-54	M50 Male Masters	50-59
F55 Female Masters	55-64	M60 Male Masters	60-69
F65 Female Masters	65-74	M70 Male Masters	70-79
F75 Female Masters	75+	M80 Male Masters	80+

