

# Age Groups, Explained

## *Which age group am I in?*

The "Competition Year" shall extend from 1st October to 30th September in the following year.

### **Under 11**

- **Track and field** events for Under 11's shall be confined to competitors who are aged 9 or 10 on the 31st August within the Competition Year.
- **Cross Country** competition for Under 11's shall be confined to competitors who are aged 9 on the day of competition, or 10 on 31st August prior to the commencement of the Competition Year.

### **Under 13**

- **Track and field** events for Under 13's shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year.
- **Road Running** competition for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year.

### **Under 15**

- **Track and field** events for Under 15's shall be confined to competitors who are aged 13 or 14 on the 31st August within the Competition Year.
- **Road Running** competition for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.

### **Under 17**

- **Track and field** events for Under 17's shall be confined to competitors who are aged 15 or 16 on the 31st August within the Competition Year.
- **Road Running** competition for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.

### **Under 20**

- **Track and field** events for Junior Men and Women shall be confined to competitors who are 17 or over on 31 August within the Competition Year, but under 20 on 31 December in the calendar year of competition.
- **Road Running** competition for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year

### **Seniors**

- Athletes aged 17 and over on 31st August prior to the commencement of the Competition Year

### **Masters**

- Athletes aged 35 and over on the day of Competition. Athletes compete in 5 year age bands.