



<b>Girls under 10</b>	1,000m	1,000m x 1
<b>Boys under 10</b>	1,000m	1,000m x 1
<b>Girls under 12</b>	2,000m	1,000m x 2
<b>Boys under 12</b>	2,000m	1,000m x 2
<b>Girls under 14</b>	3,000m	1,500m x 2
<b>Boys under 14</b>	3,000m	1,500m x 2
<b>Girls under 16</b>	4,000m	1,000m x 1 1,500m x 2
<b>Boys under 16</b>	4,000m	1,000m x 1 1,500m x 2
<b>Girls under 18</b>	4,000m	1,000m x 1 1,500m x 2
<b>Boys under 18</b>	6,000m	1,500m x 4
<b>Novice women</b>	4,000m	1,000m x 1 1,500m x 2
<b>Novice Men</b>	6,000m	1,500m x 4