

## Age Classes

Men	Women	Age as at 31 December	Courses Available			Ability Based Course Equivalent
M10	W10	10 and under		A	B	JM1, JW1
M12	W12	12 and under		A	B	JM2, JW2
M14	W14	14 and under		A	B	JM3, JW3
M16	W16	16 and under		A	B	JM4, JW4
M18	W18	18 and under		A	B	JM5S,M,L, JW5S, L
M20	W20	20 and under	Elite	Long	Short	
M21	W21	Open	Elite	Long	Short	
M35	W35	35 and over		Long	Short	
M40	W40	40 and over		Long	Short	
M45	W45	45 and over		Long	Short	
M50	W50	50 and over		Long	Short	
M55	W55	55 and over		Long	Short	
M60	W60	60 and over		Long	Short	
M65	W65	65 and over		Long	Short	
M70	W70	70 and over		Long	Short	
M75	W75	75 and over		Long	Short	

## Colour Coded Courses

COURSE	WHITE	YELLOW	ORANGE	RED	LIGHT GREEN	GREEN	BLUE	BROWN
<b>Intended for</b>	Children aged 8-10	Children under 12, families	Novice adults and children progressing from novice stage	A longer course than Orange	Improvers	Experienced orienteers		
<b>Technical level</b>	1	2	3	3	4	5 or 5*		
<b>Length</b>	1.0 - 1.5km	1.5 - 2.5km	2.5 - 3.5km	3.5 - 7.5km	2.5 - 3.5km	3.5 - 5.0km	5.0 - 7.5km	7.5km +
<b>Time for most finishers</b>	15 - 35 mins	25 - 45 mins	35 - 60 mins	50 - 80 mins	35 - 60 mins	45 - 75 mins	55 - 90 mins	65 - 105 mins
<b>Control sites</b>	Path bends and junctions, fences, etc.	As for White plus other obvious sites	On any line feature or prominent point or contour feature	As for Orange	Any feature which does not require map reading through complex detail	Technically Hard		
<b>Planning</b>	Plenty of controls, no route choice	No route choice. Slightly longer gaps between controls.	Collecting feature behind all controls not on a line feature	As for Orange	Collecting feature behind all controls	Include plenty of route choice and testing legs		